



Garden City Runners: News Release from a Distance

Issue twelve: 14 June 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

Run Leaders' Historic Challenge

This week's Run Leaders' Challenge, set by Rob Jones, chimed in with WGC's centenary celebrations, as members were challenged to pick a route and record churches, war memorials, buildings of historical significance or of architectural delight in the Garden City and surrounding areas. Head over to the [GCR Facebook page](#) for all members' fantastic historical posts, but here are a few selections from the GCR Time Team:

Two Rebeccas hunt for Ferns and Hertfordshire Pudding stone



Becca Hayden (pictured left, contemplating the poppy-lined fields through Lockley Farm) writes: "I've known about Danesbury Fernery from my mum **Ann Hayden** who has been a volunteer at the site for the past few years, and I've also helped out a few times restoring the reserve. However today on my lovely run with Rebecca B. we explored it, somewhere

Rebecca hadn't been before.



You can find Danesbury Fernery within the field in Danesbury Park which stretches from Danesbury House eastwards to the A1 (M). These two fields were originally part of the Danesbury House estate which was built in 1776, since 1998 they have been kept as a Local Nature Reserve and it is definitely worth a visit.

The Victorian Fernery itself was built in 1859/60 - commissioned by the then owner, William John Blake, and designed by gardener Anthony Parsons.

The Fernery was built in an old chalk pit and used Pulhamite stonework to create the stone work, rockery and grotto. In its heyday, it was known as the best Fernery in the Home Counties.

Since September 2015 volunteers have been restoring the derelict site and replanting ferns and wild flowers making it a beautiful place to "recover" and have a breather on a run!

We also found some Hertfordshire pudding stone which is special to our area, and gets its name from its pudding like appearance.

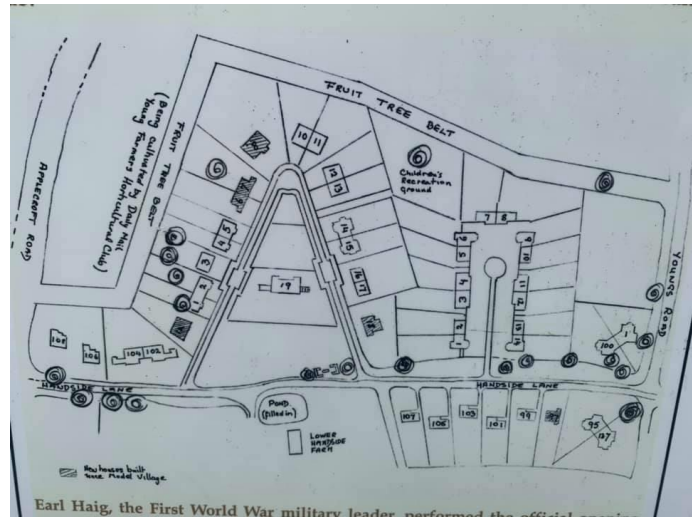
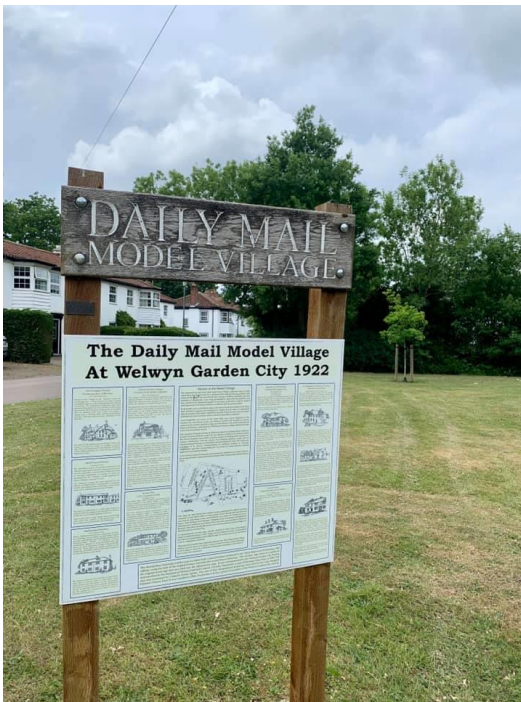
Enjoy hunting out the Fernery – it's well worth a visit!

Daily Mail Model Village

Rachael Everard writes:

"My first run in four weeks after injury and a chance to complete this week's challenge -

I've run past the Daily Mail Model Village many times but today for the first time I stopped to read the information board and detour round the street, and took advantage of the much-needed breather!



The houses were built in 1922 as a real life architecture exhibit to demonstrate cheaper, quicker building methods to meet the demand for housing after the First World War. The organisers thought it would be too wasteful to tear them down after the exhibit, so after three months open to display for builders, architects and the public, the houses were sold for immediate occupancy. Having moved to WGC about two years ago I've learnt more about it this week than the past two years!"

The Barn Theatre



Karen Atkinson enjoyed a fun run with **Charlotte Jones** taking in the Barn Theatre - a Grade II listed building on Handside Lane, formally part of Lower Handside farm. It was turned into a model dairy to provide fresh milk to the residents of WGC before becoming a theatre in 1932.



