



## Garden City Runners: News Release from a Distance

Issue Nine: 26 May 2020

### Virtual Mid-Week League – Race 1

Wednesday/ Thursday this week saw the return of the popular Mid Week League race series in a whole new format as race director Richard Somerset introduced the MWLockdown 10K race series, in which runners plot their own 10K route while adhering to all lockdown and social distancing rules.

103 runners turned out for race one, setting an excellent precedent! Those who complete all races in the series will be awarded an exclusive GCR lockdown MWL medal.

The next race in the series is planned for June 3/4, an on road but hilly route with a minimum 350ft of climbing is recommended to mimic the usual variety of the MWL – but runners are free to choose their own routes depending on the terrain available to them. Best not drive to Barnard Castle in search of a hill!

#### Result of The GCR Virtual Mid-Week League Race one

20th, 21st May 2020

##### Men

1	Chris Jones	0:38:01	1	Martha Hall	0:41:25
2	Herbie Hopkins	0:38:14	2	Becca Hayden	0:42:36
3	James Huish	0:38:23	3	Juliet Vine	0:44:06
4	Daniel Pudner	0:38:38	4	Nicki Donaghey	0:46:39
5	Paul Guy	0:38:41	5	Katy Healy	0:47:35
6	Adam Wadley	0:39:13	6	Hannah Frank	0:49:09
7	Russell Casey	0:39:31	7	Julia Wiper	0:49:15
8	Tom Wackett	0:39:58	8	Rebecca Barden	0:49:45
9	Dean Harris	0:40:48	9	Kate Walker	0:50:32
10	Rob Hughes	0:41:00	10	Helen Stafford	0:51:10
11	Sean Bowen	0:41:06	11	Veronica Shadbolt	0:52:11
12	Richard Somerset	0:41:14	12	Felicity Wadley	0:54:40
13	James Dunmore	0:41:39	13	Jo C Grant	0:54:44
14	Andrew Knight	0:42:03	14	Belinda McGinley	0:55:22
15	Mike Russell	0:43:35	15	Hayely Connolly	0:55:57
16	Nick Potalski	0:43:44	16	Emma Ferry	0:56:30
17	Markus Allen	0:43:45	17	Delphine Gibbs	0:57:02
18	Richard Robinson	0:43:46	18	Alex Faulkner	0:57:16
19	Peter Jasko	0:44:43	19	Cathy Widden	0:57:23
20	Peter Harvey	0:47:00	20	Carol Reid	0:57:33
21	Steve Edwards	0:47:36	21	Eliza Beth	0:57:48

22	Nigel Cavill	0:48:11	22	Jennifer Williams	0:58:11
23	Jim Forrester	0:48:55	23	Barbara Kubis-	0:58:15
24	Neil matthews	0:49:16	24	Labiak	1:00:17
25	Lorenzo Franchi	0:49:18	25	Karen Atkinson	1:00:38
26	Ricardo Gregorio	0:49:19	26	Maggie Wright	1:00:44
27	Michael Grant	0:49:27	27	Louise Beale	1:00:45
28	James Aithcison	0:49:53	28	Jo Grant	1:00:48
29	David MCCabe	0:49:56	29	Lousie Smith	1:01:10
30	Brad Smith	0:50:07	29	Sharon Threlfall	1:01:21
31	Rob Dilley	0:50:14	30	Shena Lancaster	1:01:21
32	Sam Smith	0:50:45	31	Ann Hayden	1:01:35
33	Steve Ellerd-Elliott	0:51:28	32	Alida Preis	1:01:37
34	Steve Williams	0:51:30	33	Jen Denman	1:05:01
35	Ali Riza Eroglu	0:51:48	34	Kerry Henderson	1:05:14
36	Paul Hajisavvi	0:52:16	35	Helen Harrison	1:05:38
37	Chris Poole	0:53:17	36	Holly Casey	1:07:47
38	Richard Darley	0:53:44	37	Kath Evans	1:10:00
39	Johan Preis	0:53:59	38	Emma Dempster	1:11:00
40	Lee Wood	0:54:10	39	Gemma Sloan	1:11:31
41	John Warden	0:54:46	40	Jane Molloy	1:13:58
42	Mark Boyce	0:55:41	41	Charlotte Jones	1:20:05
43	Michael Paine	0:55:59	42	Naz Gezer-Clarke	1:22:01
44	Grant Carnegie-Brown	0:56:15	43	Zuzana Ghouse	1:22:13
45	Nick Genever	0:57:03	44	Willow Gibson	1:23:05
46	Andy Shadbolt	0:57:30	45	Emily Hammond	1:23:52
47	Richard Sidlin	0:57:32			
48	Bruce Judge	0:58:12			
49	John Davis	0:58:58			
50	Mick Wise	0:59:12			
51	Andy Newbury	0:59:30			
52	Mark Caswell	1:00:20			
53	Tom Rogers	1:01:40			
54	Derek Avery	1:01:57			
55	Tom Parmley	1:02:06			
56	Michael Scutt	1:02:30			
57	Wayne Aylott	1:03:22			
58	Nick Atkinson	1:03:57			

## **Roundup of the weeks running**

A visual round up of this week's running – some highlights from the snaps and selfies you've shared throughout the week.

