



Garden City Runners: News Release from a Distance

Issue seven: 10 May 2020

Club members continue to take on a variety of challenges with gusto in these peculiar times. Keep your creative and helpful contributions, as well as the fabulous pictures, coming into results@gardencityrunners.org.uk

GCR Membership

As mentioned at the recent AGM, GCR membership was due for renewal on 1st April. If you have yet to renew your subscription, there is the possibility that you may automatically stop receiving club emails/newsletters. Given the current situation in the "real world", renewal of GCR membership may not be at the top of your to-do list but we certainly don't want to lose anyone from our membership because of what we all hope will be temporary measures. If you need more time to renew your membership or need to discuss your membership further, please contact Sue. Thank you. Sue Fletcher (fletchsue@yahoo.co.uk)

Bannister Mile Virtual Time Trial

This week eleven Garden City Runners took part in a virtual one-mile race, the Bannister Mile Virtual Time Trial, organised by the British Milers Club. This was in honour of the 66th anniversary of Sir Roger Bannister's sub-4-minute mile on 6th May 1954.

JACK TANN was the first finisher of the virtual finish tape in a time of 4:57, closely followed by ADAM WADLEY (4:59). DANIEL PUDNER was 3rd GCR finisher in 5:10. Other runners were JAMES HUIISH (5:19), RUSSELL CASEY (5:21), HERBIE HOPKINS (5:22), TOM WACKETT (5:29), PAUL GUY (5:31), RICHARD SOMERSET (5:32) PETER HARVEY (5:33) and HANNAH FRANK (6:45).

Run Leader's VE Day Challenge

This week's uniquely timed Bank Holiday saw the nation commemorate the 75th anniversary of the end of European hostilities in 1945. It also gave an excuse for Garden City Runners to don red, white and blue and run 0.75/7.5/75 with units of their own choosing.

BECCA HAYDEN, with husband ALEX, managed a 7.5-mile loop around the town, whereas LOUISE SMITH ventured into the fields and far away with a run from Digswell to Watton. STEVE WILLIAMS tried his hand at a bit of Strava art on the Parkway (see below) and JACQUELINE MCALLUM kept on running after her (not) parkrun to tag on another 2.5km. TERRY FOWLER donned appropriate garb (see below) but there was no evidence of running so maybe he just wanted to scare the children!

KAREN and NICK ATKINSON, having run 7.5-mile loop on Thursday, tackled a 7.5km loop around the town on Friday, before settling down for tea and cakes in the sunshine. Finally, GCR Chair JANE MALLOY ran a 7.5-mile loop taking in Bulls Green, Bramfield and Tewin.



Vice Captain's Selfies Challenge

Men's Vice Captain, RICHARD DARLEY, last week set the challenge of collecting seven selfies, including with a rainbow, a closed pub, some water, something with four legs and a new Welwyn Garden City sign.

Well done to NIKKI COWEN who completed the challenge first; a bottle of fizz will be winging its way to Nikki in good time. Congratulatory slaps on the back and warm bottles of out-of-date Corona lager for everyone else who posted selfies, including HAYLEY CONNOLLY, HOLLY

and RUSSELL CASEY, JEN DENMAN and STEVE WILLIAMS who completed the challenge with MICHELE albeit on two wheels.



SELFIE CHALLENGE
Nikki Cowen
Hayley Connolly
Holly Casey
Russell Casey
Jen Denman
Steve Williams



Not-parkrun highlights

The weekend's warm weather didn't deter GCR runners from continuing to head out and attempting the Saturday not-parkrun challenge. ALEX FAULKNER just snuck under 26 minutes when she didn't run the Panshanger parkrun, while STEVE EDWARDS equalled his PB of 21:06 by (not) running a parkrun at Ellenbrook Fields. Other 5k runners on Saturday morning included BARBARA KUBIS-LABIAK (with Kenji the dog), JAMES AITCHISON, AMELIA LOVEYS, SHARON THRELFALL, RICHARD DARLEY, JACQUELINE MCCALLUM, KATE WALKER, MAGGIE WRIGHT, KERRY HENDERSON, SHENA LANCASTER, TOM ROGERS, ANNABELLE LEE and SOFIE MARCHANT. PAUL GUY achieved a seventh consecutive PB and first finisher position at the Kimpton (not) parkrun. Special shout out to SARAH LYNN who took a whole two minutes off her PB round the (not) Panshanger course in a time of 33:11.

