

WSR Whitsun Newsletter

Massive thanks from Bournemouth Foodbank

Firstly thank you to all of you that took part in our April Virtual Races - over 321 of you that achieved in total 17,752 miles'ish. As part of this you also managed to raise over £1,800 for the food bank, including some May entries as well! 🏆👏👏👏 To put this into perspective during April you managed to run around the circumference of Dorset around about 89 times - that's one major relay race 😊

If you want to take part in June you can still sign up until the 15th of the month and we will continue to hold the virtual races and get you some well-deserved bling for your hard work and help out our local foodbank at the same time. There will also be some new medals appearing up for grabs and if your planning to do a GHM race virtually then you can still get your hands on a spinning willy medal!



Enter here:

<https://whitestarclothing.co.uk/.../ot.../products/virtual-races>



The Covid diaries: running in the time of coronavirus

A new weekly blog series from Run Deep (www.rundeepmag.com), each week we'll be sharing stories of how runners are getting on during the coronavirus crisis.

From epic treadmill ultramarathons, to garden relays, inventing new parkruns to finding new hidden footpaths, runners all over the country are finding innovative ways to keep their spirits high in unusual times. Or maybe you're struggling in light of the guidelines and lockdown measures, juggling other commitments like working from home and managing homeschooling. With no races or parkruns, no group runs or club nights, it can be hard to stay motivated.

However, you're feeling about your running right now, just know you're not alone.

These blogs will give insight into the lives of other runners right now, which will hopefully inspire, motivate, support or comfort you over the coming months.

If you'd like to contribute to this new blog series, we need the following:

- Your name and any website/social details you want us to publish
- 200-250 words about your running/not running in a given week – how you're feeling and what you've been up to
- 1-2 pictures from your week to illustrate your submission

Send it to hello@rundeepmag.com The blog will be published on each Sunday evening, so we need each week's submission by the Friday morning before to be considered for publication.

We hope you enjoy reading this new blog series in the coming weeks.

Race Update- May

UKA and England Athletics announced an update that there will be a further extension of the current suspension of athletics competition until at least 30 June 2020. Such athletics competition includes Trail Races and in accordance with this, the Trail Running Association will not be issuing any permits for events that fall within this suspension period.

This unfortunately means that the 2020 Giants Head Marathon event weekend will be cancelled. Over the years we have built a very friendly relationship with the village of Sydling. We wanted to make sure that we were doing the right thing by cancelling. Sydling welcomes us all in as villagers for a couple of days and the population of the village trebles for the weekend.

In times like this, even with potential easing of movement restrictions over the coming weeks, the village and WSR felt best not to move the races to another time of the year but to sadly cancel 2020 races.

There is good news.....However we have **set the date for 2021 which will be Saturday 26th June and we will automatically move your entry into these races.**

We are ever hopeful that guidance and practical measures will start emerging to enable events to take place in the summer and will continue to monitor the situation regularly and provide updates on our events calendar for the year.

The UKA & England Athletics statements can be found on the links below.

<https://www.englandathletics.org/.../statement-suspension-of.../>

<https://www.uka.org.uk/.../29-04-2020-updated-uka-hcafs-stat.../>

Our previous race update can be seen here <https://whitestarrunning.co.uk/race-update/>



With the sun continuing to shine we have plenty of summer stock in our Whitsun Sale next week

White Star Clothing have got lots of vests, t-shirts and caps in stock for those sunny runs, if you're in need of an update for your summer running wardrobe. Quirky designs and bright colours to help others see you coming and 20% off during our Whitsun Sale.

See our full collection online at www.whitestarclothing.co.uk

Keep up to date with all our goings on, on our [Facebook Page](#)

Stay Safe & Keep Running Rural