

HAMILTON HILL EFFORTS

Turn left out of the Leisure Centre the take the first left onto St Philips road that leads onto Elizabeth road. At the bottom of the road turn right that will take you over bumps, then turn right towards the Hamilton Hill all weather track to the bottom of the track where we will all meet to discuss the effort session.

- MEETING POINTS
- BEGINNER / SLOWER GROUP
- INTERMEDIATE GROUP
- ADVANCED GROUP

