

Jacksons Field Recreation Ground



Jacksons Field is a great location for walking, jogging or running in all weather conditions. This route is mostly flat and paved which makes it an ideal training ground.

To complete a mile, all you need to do is go along the path from the point past the playground and tennis courts, turning back when you reach the top of the stairs. When you get back, follow the triangular route along the lower paths and back to the start.

You'll need to complete this route twice, before finishing at the bench next to the tennis courts.