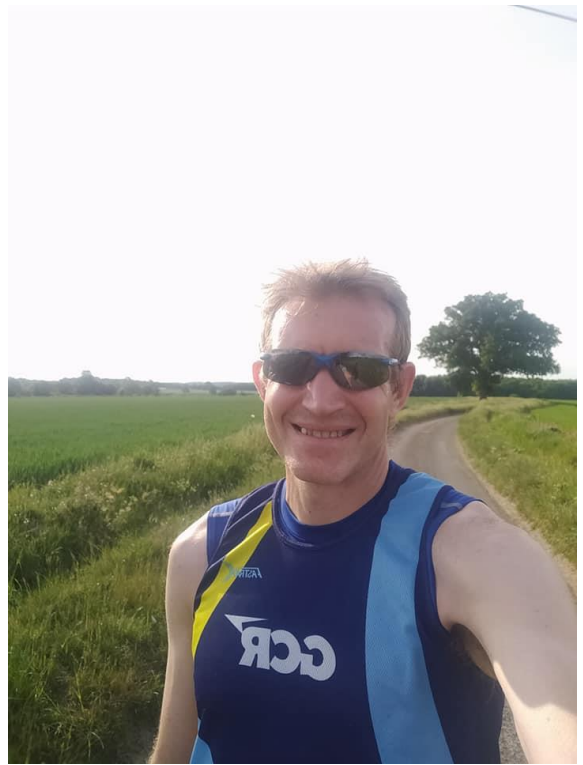
For guaranteed inclusion in future newsletters please email [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)











## **This week's challenge – Share your favourites**

Next week's challenge, posted by Charlotte Jones, is to get out and about on your favourite local run route. Are you a fan of Panshanger Park? Or Great Symondshyde Woods? Or perhaps you prefer somewhere slightly further afield like Heartwood Forest or Knebworth Park?

Pick your favourite route and take a picture of your favourite thing on that run. This could be anything, a stunning view after a tough hill, a pretty building, or the pub at the end. Let's see all the wonderful sights our county has to offer.

Whatever your choice, share a snap of your favourite spot – please post photos of your favourite spot on the GCR facebook page with a short description to help other runners discover new places to run in Herts.

## **Upcoming events: Virtual run events**

For those that love a bit of bling or the challenge of a race or competition to spur them on, please find below a list of upcoming virtual races of various distances, a number of which are for charity. Thanks again to Charlotte for sourcing the list. Don't forget to share results of any virtual events for inclusion in the newsletter.

5k

[https://medalmad.com/index.php?option=com\\_digicom&view=product&id=784](https://medalmad.com/index.php?option=com_digicom&view=product&id=784)

10k

<https://www.virtualrunneruk.com/product/run-the-rainbow-2020-challenge/>

<https://www.virtualrunneruk.com/product/alder-hey-10k-virtual/>

Half Marathon/Marathon

<https://www.runthrough.co.uk/event/virtual-wimbledon-common/>

<https://www.virtualrunneruk.com/product/half-or-full-spring-marathon-2020/>

Any distance

<https://www.saturnrunning.co.uk/post/run-for-heroes-virtual-challenge>

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

<https://racethedistance.com/collections/all-current-challenges>

Complete against someone or collaborate in a team to achieve a goal, or just run solo

<https://findarace.com/plan-b-virtual-race>

### **Continuing the GCR coronavirus weekly challenges!**

While our usual group running routines are out because of social distancing, we are inviting club members to take on specific challenges on certain days of the week. The overall aim is to help us all to be as fit and strong – if not more so – when we come out of the other side.

<b>Tuesday</b>	<b>Run Leaders Challenge</b>  As members are missing out on all the fun of our regular training sessions, each week a different Run Leader will come up with an idea for club members' solo sessions that day. It's a day to work on your own personal goals, the reason why you come to the club each Tuesday. It's also a day when the Run Leader's challenge will aim to bring us closer together virtually in our running community.  Please keep an eye on the GCR Facebook page for the weekly challenge.
<b>Thursday</b>	<b>10k Training Challenge</b>  We were all set to initiate two different 10k training regimes – and we're not going to let a pesky virus stop us! 10k is the average distance for both Midweek league and Sunday Cross-Country League, where we aim to shine for both performance and inclusivity.  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, then follow the excellent plan devised by Tom Wackett. The aim is to dazzle with our league performances next available opportunity.  For more info - <a href="https://www.gardencityrunners.org.uk/covid19-2/">https://www.gardencityrunners.org.uk/covid19-2/</a>
<b>Saturday</b>	<b>Not –your-average-parkrun Challenge</b>  Run 5k. Wherever you want. Simple.  Let's continue to get 60+ members out doing their best 5k on Saturday mornings, 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?
<b>Sunday</b>	<b>Long Run Challenge</b>  Sunday is traditionally the day when endurance runners gambol far and wide, often going further than anticipated as a result of joyfully getting lost. This is your opportunity to get an impressive number of miles under your belt.  Maybe you have had a marathon or half-marathon cancelled – do one anyway! Without the encouragement of the crowds or companion runners, what are the things that make you want to keep going?

There'll be weekly reminders on our Facebook page, and we want to see lots of submissions to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk) of photos, reports of personal achievements and stories for future newsletters.



## **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, with someone you live with or with one person from another household so long as social distancing recommendations are met;
- You can now travel to your preferred run route and can exercise as many times or for as long as you wish;
- 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 overtaking;
- 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 – Stanborough Lakes is a bit of a no go on a sunny day;
- 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 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.

All of these include elevation to help plan out your Midweek Lockdown series runs.

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. 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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](https://www.facebook.com/groups/gardencityrunners/)