



NEWSLETTER  
W/E 12  
APRIL 2020



## HAPPY EASTER EVERYONE!

Dear all, please find below the news for the week ending April 12<sup>th</sup>:

Dan McKeown's 'running from home 5k' challenge is into its second week, with junior Alexander Wolfenden and Hilda Coulseay coming in first male and female respectively in the first week. Lots more runners and terrains are required this week to really test Dan's highly complex (and mysterious) analysis methods. Enter [here](#)

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Steve's turbo weekly training module is on our [Facebook](#) site and there are so many online HIIT, Pilates, yoga and other exercise classes available via YouTube and similar channels. If you have children, or not, Joe Wicks's weekday morning sessions are fun. We are so looking forward to getting back together again, so keep fit and well.

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The folk at British Orienteering have released a printable Easter Hunt pack complete with markers, answer sheets, map templates and more – including a Dizzy Directions challenge which is ideal to encourage kids (and adults!) to run around the garden to different compass points! Visit:



British Orienteering [website](#)

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See what others are doing via our Facebook or WhatsApp groups, if you haven't joined ask [Hilda](#) or [Petra](#), or look at the Ilkley Harriers club on Strava.

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England Athletics have updated their Athletics & Running For Everyone @home website [hub](#) to help you stay active & stay connected at home, including brand new sections for Officials and Runners, newly scheduled as well as previously recorded webinars, weekly challenges with Jenny Meadows and more 'funetics' activities videos for parents & children (aged 4-11).

Do stay safe when exercising at home – read the disclaimer at the bottom of the [webpage](#) please.

If you're signed up to the EA email updates then check your inbox for the latest newsletter - or visit the website to see everything that's on offer. Keep checking back – they're adding more content all the time!

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Strava is raising money on Justgiving for the NHS. Help make a difference and donate to their [Justgiving page](#).

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#bettertogether #staysafe #stayathome

