

PETERBOROUGH & NENE VALLEY AC

NEWSLETTER JUNE 2020

Action packed lockdown

Welcome to our June newsletter. We hope you are all coping well with lockdown.

However we are feeling we have to be thankful the weather has been as glorious as it has been and we have been able to get outdoors for a run, work in our gardens or go for bicycle rides and walks.

Athletics goes on! We have seen hurdle sessions in deserted car parks, as well as quizzes on zoom, even online baking classes, virtual afternoon tea parties. Some of us have also learned new skills like how to sew scrubs and make face masks. All in all, many of us have been quite busy.

Don't forget if you have a look at our website (pnv.org.uk) you will find a fitness tab where there are lots of ideas to help keep the boredom away ranging from circuit sessions in the garden, HITT classes, yoga classes, ideas on training sessions etc.

LEAGUE ACTION UPDATE

So many planned league events have come and gone but there does seem to be a little light at the end of a dark tunnel.

Like all of us those involved with organising the leagues we are hoping the Government will lift lockdown and allow us all to get back to a normal life as we can.

We can report the NAL committee are planning some kind of competition and are working towards 3 dates 1st/2nd Aug; 15th/16th Aug and 6th/7th Sept involving a Cup-style competition using local fixtures.

The SAL, EAL and EYAL are all thinking on the same lines, having some kind of local competitions on the remaining scheduled dates. One thought is that clubs will get together and host local intra-club events on a localised friendly basis.

Much depends on whether we will be allowed to return to normal training and competition.

THOUGHT FOR THE MONTH

Every day may not be good but there's something good in every day.

Club Challenges

As many of you will know we have had a number of club challenges over the past few weeks.

The Virtual London Marathon Challenge was a huge success with over 146 of us joining in with all of the fun. As a result of that a Weekly Family Challenge was set up, this was for each family to run a set distance which varied from a total distance run as fast as possible; a total distance run but each had to compete a set distance.

We have had an attempt at the 100 x 1 mile world record. We fell a little short on that as only 98 of us managed the mile therefore we were unable to get close to the record, however we did manage to run 10:26:39, which included some sprinters running 6 x 400 or 8 x 200.

At the end of May we saw around 70 members joining in with the #TeamFell Challenge. Each member ran a timed 5km, ideally on a pre-determined circuit using Strava, people were asked to donate to the #TeamFell justgiving page and around £750 was raised towards the charities who have helped in the recovery from cancer of club member Isaac Fell.

We are now looking at future challenges, which might include virtually running up Snowdon; an English Schools weekend extravaganza; and virtual club rankings, including road listings.

We will post future challenges on our club website and facebook page.

EA Coaching advice

England Athletics released a statement last month relaxing the rules on coaching etc. and allowed 1-2-1 coaching sessions (coaches can coach 1 athlete at a time so long as they keep within the social distancing rule) or that 2 athletes can train together again so long as they regarded the social distancing rule. Anyone not abiding by these rules could be putting their insurance at jeopardy.