

Royal Flush instructions

Thank you for offering to help tonight. I think it would be useful to have a front leader to keep an eye on directions and traffic crossings, a back marker to keep the group together and a “pace watcher” to keep an eye on their watch in each group. Unless specified below, you can fight it out amongst yourselves!

Group 1: Pamela Leon, Karen Steven and Kerry Newton

Group 2: Ali Griff (back), Maeve Largey and Fiona Jeffries

Group 3: Lotty Bradford, Catherine Bowman and Nicola Elvin

Group 4: Sue Bains (back), Nic Heaton and 1 other

We're going to wind along the roads to the junction of Knowle Lane and Ecclesall Road South to the bus turnaround, then out towards Dore and (depending on the time), along Limb Lane to Dore.

As the purpose of the session is to get a Royal Flush (each consecutive mile faster than the last), we will NOT be re-grouping at the bus turnaround spot as we usually do, so once runners are in a group, they need to stay in that group. Back markers need to be particularly vigilant as the groups may get quite spread out. Please make a point of telling your group NOT to get behind the back marker and to check in at the end.

You SHOULD be faster coming back than going out so you should judge your turnaround accordingly.

1 mile is just after the Knowle Lane junction

2 miles is just after where Croft Lane and Whirlow Ct Road crosses the main road

3 miles is where Limb Lane becomes Rushley Road – where Parkers Lane meets it (at the edge of Dore)

It is slightly uphill on the way out – and significantly uphill on that last bit of the 2nd mile, so plan your pace accordingly either by Heart Rate or Pace.

Please message me if you have any further questions.

Have fun!