



## Garden City Runners: News Release from a Distance

### Issue eight: 17 May 2020

*In these strange and worrying times, we're here to 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. Please send any content for future releases to*

[results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)

### **GCRs Remember They Are Wombles**

This week's Run Leader Challenge was to strengthen those wombling muscles and help clean up our beautiful Garden City at the same time as keeping active. Run Leader **Rob Lawrence** challenged us in wombling verse:

"Underground, overground, wombling free  
The Wombles of Welwyn Garden City  
Making good use of the things that we find  
Things that the everyday folks leave behind."

The challenge was to make like a Womble, going underground and overground through subways, underpasses and tunnels and over bridges, and, as an optional extra, pick up some of the rubbish that's built up during this period of lockdown.



GCRs rising to this challenge included **Willow Gibson** and **Debbie Pierson**, wombling at Stanborough Lakes; **Nikki Cowen**, who wombled around Hatfield House picking up litter as she went; **Jen Denman**, who wombled under 4 underpasses and over 6 bridges; **Alison Meaden**; **Karen Atkinson**, who channelled **Madame Cholet** in her wombling wedding

anniversary run around the Ayot Greenway, and **James Benfold** (*above*), who wins our

Womble of the Week award by going over and under 32 bridges and underpasses without once crossing his own path.

### **Haydens Run the WGC Centenary Half**

When the Snowdonia Half marathon was cancelled, intrepid GCRs Becca and Ann Hayden (*pictured, below*) decided to run an alternative half instead. Mother and daughter took on the



WGC Centenary route clockwise, running at a social distance and adding an extra flourish at the end to make up the distance to 13.2 miles. Becca comments:

“It was a lovely morning although hot! Getting our feet wet under the bridge at Stanborough was a welcome relief.”

Ann and Becca completed the race in a redoubtable 2:10.

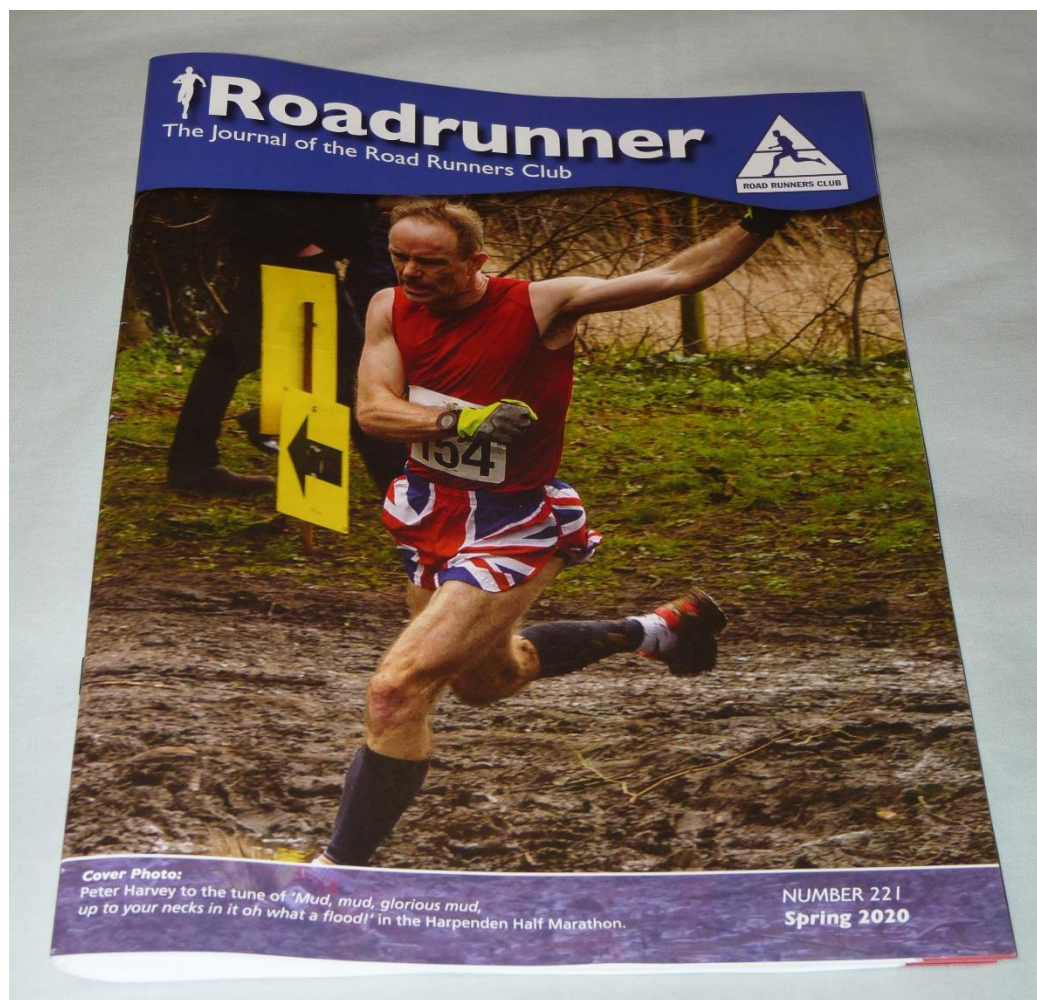
### **Loveys presents VE medals with love**



