



NEWSLETTER W/E 29 MARCH 2020

Dear all, please find below the news the week ending March 29th:

We very much hope all Harriers are staying safe and healthy following another unprecedented week for the UK.

HM Government

NHS

CORONAVIRUS STAY AT HOME SAVE LIVES

Anyone can spread Coronavirus.
The only reasons to leave home are:

- ✓ To shop for basic necessities or pick up medicine
- ✓ To travel to work when you absolutely cannot work from home
- ✓ To exercise once a day, alone or with members of your household
- ✗ Do not meet others, even friends or family

CORONAVIRUS
STAY HOME
PROTECT
THE NHS
SAVE LIVES

The good news is that one form of exercise a day from home is encouraged - such as a run, walk or cycle - alone or with members of your household. You should avoid busy areas and keep more than 2m away from others.

The introduction of the lockdown saw Dan McKeown put the solo time trial competition on pause until the restrictions are eased. Strava segments close to home - which you can also set up yourself - are a good alternative for now. More details on that, plus how to get in touch with Dan via [this link](#).

Meanwhile Steve Coy has started the weekly home turbo sessions, which are posted on the Harriers [Facebook page](#)

Helen Waddington has created two alternative 1k Strava segments to widen the scope for 5x1k efforts. So as well as the two down on the Nesfield Road in Ilkley, there are now ones in Addingham (Ilkley Old Road) and Burley (Hag Farm Road) for anyone who lives in those areas.

And Malcolm Pickering continues to post weekly advice and suggestions on the WhatsApp track group, advocating easy, enjoyable running from home to keep things ticking over and immune systems strong.

To be added to any of the Harriers WhatsApp groups just email [Hilda](#) or [Petra](#)

It means there are still plenty of ways to continue training and stay in touch and we'll send this newsletter every week to highlight them.

England Athletics also have a range of helpful initiatives on their [Athletics at home hub](#)

And just in case anyone missed their announcement earlier this week, EA has extended the suspension of all activities (including races and club sessions) until the end of May.

Unfortunately, this means that the Harriers-organised Ilkley Trail Race (scheduled for 25th May) has been cancelled - as has the Calderdale Way Relay, for which two teams had been entered.