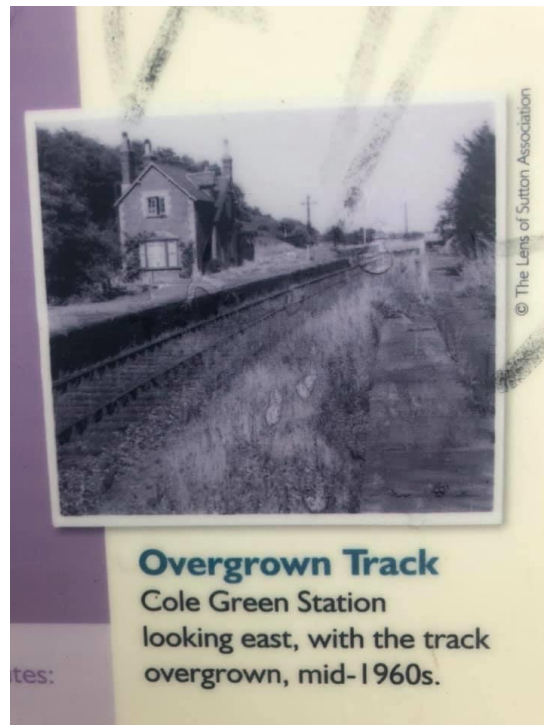
The Cole Green Way

Barbara Kubis-Labiak opted for an alternative to her beloved Panshanger Park. Barbara and trusty companion **Kenji** instead explored Cole Green Way - one of Britain's 'lost railways'. Cole Green station was opened in 1858 and closed to passengers in 1952, only to be completely shut in 1962.

Barbara suggests following this link: http://www.disused-stations.org.uk/c/cole_green/ to discover how the station changed over time - to what it is today. She writes:



"My photos include one of Kenji staring at what used to be the platform - Kenji is visibly sad that no trains are coming. (Kenji loves trains and trucks)."



The Roche Building, Broadwater Road

Alison Meaden went modernist in her contribution to the challenge. Alison writes: "This elegant building in Broadwater Road is Grade 2 listed. Built for Roche Products in 1938, it was designed by Swiss architect Otto R. Salvisberg. It also housed the Home Guard during World War Two."



George Woods is 90!

George, our oldest club member, celebrates his 90th birthday this week. For more details of how you can help George mark this milestone, see Richard Somerset's MWL post, below.

Diamond Delphine celebrates her 60th



Helen Paine writes: "George Woods isn't the only member celebrating a big birthday this week. **Delphine Gibbs** turns 60 on Tuesday. She was surprised by GCR friends who got together for a socially distanced afternoon tea."



Thanks Terry!

GCR **Shaun Kent** wrote to ask us to say a big thank you to **Terry Fowler** – Shaun writes “Since I sustained an injury (my first since I started running two years ago), Terry has given me advice, recovery plans and constant checking on how I am doing.

“Without Terry telling me to take it easy I probably would have started running too soon and gone too far.

I am only covering short distances at the moment and am hoping to build up the distances shortly and sensibly.” We wish you a speedy recovery Shaun!

GCR Virtual MWLockdown League

Race Director **Richard Somerset** writes: This Wednesday/Thursday sees the running of the third Virtual MWLockdown League: yes, we are half way through already.

The theme of race three is off road, flat. I’m defining off-road as not tarmac, so footpaths, bridleways, farm tracks, fields, disused railway lines etc, (throw in a few stiles and gates if you like). There is no obligation to do the whole route off-road just do as much as you can or want to do. If you want to stick to the pavement then that is fine, you just need to run 10k.

Also this Friday we’re celebrating George Woods’ 90th birthday. George is our oldest club member and was a keen Midweek League runner. It would be great to post a happy birthday message with your MWL results – let’s aim for 90 messages.

The rules are:

1. You need to be a paid up member of GCR
2. Run anytime Wednesday or Thursday
3. Pick your own route, it must be either there and back, circular or laps, and the finish must be near the start (it doesn't need to be near where you live).
4. Distance must be a minimum of 10k (6.21 miles)
5. Wear club kit (if you like)

Please send or update your results by lunchtime June 21st so they can be published in the newsletter. I'll send out provisional results on Friday.

How to notify me

If you use Strava then join the Garden City Runners group, upload your run and rename it MWL Race 2(or words to that effect)

If you use Garmin or other app then send me a screen grab of your time/distance/elevation or upload to the GCR Facebook group

Take a picture of your time/distance/elevation from your watch and upload to FB group or send to me

Or if you don't use GPS then upload or send me your time from your stopwatch

Or simply tell me what time you did

Send to

rich.somerset@ntlworld.com

FORTHCOMING EVENTS:

Round Norfolk Relay

Richard Somerset writes: "I am the new organiser of the Round Norfolk Relay; the date this year is 19/20th 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

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.

Don't forget to share results of any virtual events for inclusion in the newsletter.

5k

<https://www.runfly5k.com/> (for runners in Herts, Beds and Bucks – run a 5k of your choosing, submit your results, see yours and others’ results on the website)

https://medalmaid.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/>

High Mileage

<https://endtoend.run/> (**N.B. Starts Monday 1 June**)

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>

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:

- New government guidelines allow us to exercise in groups of up to six from separate households.
- 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 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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

E N D S