

Lockdown Tales – February 2021

Privileged to be following the club captain with the latest instalment of Lockdown Tales. Hopefully there won't be many more Lockdown Tales to come with the gradual easing of restrictions coming over the next few months.

2020 started off well with Hit the Trail and 4 Villages Half Marathon in January before a 10k PB at Dewsbury in the first club race of the year. Things were going well in preparation for my first marathon in Manchester in April, a 20 mile training run and a tough 20 mile race before everything got cancelled and we went into lockdown.

I dislike running on my own but being banished from the office to work from home gave me the opportunity to run first thing in the morning and keep the running going.

During the summer the Marathon Majors Challenge, Dawn to Dusk and virtual socials were a great way of keeping the club together albeit at a social distance.

Once the initial lockdown was relaxed a couple of socially distanced races took place in which I managed to come up with PB's for 5k, in Brighouse, and Half Marathon, at Capesthorpe Hall.

When Manchester Marathon finally got postponed to 2021 but still allowed the opportunity to get a 2020 medal and T shirt, I did a virtual marathon with others who were doing their virtual London Marathon. I was ok early on but struggled in the later miles which I think was the start of my IT band issues that reduced my mileage over the final two months of the year.



Despite the lack of running in the last two months of the year I was pleased that I managed over 1000 miles in a year for the first time in my short time running. I managed to get a couple of physio sessions in before the latest lockdown and with some acupuncture, stretching and exercises the injury has eased considerably.

Apart from running the lockdown has meant I haven't seen my parents in Scarborough for over 12 months but, hopefully, as I and them have had our first dose of the vaccine, and with restrictions due to ease I can get over to see them soon.

Throughout the last 12 months at the times when we have been able to run with others, Tracey Hall has been my running buddy for many, many miles so I would like to thank her for helping me get those miles done especially when I have struggled with injury.

The news at the end of February that parkrun will be back is encouraging and a sign that we could be back in club group sessions, parkrun and races soon. I have Manchester 10k, in September and Manchester Marathon in October, both deferred from 2020. Apart from that I am not desperate to race but would rather just get back to running socially and meet back up with friends at the club and other friends I have made through running.

I have managed to get my mileage over 100 miles for the first time since August, so I am looking at keeping that up now and hopefully keeping my injury under control and, for us all, getting back to being an active club again.

Happy Running !!

Kevin