



## Garden City Runners: News Release from a Distance

### Issue four: 12 April 2020

As we continue with our quarantining, we'll keep you in touch with your fellow club members, bringing you news and views of solo runs and challenges, plus tips and info to keep you fit and motivated. This week, we have a reminder of the weekly challenges, reports on the enthusiastic response to these challenges and a report from the Virtual National Road Relay Championships. **Keep your creative and helpful contributions coming into [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)**

### Corona Virus Weekly Challenges

<p>Saturday</p>	<p><b>no-parkrun challenge day</b></p> <p>Run 5k. Wherever you want. Simple! Let's continue to get 60+ members out doing their best 5k on Saturdays, come rain or shine. Wouldn't it be amazing if GCR achieved a host of course PBs on the first official day of parkrun's return?</p>
<p>Tuesday</p>	<p><b>Run Leaders Challenge Day</b></p> <p>This week's target, courtesy of KAREN ATKINSON, is to climb Ben Nevis. Starting on Tuesday let's share all our elevation gains for the week and see how far we've climbed by Sunday. All the runs and walks you do count towards the total. It doesn't have to be formal 'hill sessions' although we all know that they're good for us! If you're self-isolating or can't get out for other reasons, climbing stairs counts towards the total too.</p>
<p>Thursday</p>	<p><b>10k Challenge Day</b></p> <p>We were all set to initiate two different 10k training regimes – and we're not going to let a pesky virus stop us! If you've just completed your Beginners Programme, or maybe you've never run a full 10k, then there is the Bridge to 10k programme (thanks to HELEN HARRISON). If you're keen to improve your current 10k performance, follow the excellent plan devised by TOM WACKETT. For these two 10k plans go to <a href="https://www.gardencityrunners.org.uk/covid19-2/">https://www.gardencityrunners.org.uk/covid19-2/</a></p> <p>The aim is to dazzle with our league performances next available opportunity.</p>
<p>Sunday</p>	<p><b>Long Run Day</b></p> <p>In the light of government guidelines on time spent on exercise outside the home, the long run challenge is now being retired. Ideas for an alternative Sunday's challenge would be gratefully received! This week's "overseas sojourn" is reported below.</p>

## **Tuesday Run Leaders' Challenge**

On Tuesday, WILLOW GIBSON challenged us take "silly selfies" while on our daily state-permitted exercise. While the message may not have got to everyone, below is a collage of selfies from Tuesday's runs. No need for social distancing in print!