The Best of the Rest: Editor's Choice



Elizabeth Dean
Today at 7:04 AM

VE Day Half Marathon ✓

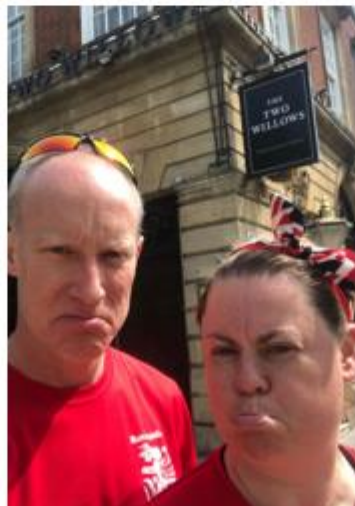
Congratulations, this activity is your longest run on Strava!

Distance	13.31 mi	Avg Pace	12:56 /mi
Moving Time	2:52:17	Elevation Gain	0 ft

This Week's Leaderboard

22 runs 44.3 km
Your Rank Total Distance

Rank	Athlete	Distance	Runs	Longest
1	Rebecca Barden	103.9 km	7	19.4 km
2	Ian Munro	80.0 km	11	9.6 km
3	Ali Riza Eroglu	77.7 km	8	21.2 km
4	Kath Evans	77.2 km	7	21.8 km
5	Becca Hayden	70.1 km	9	12.0 km
6	Adam Wadley	64.9 km	10	16.9 km
7	Herbie Hookins	64.2 km	8	16.1 km
8	Eddie George	63.6 km	7	21.7 km
9	Robert Casserley	62.0 km	5	25.7 km
10	James Duhonni	56.2 km	7	23.5 km



This Week's Run Leader Challenge – Rob Jones



Remember You're a Womble

*Underground, over ground Wombling free
The Wombles are Welwyn Garden City
Making good use of the things that we find
Things that the everyday folks leave
behind*

Whether you're an Uncle Bulgaria, Tobermory, Madame Cholet or a Bungo, our challenge this week is to be a Womble. Remember to pick a character. Going underground, over ground we're blessed with subways, bridges, underpasses and tunnels. If you really want to challenge yourself, you can even tiptoe under the A1 and into Stanborough Park. No waders allowed!

Lots of Gill Sol selfies on your Wombling travels under subways, over bridges and even scenic snaps overlooking our town.

Wombles are resourceful and aim to help the environment by collecting rubbish. *This is an optional part of the challenge and gloves are very much recommended.* Our local trails and paths have been well trodden during lockdown, and unfortunately littered. We can all do our bit.

I'm going to be Stepney the cockney Womble. No Orinoco's please. He was the lazy Womble. Enjoy and happy Wombling.

Terry's Injury Clinic – A great message is worth repeating

TERRY FOWLER has received a few emails in the last couple weeks from 4-5 runners who have, unfortunately, found themselves injured. He describes their injuries as “too much too soon injuries” and goes on to provide the following explanation.

The majority of running injuries are caused by “overuse”. Normally involving:

1. Calves
2. Achilles Tendinitis
3. Hamstrings
4. Runners Knee
5. Shin Splints
6. Glute Pain

When I've asked those currently injured about their recent training since “lockdown”, without exception all had increased the amount of runs per week and significantly the amount of miles they are running per week. Surprisingly, when I explained the 10% rule, some hadn't heard of it and those that knew about it hadn't considered it.

