

PETERBOROUGH & NENE VALLEY AC NEWSLETTER MAY 2020

A long lockdown list

We hope everyone is coping well with this lockdown business. It certainly is a strange time for us all and totally unprecedented.

We've seen lots of people doing the best they can in the circumstances.

Families have held their very own school sports day in their gardens, some have joined in with 'pub-style' quizzes on their laptops, there's been plenty of baking classes going on, virtual dinner dates, afternoon teas, camping out in the garden, garden parties, garden gym sessions, yoga sessions, dog agility sessions, you name it we've done it all.

If you have a look at our website (pnv.org.uk) you will find a fitness tab and behind that 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. etc.

* England Athletics have been working overtime to try and keep us all motivated and have introduced a weekly web newsletter which has lots of ideas to keep us moving and inspired.

There are virtual club nights and Q&As with athletes. Go to englandathletics.org and see what they are doing for their money.

SUMMER LEAGUE UPDATE

The Lincs T&F Champs due for 30/31 May have been cancelled.

If the two remaining matches of the Southern Athletics League go ahead they will be rearranged but they will be friendly fixtures between clubs local to the venue.

The first meeting of the East Anglian League is due to be held on June 21st at Cambridge with the Eastern Young Athletes' League season due to open at Sandy on June 28th.

Peterborough 5km Series

Unfortunately the popular summer 5km grand prix series is the latest victim of the coronavirus and has been cancelled until next year.



Virtual London Marathon

WHAT a great day Sunday April 26th was. We had 156 step up to the challenge of running 1km, whether within a training run, all out effort or just for fun.

We all did it on our own or with a family member thereby abiding by the Government's advice on social distancing.

Quickest male was Stuart Haw who ran 2.31 while 17-year-old Molly Peel was the speediest female with a brilliant 3.03.

The idea came from Lance Hemmings who thought it would help to inspire us all to get out there and do a bit; we even saw Russ Prosser joining in on the act. It certainly did inspire people with parents, brothers and sisters, aunts and uncles joining in, the feedback has been tremendous.

It was an all round effort with coaches encouraging their squads and getting times over to statistician, Andrea who crunched them altogether to give us all of the finishing times.

Well done everyone, very inspiring and very enjoyable.

We hope to do similar things in the coming weeks, if you have any ideas then please let us know.

THOUGHT FOR THE MONTH

With the new day comes new strength and new thoughts. We can still smile in times of trouble, we can gather strength and keep moving forward and above all keep showing kindness to each other ...