

## 1. Editorial

This was not intended to be a full newsletter – simply some news in the body of the email, but the news became more complex so formatting in the newsletter is easier.

I trust you are coping with Lockdown – some of you may even be thriving. There is much to adapt to and the adaptations may well find good application in the post-COVID-19 world. Don't waste this opportunity.

Your comments, suggestions and contributions are most welcome. Email me at [nevyoung@starwaders.com](mailto:nevyoung@starwaders.com).



## 2. Running the Garden Route

This topic is the prime reason for getting this email and newsletter to you. Some of us have been innovative and have laid out running tracks and trails in our gardens. I have extracted those that I have seen on Strava, so here they are.

In case you are not sure what Garden Route running is like, take a look here:

<http://www.starwaders.com/lockdownrun/ny-lockdown-5km.mp4>

### Ken Swettenham 3 April 2020 at 07:37 - Around the Property

Much cooler this morning. Really enjoyed this trot around the house!

5.00 km in 47m 29s at 9.3/km

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### Neville Young - 2 Apr 2020 at 17:18 - Soniville Garden Route

The day was cold, I had already done 30 minutes of energetic carpet gym earlier in the day, so by 3km I realised I had not the energy to run fast and far enough to warm up. Adequate exercise for a LockDown Day.

3.05 km in 22m 8s at 7.16/km

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### Mark Thompson 2 April 2020 - Lockdown day 7. Run 5. 25/50km. Micro lawn trail

Joyous return to the running. Goat trail around the lawn looked like it was recovering so decided to pound it again. Saw rabbits. They saw me. Little buggers sat at side of the lawn and just watched. No attempt at communication. Just stared. Bit like being in London. Maybe it was a silent protest against all the dry rabbit pellets I've been feeding them for the last 4 years..???

5.08 km in 37m 49s at 7:26 /km

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### Ken Swettenham - 1 April 2020 at 07:45 - Around the House

Once again, having to record manually because Strava lost the signal during the run. Luckily, I also ran with my old Garmin that did managed to keep signal for a more accurate measurement today.

6.00 km in 53m 7s at 8:51 /km

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### Mark Thompson - 1 April 2020 at 15:57 - Lockdown day 6. Ride 1.

Yeah real mtb ride. Not one of those "trainer" stationary excuses. The real McCoy!

WTF I hear you all asking. Did he break curfew? Nope. Opted for more garden based cross training. Aka mind bogglingly boring circuits around the pool... To put this into perspective, each lap takes 9.5 seconds and has 8 turns. Rules of (the bike) engagement are thus more focused on concentrating on route finding

than speed. Plus u need to keep the brakes on for the full ride so that your granny gear setting has something to push against. The fun in this is that u loose all feelings in ur fingers for the last 30mins. But u do get a lovely burn smell... Secondly u need to know you've ridden the distance. So no padded bike shorts. Plain old unpadded nylon "polly shorts" running attire. I will now go off to the bathroom and quietly make an inspection for any irreparable damage. Sorry Jane... 🤔🤔

8.11 km in 1h 1m

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**Mark Thompson - 31 March 2020 at 16:21 - Lockdown day 5.**

Walk 1. 4kms. Garden Route Exploration.

"To explore strange new worlds, to boldly go where no one has gone before". Christopher Columbus eat ur heart out mate... I opened up a new brave new route that includes a garage thoroughfare and a whole new front garden experience. Unsure of how exhausting this might be so walked for a change. Legs were tired anyway of running..

4.13 km in 1h 1m at 14.5/km

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**Neville Young - 31 March 2020 at 12:22 - Lockdown Driveway Route**

The driveway and just a teeny, weeny piece of tar enabled me to run 6k. The lawn was grateful. Lap about 180m, so approx 33 laps.

6.07 km in 42m 38s at 7:01 /km

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**Ken Swettenham - 31 March 2020 at 07:34 - Garden Route**

Recorded manually. Distance & Time is approximate. Strava stopped recording twice during the run. Very frustrating!

5.20 km in 46m 0s at 8:51 /km

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**Mark Thompson - 30 March 2020 at 17:05 - Lockdown day 4. Run 4. 20/50km. Micro lawn trail.**

Actually quite a mental and physical challenge today... Feeling tired. Nothing new to report except that maybe I should introduce a water table en route. And some music. Need to sort out headphones. Saw the bunny. It saw me.

5.14 km in 38m 52s at 7:34 /km

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**Neville Young - 28 March 2020 at 16:56 - LOCKDOWN! - Soniville 5km Garden Route**

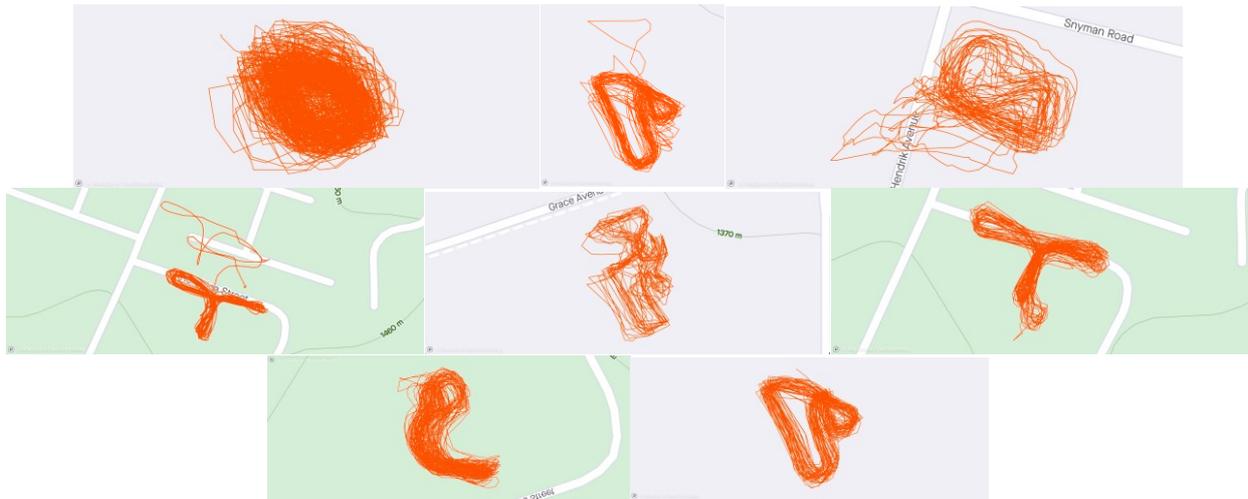
Keeping fit during lockdown from back garden to front garden 60 times.

My Garmin said 5.03km - Strava has got it wrong - NOT 4.99km ! I won't be denied.

4.99 km in 45m 53s at 9:12 /km

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### 3. A very unusual collection of running routes!



With this result:



And some extraordinary feats!!!