Ex-RAF Pilot Officer **Roy Loveys** (age 95) is pictured here presenting VE Day commemoration 5km medals to his daughter-in-law and granddaughter **Angela** and **Amelia Loveys**.

## **Harvey Cover Star**

GCR's very own **Peter Harvey** features as cover star in the latest issue of *Roadrunner* magazine (pictured).



Inside, Peter has written an article about Leila's Run, which as GCRs will know is a local race run in memory of much-loved GCR **Leila Taylor**, and some outstanding members of the 100 Marathon Club (HMC). Get hold of a copy of the magazine to read the full story – details on the club [website](#).

## **MWLockdown 10K Challenge**

In place of this week's Run Leader's Challenge, we're encouraging everyone to get involved in the first of the new MWLockdown 10K races, replacing this summer's Midweek League series. Run Leader **Karen Atkinson** writes: "If you haven't run a 10K before, why not make this your first one? Helen Harrison's great Bridge to 10K guide (attached at the end of the news release) provides a structured training plan so you can see how you improve over the five races."

Race Director **Richard Somerset** sets out the challenge:

"A chance for you to slake your thirst for competition, to judge your lockdown fitness and maybe to push yourself to that (unofficial) PB.

Not run a 10k before? This is your chance to have a go. Run, jog, walk the choice is yours and no one has to do all the races.

There will be five 10k races, each can be run on a Wednesday or Thursday (note these are not the exact same dates as the 2020 MWL series). Nothing to pay and no need to pre-enter.

The rules are as follows:

1. You must have paid your club subs
2. Pick your own route. Start from near home or drive to a suitable location.
3. Route must be either there and back, circular or laps and the finish must be near the start. This is to avoid any significant negative elevation.
4. Run solo, respect social distancing.
5. Upload your result to Strava or Garmin. Or take a photo of your time on your watch and post on Facebook. Or just send me your result.
6. No awards for going fast but there will be awards for participation.
7. Wear club kit (non-essential but would be nice)

To vary things a bit (and to reflect the variety of course in the MWL) the first four races can be run on a different course each week. This is not a requirement, it's up to you.

The dates are:

20/21st May: road, flat

3/4th June: road, hilly

17/18th June, off road, flat

1/2 July, off road, hilly

15/16 July, tbc

Any questions please contact [rich.somerset@ntlworld.com](mailto:rich.somerset@ntlworld.com)"

### **Design a MWLockdown Medal**

**Jane Molloy** writes: "Do you have budding junior artists at home? We have an opportunity for any of your under-16 children to get creative and enter our medal design competition. Over the summer months, club members will take part in a virtual Midweek League of five 10k races. We plan to award a unique, bespoke medal to every GCR Club Member who participates in all 5 of the MWLockdown events. We want that medal to have pride of place on display in GCR homes as a thing of great beauty. So we are asking GCR juniors to come up with a colourful and appropriate design.

They have free rein to be as bold and creative as they like!

Club Members should email their kids' masterpieces to [committee@gardencityrunners.org.uk](mailto:committee@gardencityrunners.org.uk) by the **end of May**. We're excited to see what they come up with!"

### **not-parkrun roundup**

**Steve Edwards** ran the Ellenbrook Fields not parkrun and achieved a new pb of 20:42. **Jane Molloy** ran the 9<sup>th</sup> Burnham Green not parkrun and finished just one second slower than her pb. **Wayne Aylott** ran an alternative Ellenbrook course and was pleased to finish in 28:36, his time down from 30 minutes at the start of the year. **Sharon Threlfall** ran the Balls Park not parkrun and was pleased with her time of 28:48, with excellent pacing help from son **Jake**. **Matthew Hunt** was also happy with his time at Panshanger not parkrun, his time of 24:06 only seven seconds off his course pb, after coming back from injury. **Paul Guy** ran the 8<sup>th</sup> Kimpton not parkrun and scored his eighth consecutive pb, knocking three seconds off his previous pb to finish in 19:03. **Justin Hill** was pleased that his Panshanger parkrun started about three hours earlier than many other events, and was also happy with his time of 20:26.

