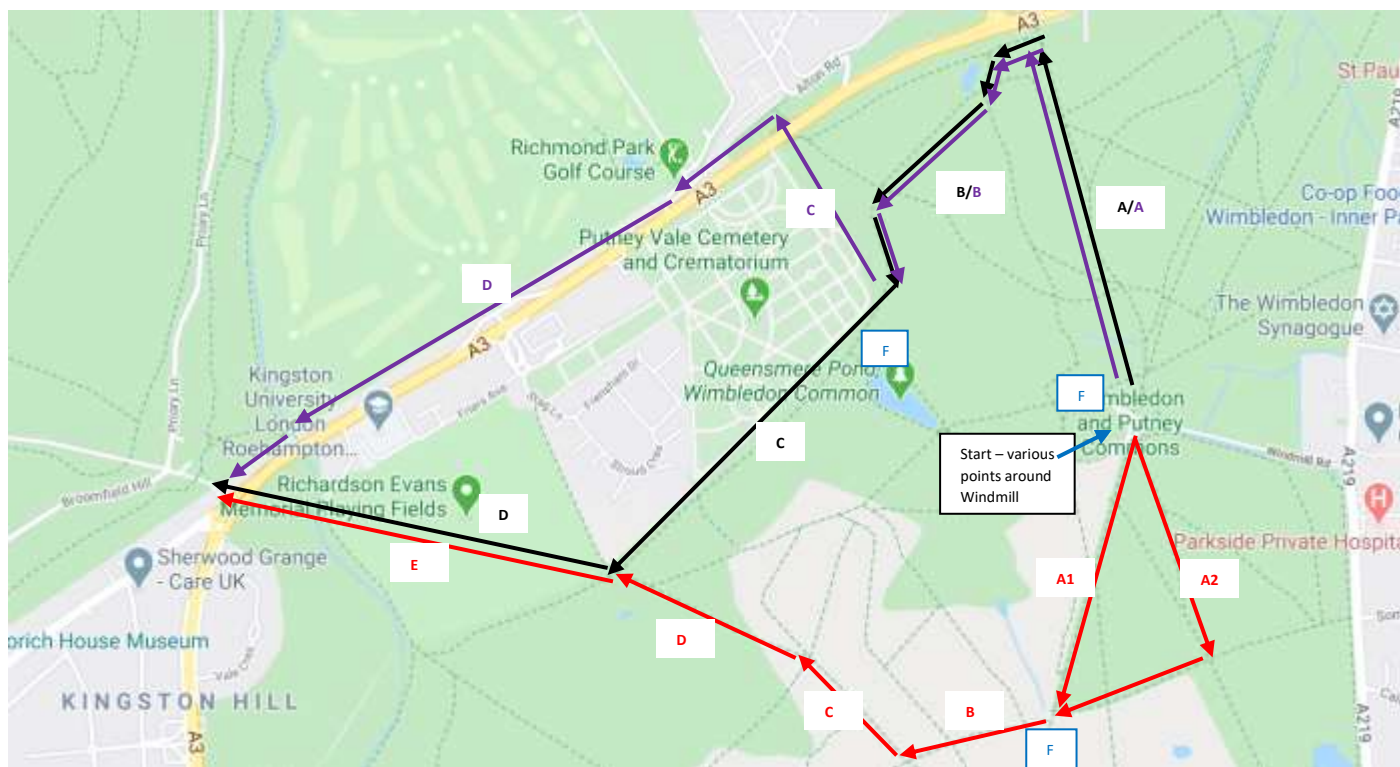


## Sunday Social 5 mile run from Windmill to Richmond Park



Windmill to/from Richmond Park (1.5 – 1.8 miles = 3 – 3.5m in total)

### General advice to runners:

Keep to social distancing guidelines within group and with other users.  
Be considerate and be prepared to stop if necessary.

### 3 routes:

#### 1) Past cemetery at bottom of Queensmere Pond

**A/B:** take main path towards underpass at A3 but go around small mound and then down hill to corner of cemetery:

*Generally enough space for social distancing but some zig-zagging necessary. Down hill is a bit narrower and so see section C.*

**C:** path at bottom of pond alongside cemetery

*This is potentially the most busy with other users. Ask runners to run in “extended single file” (i.e. more than 2m gap) to give plenty of space to/care with other users.*

**D:** across field. *Lots of space and runners can run across from each other for social interaction.*

#### 2) Along golf club drive

**A/B:** as for (1).

**C:** alongside cemetery to A3 underpass.

*This is usually quiet but narrow and so may need actions like in C.*

**D:** quiet path in terms of other users but narrower than 2m and so runners cannot run directly alongside each other.

*Advise runners to run in staggered format \* . \* . \* . and extended single file when passing others.*