Ten Percentage Rule

The 10-percent rule (10PR) is one of the most important and time-proven principles in running. It states that you should never increase your weekly mileage by more than 10 percent over the previous week.

So, for example, you've been running 15 miles a week. Now you have more time on your hands and you want to make sure you make the most of your permitted exercise allowance under lockdown rules, you manage to fit in five 5-milers. Your training increases from 15 miles a week to 25 miles a week—a 67 percent increase!!!

Similarly, if your longest run pre lockdown was 5 miles and you up it straight away to 8 miles as you have the time to do it, well that's an increase of 60%!!

As you can see, it's very easy to go well beyond the 10% per week increase.

It's at this time you certainly don't want to pick up an injury, as it's the opportunity to hit the streets that's helping our mental state.

Also it's worth bearing in mind that you need to check your shoes more regularly if increasing the running, as obviously they won't last as long.

So please remember the 10% rule and try your best to stick to it and avoid “overuse” injuries and the frustration of missing out on your daily exercise fix.

Running safely

We love to see club members being active in inventive ways in these difficult times. We urge everyone to exercise safely – not just for their own benefit, but especially that of more vulnerable members of our community and our NHS. As a club we have an opportunity to set the best example in how we exercise.

Government advice is changing regularly. Please check before you run. At the time of writing:

- Exercise on your own or with someone you live with;
- Remember only one outdoor exercise a day and that you should only travel if essential, avoid driving to your running route and instead plan a route from home;
- While out running, keep a safe distance of at least two metres from others, stopping if necessary to allow others more room to go by, and give a wide berth when over taking;
- If possible, plan routes that take you away from town centres and out into the countryside, the fields and footpaths are nice and dry so take advantage;
- Generally, places are quite quiet due to social distancing but it is best to avoid busier areas – at the moment that seems to be the Waitrose car park queue and Sherardspark woods at lunch time;
- If you cough or sneeze while running, it’s extra important to cough or sneeze into your elbow;
- Avoid touching or contacting other surfaces with your hands, like gates or stiles, use your sleeve or gloves to open gates if necessary;
- Wash your hands before you head out and as soon as you get home.

Route planning

Struggling to find a suitable route without your run leaders guidance? Check out the GCR Strava members group for inspiration from your fellow GCRs! Strava have also just realised a route planning feature for Summit members.

The following apps and websites also come recommended by club members:

- Footpath (app)/ MapAMeter (online): Editors recommendation! Footpaths and distances across the UK and Europe (I’ve successfully used it in Norway and Italy), with a handy “snap to path” feature for the less-diligent route planners amongst us;
- Map My Run: Also has others saved nearby routes for inspiration.
- Plot A Route: Same as above.

Happy and safe running everyone!

Club Kit

A reminder that new club kit is available from Kit-Meister Richard Somerset. All items cost £20, you can pay by cash or bank transfer, either FB message or text Richard on 07790 591868 or email rich.somerset@ntlworld.com to arrange pick-up. Karen Atkinson also has some women's kit stocks. Kit available includes:

- Men's vests, from XS to 2XL
- Men's t-shirts from XS to 3XL
- Men's long sleeve tops S to XL (please contact Richard if you want XS or 2XL and he will place an order)
- Women's vest from XS to 2XL
- Women's t-shirts from XS to 2XL
- Women's long sleeve tops, from XS to XL

Avery League 2020

The Avery League is currently suspended.

GCR Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group. It's a great way to keep in touch with your fellow club members during this time of isolation.

Join Garden City Runners

Do you live in or near Welwyn Garden City? Like running? Garden City Runners is your local running club. It has nearly 300 members and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres right through to full marathons. Try a few sessions before joining. Membership is only £20 per year and is available on the GCR website via the new Membermojo platform (note that it is no longer possible to join via the old application form). Simply log into <https://membermojo.co.uk/gcr> and follow the instructions. If you want to know more about the Garden City Runners please contact Karen Atkinson (Secretary) or Sue Fletcher (Membership) at gcr@gardencityrunners.org.uk, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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