### **FORTHCOMING EVENTS:**

#### **Round Norfolk Relay**

**Richard Somerset** writes: "I am the new organiser of the Round Norfolk Relay; the date this year is 19/20<sup>th</sup> September.

As of today the event is still taking place so we need to start sorting who will run and who can help.

If you have not raced this event before the RNR is a 17 stage 198 mile relay taking place over approximately 24 hours, following the boundary of Norfolk. Each stage has a different distance and a different character. IMO the unique atmosphere and great camaraderie of this event (and I've run 20 miles at 1am!) makes this the best event of the year.

If you would like to race then please choose a stage from the website here (I'm doing stage one).

<http://www.roundnorfolkrelay.com/home.php>

We also need cyclists to follow the runners during the daylight stages and drivers during the night stages

If you're interested in running/helping or would like some more details then email me on [rich.somerset@ntlworld.com](mailto:rich.somerset@ntlworld.com)

### **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. Ways you can help:

- Exercise on your own, with people you live with, or with one other person from another household. Remember that running in larger groups makes it much more difficult to adhere to social distancing, especially if you encounter other larger groups
- 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
- If possible, plan routes that take you away from town centres and out into the countryside
- Try to run outside popular times when larger family groups are likely to be out and about
- If you cough or sneeze while running, it's extra important to cough or sneeze into your elbow
- Wash your hands as soon as you get home.

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](mailto:rich.somerset@ntlworld.com) to arrange pick-up. 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](mailto: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/)

**E N D S**



**Bridge to 10 K Plan**

| <b>Plan</b>  | <b>Session 1</b> | <b>Session 2</b> | <b>Session 3</b> |
|--|------------------|------------------|------------------|
| <u>Week 1:</u><br>Jog 10 mins<br>walk 1 minute, repeat 4 times |                  |                  |                  |
| <i>How do you feel?</i>  |                  |                  |                  |
| <u>Week 2:</u><br>Jog 15 mins<br>walk 1 minute, repeat 3 times |                  |                  |                  |
| <i>How do you feel?</i>  |                  |                  |                  |
| <u>Week 3:</u><br>Jog 18 mins<br>walk 1 minute, repeat 3 times |                  |                  |                  |
| <i>How do you feel?</i>  |                  |                  |                  |
| <u>Week 4:</u><br>Jog 27 mins<br>walk 1 minute, repeat 2 times |                  |                  |                  |
| <i>How do you feel?</i>  |                  |                  |                  |
| <u>Week 5:</u><br>Jog 30 mins<br>walk 1 minute, repeat 2 times |                  |                  |                  |
| <i>How do you feel?</i>  |                  |                  |                  |
| <u>Week 6:</u><br>Jog 60 mins<br>non-stop if you can!          |                  |                  |                  |
| <i>How do you feel?</i>  |                  |                  |                  |

Record the date and time you ran. By running at different times with different breaks you may notice patterns.

You could use emojis to record how you felt.



This plan is designed to help you increase the distance you run to get from 5k to 10k.

Any plan you follow needs to fit with your lifestyle and become an enjoyable habit (not a chore).

Try to find time for three sessions a week as it will make it much easier to increase your distance. If you can manage twice a week, that's great and you will get stronger. Some weeks you might feel fab and manage four sessions.

Aim for a maximum two day 'gap' between runs and don't run more than two days in a row, getting tired may lead to injuries, and no-one wants those!

Whatever you manage, just enjoy that 'post run' feeling and don't worry about pace or that it felt difficult, you will have ups and downs.

On your 'non-running' days, 'cross training' i.e. doing some other form of exercise (e.g. cycling, swimming, playing tennis etc.) will help your running. Yoga, pilates or strength work is also good, but do make sure you have a complete 'rest' day at least once a week (a gentle walk is ok).

If you are running to manage your weight, be sure to follow a healthy balanced diet. Don't fall into the trap of thinking you can eat what you like because you are running. You don't need to 'fuel' on gels etc. unless you are running marathons!

This plan steadily increases your total running time, reducing your walking intervals over six weeks.

The table above is the recommended plan, but you don't need to follow it religiously. Use it to record what you achieved and how you felt.

Finger's crossed by the time the current restrictions are lifted there will be some 10k races for you to enter :-)

Good Luck and ENJOY!