



**NEWSLETTER W/E  
26 APRIL 2020**

Dear all, please find below the news for the week ending April 26<sup>th</sup>:

Mountain goat, sprinter or ultra runner? Whatever the answer, there's something for you in Dan McKeown's weekly virtual 5k competition. The turnout is growing every week, the scoring system is becoming more maverick each time and Dan's write-ups on the Strave Ilkley Harriers club section are the undoubted highlight. [Check out the latest updates here.](#)

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An exciting new addition to the virtual Harriers world will be Brit Tate's circuits for runners on Zoom. We had a quick trial on Thursday - all went perfectly and it's a great workout that includes exercises for the upper body, lower body, core strength and plyometric drills. Look out for details on the Facebook and WhatsApp groups - likely to be 7pm one weekday evening and around half an hour in duration.

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We've all seen lots of new runners out recently and have put together [a few of our favourite but do-able routes](#) to offer some variety and challenge for this wider community.

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If you have any ideas for how we might make best use of what we can do during this uncertain period of lockdown and, as we slowly emerge, find ways of supporting Harriers, encouraging non-Harriers to join, learn from other organisations or other general thoughts please send them through to [Hilda](#)

We have a (remote of course) committee meeting on 5th May when we will get a chance to discuss.

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It's been amazing to see and take part in the Captain Tom 5k challenge and there are so many others raising money for charities and the NHS. Today would have been the Virgin London Marathon and the Great Runs team and other major event organisers are encouraging us to support the [2.6 Challenge](#).

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Finally for now, as you know [sportsshoes.com](#) offer the 10% discount for members using their voucher code sent to you monthly (currently LDL4, valid until May 3<sup>rd</sup>, the new one will be emailed out to you). And our local Up And Running are offering - in addition to their club discount - an extra 10% using code WYLL5P4 at checkout at [upandrunning.co.uk](#).

#bettertogether #staysafe #stayathome

