

Walks Grading System

GRADE	START TIME		DISTANCE	HEIGHT	PACE
	Sunday	Wednesday			
A	8.45	9.15	12 miles plus	Will include hills	Very purposeful
B	9.15	9.15	10 – 14 miles	Will include hills	Purposeful
C	9.30	9.30	8 – 11 miles	May include hills	Moderate
D	9.45	9.45	7 – 10 miles	May include hills	Moderate
E	10.00	10.00	5 – 8 miles	May include hills	Leisurely
F		Variable	Up to 5 miles	May include gentle gradients	Gentle

The above start times are suggestions only. But if you specify a different time, please indicate clearly on the Walks Slip by underlining.