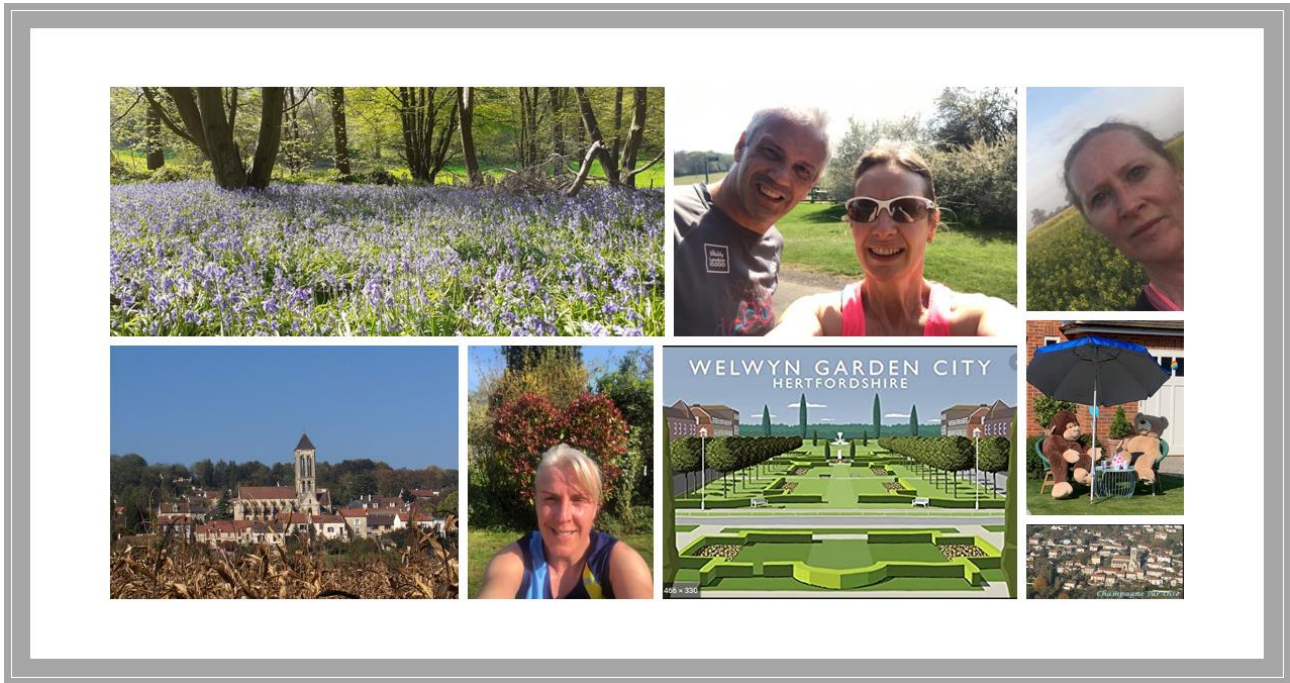
## **not-parkrun highlights**

Plenty of GCR members were out and about on Saturday morning clocking up a 5k (not) parkrun. TERRY TRISTRAM with first out of the blocks at 05:26 (!) completing an out-and-back route in Hertford, while RICHARD DARLEY aimed to stay close to home and did six loops without going more than 300m from his front door. TOM ROGERS explored the trails of Codicote in a course record of 30:20, while EMMA DEMPSTER did an out-and-back from the QEII via the Ridgeway Academy. Also out were HAYLEY CONNOLLY, SHENA LANCASTER, REBECCA BARDEN, ALEX FAULKNER, KATH EVANS, ANNABELLE LEE, HOLLY CASEY, PAUL GUY (first finisher at the third Kimpton not-parkrun), HANNAH FRANK, STEVE EDWARDS and NICK KLEANTHOUS. Many other members clearly combined their not-parkrun with longer state-sanctioned daily exercise. Well done to everyone who kept up the Saturday morning ritual.

## **Jane Malloy's Sunday Challenge**

To celebrate Easter today, GCR made a virtual pilgrimage to our twin town, Champagne-sur-Oise, a distance of 238 miles / 383 kilometres. It took 34 members to cover the distance. Kicking us off with 2 miles in isolation in her garden in South Africa was KERRY HENDERSON, soon followed by another 2 miles from EMMA DEMPSTER and her dog, and 6 miles from CHRISTINE HALL on Ayot Greenway. The baton was passed rapidly after that, and we had crossed the Channel in time for lunch.

Restored by cassoulet, pommes de terre, and vin rouge, the final 60 miles were soon done. ADAM WADLEY and family took us within spitting distance shortly before 3 pm. Then Run Leader extraordinaire, ROB JONES, was the proud standard bearer who completed the distance. He was joined very soon afterwards by MARTHA HALL with dog in tow. There was much celebration and rousing choruses of Allez les Bleus.



### **Virtual National Road Relay Championships**

Every year, hundreds of club-runners race around Sutton Coldfield Park in the National 12 & 6 Stage Road Relays, but after falling victim to the unfortunate pandemic this year, there was an opportunity to race the event much closer to home, in a 'virtual' competition.

It has been a decade since GCR last qualified for the national competition, and the likes of Sean Bowen, Dave Desborough, Steve Williams, Bruce Judge and Andy Holt et al will have fond memories of their 50th place finish in the event in 2010!

With the event cancelled this year, an innovative alternative was event was created within a matter of days, forming the first ever Virtual National Road Relays Championships. The rules were relatively simple, with competitors running a 5km measured effort within a five-day window, with the fastest 12 men and 6 women scoring for each team. A total of 25 GCRs raced around their local streets to take part in this event.

Over 5,000 runners entered the event from across the country including and although the capabilities of competition website was stretched at times, it was a great spectacle to virtually follow the progress of the race over a five day period.

Most GCRs left it until the last couple of days to run, and there was much discussion and intensive scrutiny on devising a 5K route that would generate the fastest time - taking into account social distancing rules, road junctions, crossings, surface, laps, corners and of course, elevation. Unfortunately, unlike other towns, WGC is lacking an entirely flat, coastal promenade where 5K could be run with the full benefit of a tailwind and no elevation gain!

First out of the blocks for the men was STEVE WILLIAMS, running 22:55 around a course in Old Knebworth (finishing in the top 40 MV60s), and who may be GCR's first ever virtual racer.

Routes around Valley Road/Parkway were the most popular with PETER JASKO (20:25), REBECCA BARDEN (24:14), CATHY WIDDEN (24:07) and PAUL HAJISAVVI (25:35) all utilising the long straights in and around the town centre.

