



NEWSLETTER
JUNE 2ND 2020

Dear all, please find below the news on June 2nd 2020

The latest Government guidance on the gradual releasing of the Covid-19 restrictions has prompted an update from England Athletics, linked [here](#). The 2m social distancing and hygiene measures remain in place but individuals can now exercise outside with up to five other people.

All Ilkley Harriers club activities remain virtual at this current time. If it is deemed appropriate that some club activities could recommence a formal risk assessment as per EA guidance will have to be undertaken for each activity. This is a requirement for our insurance to remain valid.

Individuals who wish to meet up and run with other members on an informal basis should adhere to the current government guidelines. Any such runs are not to be classed as club runs.

There was a respectful line of red and green vests out in Burley and elsewhere last Wednesday to honour Pete Shields. We will take the opportunity later to host a fitting tribute.

You may have seen the Harriers article on the back page of the Ilkley Gazette, but if not there is a link below. It points to resources for new runners and non-members but you may find inspiration in the routes information as well. Many thanks to Jonathan. [Gazette article](#)

Dan's latest 5k challenge went off road in the week the Ilkley Trail Race was scheduled to take place. Check out his latest update and what he's got in store for you next [here](#)

Brit Tate's circuits for runners class on Zoom has had a great response and takes place at 7pm every Thursday. It lasts for just over half an hour and if you are not already, join our [Facebook](#) and WhatsApp groups to get access.

The Harriers Facebook group is also the place to find Steve Coy's turbo session training plans each week.

The [Facebook group](#) has been renamed 'Ilkley Harriers members group', to distinguish it from the [Facebook page](#) which is public facing.

Exercise in groups of 6 or fewer while maintaining social distancing*:

Exercise and fitness: Illustration of six runners in a line, each separated by a 2m distance.

Coaching outside: Illustration of five people in a line, each separated by a 2m distance, with the last person on the right acting as a coach.

* Social distancing does not apply if you're with people from your household.