

Training Activity **Luddenden Valley South**

Route Choice

The focus of the training is route choice options.

The planner has highlighted 3 pairs of controls where there is a significant choice to be made and time saved if the right one is chosen.

To get the most from the training activity, try out both route choice options and time yourself on both. Once you have done this, try to decide what the key differences were...height gain/ loss; distance; running surface; turns etc....

In his planner's report, Graham will give a commentary on which he thought were best and why.

Control Pairs to try using different routes :

14 to 12

12 to 14

9 to 23

5 to 3