If anyone spotted a Union Jack moving very quickly around town on Tuesday evening, it was DANIEL PUDNER, showing off his Most Improved Runner award at the recent Awards Night, with a standout run of 17:19 - the fastest GCR of the week.

Martha's interval laps of Panshanger proved fruitful for BRUCE JUDGE (17:21) and THOMAS WACKETT (17:58) and many others opted for out'n'back routes on the flat and quiet roads of the surrounding villages.

The men's team finished 85th out of 118 complete teams in an overall time of 3:41:20. The women, unfortunately, fell one runner short of a full team.

The men's vets finished in a very commendable 32nd out of 82 complete teams and BRUCE JUDGE, RICHARD SOMERSET, STEVE WILLIAMS and REBECCA BARDEN all finished within the Top 50 of their respective age categories.

To demonstrate the calibre of the field, Daniel's time wasn't quite enough to make it in to the Top 1000, finishing in 1002nd place. There were 100 men who ran sub-15 minute times, with the fastest a super quick 13:38 by international triathlete, Grant Sheldon.

Whilst I wasn't personally able to take part, it was fun to virtually captain a team and (digitally) witness some competitive and fast runs whilst all races and parkruns are cancelled. Whilst it cannot replicate 'real' racing, I do hope that virtual racing is here to stay and other

online championships continue to take place in future. It certainly provides another opportunity for club camaraderie in a unorthodox and, perhaps more accessible way.

Full list of finishers below. Well done all.

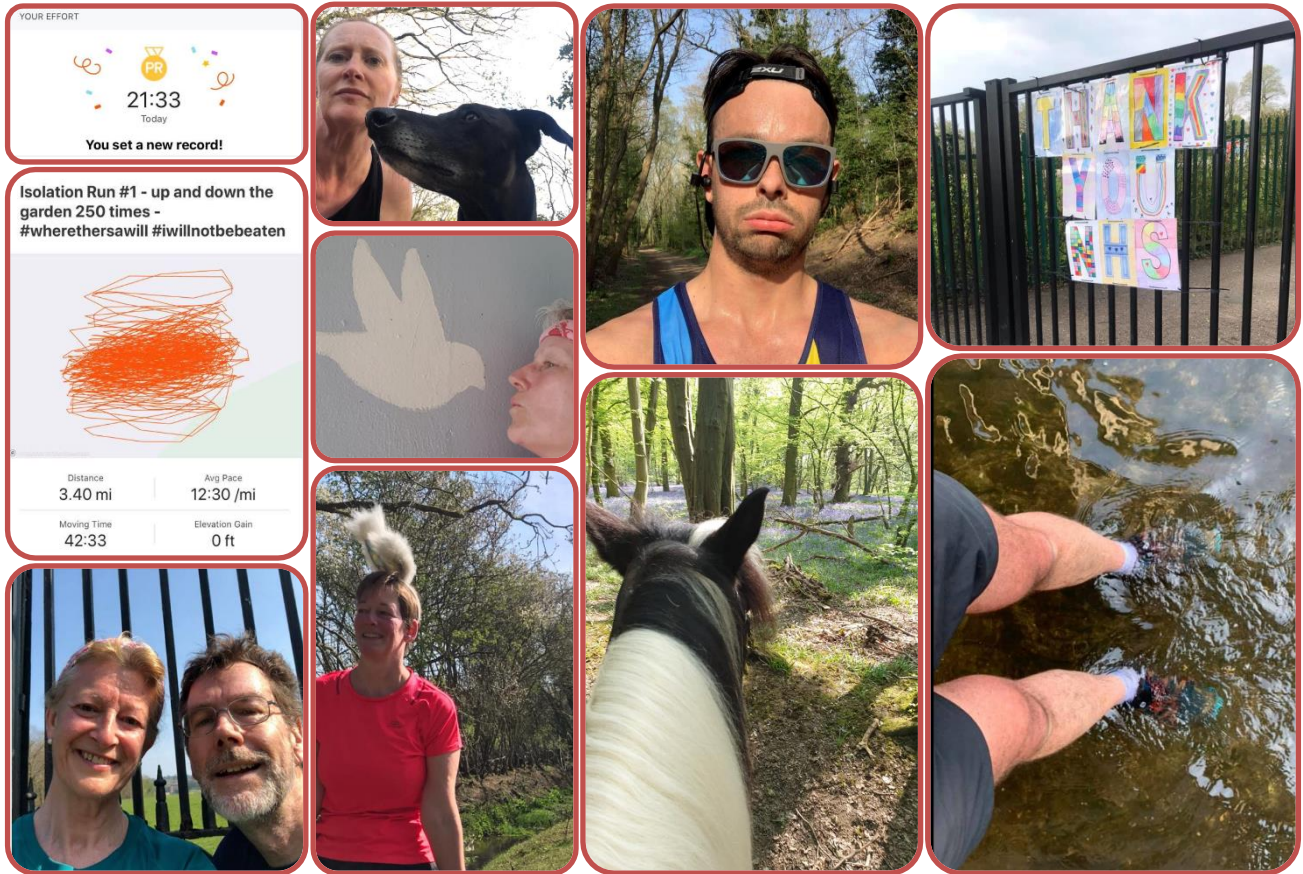
<b>GCR</b>	<b>OVR</b>	<b>Name</b>	<b>5K Time</b>
1	1,002	Daniel Pudner	17:19
2	1,016	Bruce Judge	17:21
3	1,263	Adam Wadley	17:55
4	1,289	Tom Wackett	17:58
5	1,479	Chris Jones	18:19
6	1,479	Simon Bostock	18:19
7	1,546	Herbie Hopkins	18:27
8	1,730	Richard Somerset	18:53
9	1,746	Russell Casey	18:55
10	1,847	Markus Allen	19:10
11	1,908	Paul Guy	19:21
12	1,936	Peter Harvey	19:23