#### 3) Past memorial

**A1/A2:** any combination of these 2 routes along main Windmill Drive but using open field where required.

*Lots of space on field but care needed on paths.*

**B:** to small war memorial. *Wide path.*

**C:** across golf course. *Plenty of space but care with golfers.*

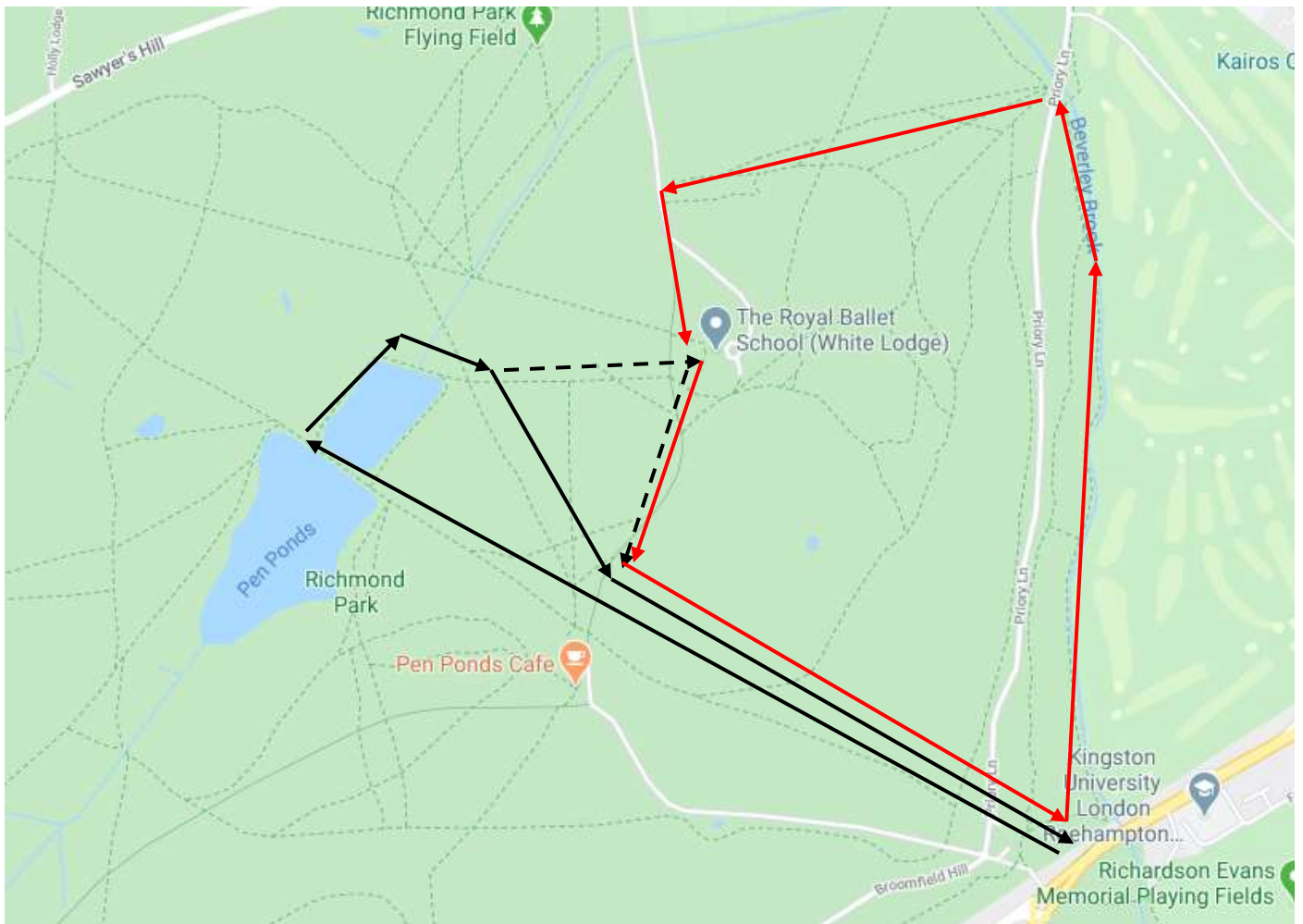
**D:** down hill to big war memorial on fields. *May need to make some adjustments for other users here.*

**E:** as **D**

**Back from R. Park:** any of the routes can be taken back and so the same route can be done in reverse or one of the others.

**F** **Finish:** there are 3 finish points marked depending on route back from Richmond Park – choose the most appropriate.  
Generally, if coming back via either of routes alongside cemetery consider stopping at bottom of ponds and walking from there as pond area can be busy with other users?

## Routes in Richmond Park



**Social Distancing:** paths are wide and currently with car parks closed it is quiet with other users. Therefore advise runners to just apply sensible general social distancing behaviour.

### **Pen ponds route (2 miles)**

From Robin Hood Gate, up Spankers Hill and along path between Pen Ponds. Go around pond to right and run across field back to top of Spankers Hill and back to Robin Hood Gate. ---- dashed line up hill to Ballet school is an optional extra for those most fit.

### **Beverly Brook route (2.5 miles)**

From Gate along brook rather than yellow brick road until pedestrian bridge. There cross road and follow path across field until road that leads to ballet school. Turn up past the ballet school to the top of Spankers Hill and then down the hill to R.H.Gate.

Routes can be run in either direction and combined with any of the routes to/from the Park.