



NEWSLETTER
W/E 5
APRIL 2020

Dear all, please find below the news the week ending April 5th:

We hope everyone is continuing to keep safe at home and using the various channels to keep in touch with fellow Harriers.

It has been great to see many of you have already submitted solo runs from home for Dan McKeown's [Virtual 5km Challenge](#), and he'll be doing a round-up of the first week's results on Sunday evening.

And there are also weekly track, turbo and 1km-effort updates from Malcolm Pickering, Steve Coy and Helen Waddington respectively (via either the Harriers Facebook page or WhatsApp groups).

Unfortunately, the Harrogate District Summer Race League (HDSR) is not happening as planned in May and June, which includes the race we have been planning for 18th June. The organisers have left the thought open that they might be able to put it on later in the year, but more likely it will be 2021.

Since it was reported last week that the Ilkley Trail Race has had to be cancelled, we have had the following message via Churches Together Ilkley, who support the Matugga project: 'If you wish and are able to do make a donation, perhaps your race fee, to the Revival Centre, Matugga, Uganda, this would be gratefully received. It is a school, medical centre and orphanage looking after the poorest of the poor and the race usually provides some £2,500 annually' - <https://www.revivalcentrematugga.org.uk/revival-centre/>

On a more positive note, we've noticed plenty of 'new runners' out and about, many who may usually go to a gym or play a sport that is not permitted at the moment. While we cannot do our 0-5km course this spring, it would still be nice to offer advice and encouragement via social media. If anyone has ideas on how we can best do this, please email [Petra](#)

