



ON THE START LINE

A Month Of Meltham AC Racing

September 2020

A Slight Return...

It's all a little 'fluid'...but we are seeing some shoots of return, even if things are really not what they used to be...or would like to be!

England Athletics have moved measures to 'Stage 3', and this time the local measures are not currently overriding these, so club can return under the conditions that were emailed out in September:

- Members can attend MAC training nights - AT THEIR OWN RISK. We will do everything we can to keep you safe, but we can't do everything, so please do not come if you feel it may put yourself or others at risk.
- Do not come if you have any symptoms of Covid19 - get tested and follow local guidelines about isolation periods.
- On the night, before the run commences, you MUST confirm attendance - this will be with Jeff (and his clipboard); if he cannot attend then a substitute will be announced
- You must ensure your details on England Athletics are up to date (contact details, phone numbers)
- Groupings and leaders will be decided on the night. Groupings are not restricted to number, as long as they maintain social distancing during the run (2m/3 steps).
- We will not have the First Aid provision that we had before lockdown.
- Headlamps and bright clothes are now MANDATORY. Consider a Buff for when we are regrouping as a facecovering
- We will have NO ACCESS to the showers; and limited access to toilets - go before you leave.
- Should you come down with symptoms after a run, get a test. If you are tested positive at any time then you MUST contact Jeff asap - 07957692024 or email. Jeff will then contact all members who were in attendance on the same night you were.

DO NOT COME IF YOU ARE NOT PREPARED TO FOLLOW THE RULES

So far we have staged 3 successful runs, with everyone complying to the rules and no cases have been reported. I apologise that we are unable to accept new members at this time, we will announce as soon as we are, but realistically it will be when EA move us to Step 4.

A RACE REPORT!

Keswick 15k challenge 5-9-2020

First race in 6 months excited didn't come close! Booked on this race only 2 weeks before after John said he had, and I thought why not! So glad I did.

Changes due to Covid 19;

- Staggered start time- which was actually better than a mass start to be honest because you didn't get stuck behind people in the early narrow parts.
- Wearing a mask for the start- made no difference.
- No water AT ALL- a bit of a pain to remember water for the finish but it was fine. I don't drink when am running it just slows me down so didn't bother me while doing the race lol
- Number posted out- saved queuing and having to be there early.

The race

The only Lakeland I have done before is the Staveley in 2019 and it was my favourite race of 2019 so knew this one would be a good one.

So, me, Rob, Sophie and Robs mum and Dad (they wanted a day out lol) got there around 11.20 parked at the rugby club walked on met John and Jill. Me and John had been put in same start time as they were trying to put club members together. Our start time was 12.53 so we lined up with our masks on for the start.



Masks off as soon as we left the park entrance. We had the odd word as we set off then didn't really get chance to chat again. As we started to climb, I was passing people up the hill and suddenly came to a really steep downhill section and I really wasn't ready for that and I screamed out as I thought I was definitely going to face plant I couldn't stop! I don't know how but stayed on my feet. The next mile was very undulating we came out on to a little downhill track/road section, there was a guy in front of me that I was gaining on and all of a sudden he nearly missed the sharp left turn and he slipped rolled and hit his head on the floor. I stopped to see if he was ok [socially distancing obviously], he was ok, no blood and as I set off, I saw John coming down so shouted for him to watch out it's slippery. Then we hit the BOGS all the way up for a mile, they were flowing and over my knees in most places and was tough going, then of course it started to rain. One woman was coming back down crying. I was stuck behind a guy for a while but, I couldn't go any faster with the flow of water and we were still climbing. Once out of the bogs it was over a bridge and a good climb up to the top. When I got up there, I found my speed and just really enjoyed the up and down with all the streams in



between. I still kept spotting John just behind me. In the last downhill mile or so I was flying and felt great, my leg muscles where starting burn from breaking and the sharp corners. Suddenly I could see the finish field we did one outside lap to the line I still felt very strong at this point so was happy with that. Just a minute and half behind me was John he had done amazing. Few pictures at the end and a chat then it began to rain again so we decided to make move home.

So all in all a great day out very well organised and have booked on the my next one and can't wait, really nice to be back racing.

Later on, I found out I was the second fastest women in the race. Really wasn't expecting that. *(Thanks Sara Lewis)*



Something Different

Just wanted to promote again the 'lockdown' events that EPOC Orienteering club are doing . Just need to install MaprunF on your phone, then check out their website – <https://www.eastpennineoc.org.uk/> they are quite motivating events. (I did three events in three consecutive days last week.) They are urban/street areas or country park type places – so you don't need to be able to navigate through the wilderness.

Also I have done one of the 'Peak Raid' summer series. Autumn series starts soon for those who do like the rural running (these are 'score' events – get to as many controls as you can in a set time, lose points if late back – a bit like point to point but with penalties). <http://explorerevents.co.uk/>

Your route is mapped on the MaprunF app and you can see full results – so you can see how fast others have done it (twice as fast as me!). You can even see what route others took and learn from your mistakes. (*Thanks Gilly Markham*)

Something Worthy

Anna Hazelton and Allie Lamb will be running (at least) 50 miles in October for Prostate Cancer UK

<https://www.justgiving.com/fundraising/annas-fundraising-page127>

Thanks for taking the time to visit my JustGiving page. Prostate Cancer is now the most commonly diagnosed cancer in the UK so I thought I'd do my bit to raise some money to support Prostate Cancer UK in helping out the men in our lives. I also love running so it really wasn't a difficult decision. Thank you so much for any donations.

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

Something Familiar

YVAA will be running virtual 5k and 10k Grand Prix's each month—why not pop over to the website, have a look, get registered and have a go (unless you're under 33...)

<https://www.yvaa.org/>



VOICE OF THE BEEHIVE

NON RACING NEWS FROM MELTHAM AC

**A section of the Newsletter for Non Race Information about Meltham AC.
If you have anything you think your colleagues should know about -
please let us know!**

THIS WEEK'S CLUB NIGHTS

Tues 7.15

2 groups

HEADTORCHES MANDATORY
REFLECTORS AND BRIGHT
COLOURS PLEASE

The Month Ahead

Let's take this a week at a time...

Here's a big space - why not fill it with letting us know what you have been up to? We know that not everyone is ready or able to return just yet - so send a message and say hello!

Also, if you have been up to anything and want the club to know please send me the details. Unfortunately I am under a fair bit of pressure at the moment with work and really don't have the time to be searching the usual places for results and activities.

Thanks.

Shoe code...



Sportshoes.com With the beginning of the autumnal season, it is the perfect time to update your running kit with some Hi-Viz clothing or waterproof gear to stay safe and comfortable in the darker season. We have also stocked up on the latest hiking collection, so there's lots of new products to explore at SportsShoes.com! The new club code for the month of October is BBNHN5 – valid until 3rd November 2020. Don't forget this is for us only - don't share it about and also support your locals where you can.

Can't wait for the next issue?

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