

NEWSLETTER MAY 2020

I hope you and your families are all keeping well, and that athletes are managing to fit in some kind of training to maintain your fitness levels. As you know, we don't have clear answers as to what will happen and when - but there has been another update from England Athletics so I thought I'd share in case you haven't seen it.

England Athletics said that competitions would begin 1st July at the earliest – no fixed date as yet, as this is entirely dependent on government guidance. In terms of training, and other group activities, this is still on hold until at least 31st May and the next Government review of lockdown measures. However, we are also dependant on East Point Academy staffing their facilities and allowing us to hire. There are plenty of discussions going on in the background at a national, regional and local level about the various courses of action. It is agreed that there would be a need for a decent period of training before competition could start. We also obviously need to look at how we keep our athletes, coaches, officials and volunteers safe.

The committee have decided to cancel the Lowestoft Scores Race for this year, due to the time constraints in organising and hosting event of this size around such uncertainty. This wasn't a decision taken lightly as this is a loss of revenue to club.

We will keep you posted about any developments around training and competitions. In the meantime, you may have seen that we launched the T-Shirt Challenge, where athletes have the simple task of dressing themselves in a t-shirt whilst upside down! We have had lots of athletes email us their videos, surprisingly all successful attempts too! So please keep sending them in.

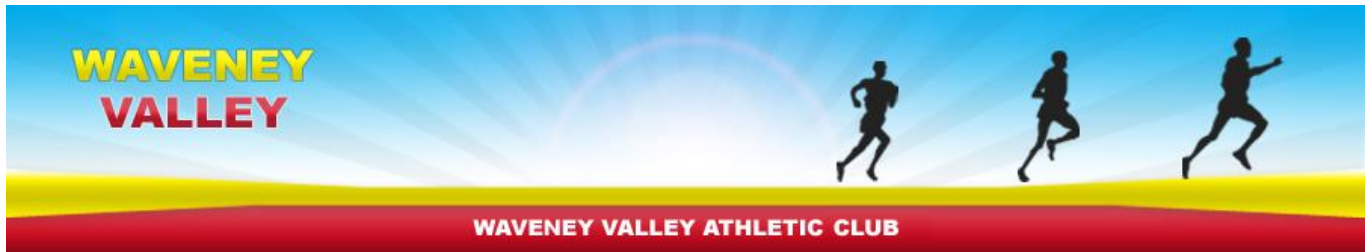
Next up we have the Relay Challenge! We would like all athletes to take part, there are however, strict rules.

- Please use a banana as a baton wherever possible
- Only an arm allowed to be visible at the start exchange (to receive)
- Your arm must extend before you go out of shot
- Only one athlete in the relay
- No longer than 3 seconds
- Record in landscape (not portrait)



<https://youtu.be/2GXtrXZtr6k>





Please send in any entries by Friday 15th May, so they can be edited together (thanks to Cavell for this!)

Lastly, just to let you know your Waveney Valley A.C club membership and affiliation expired on 31st March. Club Membership for 2020-2021 is £32 which includes your affiliation fee which the club will pay on your behalf. There is a discount for multiple family members, please see the membership form for specifics. In light of lockdown UKA have decided to extend the deadline for payment from 30th June, to 31st August 2020 for anyone experiencing financial hardship. The renewal forms are attached and also available on our website. Please use the Fill & Sign to Add Text. This can then be returned electronically to: waveneyvalleyac@gmail.com

Look forward to seeing all your videos, stay safe and hope to see all very soon!