**03:41:20**

13	1,956	James Dunmore	19:28
14	2,248	Steve Ellerd-Elliott	20:12
15	2,335	Peter Jasko	20:25
16	2,690	Richard Robinson	21:13
17	2,951	Steve Edwards	22:34
18	3,017	Steve Williams	22:55
19	3,175	Brad Smith	23:53
20	3,208	Paul Hajisavvi	25:35

<b>GCR</b>	<b>OVR</b>	<b>Name</b>	<b>5K Time</b>
1	3,150	Hannah Frank	23:42
2	3,208	Cathy Widden	24:07
3	3,227	Rebecca Barden	24:14
4	3,294	Helen Stafford	24:47
5	3,374	Sharon Threlfall	25:28
6	N/A	DNS	N/A

## **Editors Photo Montage of the Week**



## **Tim Cooke Satire-Master**

### **An Ode to SARS-Cov-2**

*With a hat tilt to Arthur Sullivan and W. S. Gilbert \**

I am the very model of a modern novel viral cell,  
I've information clinical and pleural and quite portable,  
I know the things that make you cough and make my cells dividable  
From Marathon to Waterloo, my reach has become horrible;

I'm very well acquainted, too, with matters apathetical,  
I understand denial, both en masse and individual,  
With continuing surprises at exact incubation length.  
I keep my R nought secret by concealing my mutation strength.

I smirk at social distancing and laugh at your complacency,  
My propagation boosted by your governmental latency,  
In short, in matters animal and human pathological,  
I am the very model of a modern novel viral cell.

*In short, in matters animal and human pathological,  
It is the very model of a modern novel viral cell.*

\* Those unfortunate (or fortunate depending on your view – ed.) enough not to be familiar with G & S's original can find a link here. <https://www.youtube.com/watch?v=Rs3dPaz9nAo>



### **AGM**

Due to Covid-19, this year's AGM will be hosted virtually using Zoom, with a link being sent to members a week before the event. There will also be an opportunity to try out Zoom for anyone who is new to it, which will happen in the week before the AGM, and an email will be sent to all members with details.

### **AGM AGENDA**

1. To receive the Committee's Report.
2. To receive the Financial Statement.
3. Election of Officers.
4. Election of Committee Members.
5. Any Other Business.

### **ANY OTHER BUSINESS.**

Any member wishing to place business on the Agenda must give written details via email to the Secretary ([helenpaine@hotmail.co.uk](mailto:helenpaine@hotmail.co.uk)) not later than **Sunday 12th April**.

### **ELECTIONS (of Officers and Committee Members)**

With a number of committee members standing down, the following posts require election:

- Chair
- Secretary
- Treasurer
- 1 x general committee member

Nominations for election should be sent to the Secretary via email not later than **Sunday 12th April** with the email containing the following information:

- Name of person nominated
- Position nominated for
- Name of proposer
- Name of seconder

### **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 Helen Paine (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/](http://www.facebook.com/groups/gardencityrunners/)

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