



## **Garden City Runners: News Release from a Distance**

Issue Thirteen: 22 June 2020

### **Can you spare an hour\* on a Sunday evening or Monday morning? Your GCR newsletter editors need you!**

We are still looking for more volunteers to join our motley crew of newsletter editors.

It's a great way to get to know the names, faces and paces of your fellow GCR members, and to give something back to the club.

For more information or to get involved please contact the results team ([results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk) or Rachael, Richard or Rebecca directly – non-alliterating names welcomed!!

\*The newsletter never takes me more than an hour to put together, it's usually around 20 minutes without distraction or procrastination.

### **Happy 90<sup>th</sup> birthday George Woods – a GCR legend!**

Friday 19<sup>th</sup> June saw our oldest club member, George Woods, celebrate his 90<sup>th</sup> birthday. A keen cross country runner, George marked the occasion with a five mile cross country run accompanied by his daughter, Dawn Redwood, and a small group of GCR running buddies.

George, known as Charlie in the family, then celebrated with a fantastic GCR themed cake.

A long-standing member of the club, George has participated in countless races and was regular at mid week leagues, so it was lovely that so many GCRs took the opportunity to send birthday wishes when completing their MWLockdown runs.

We look forward to celebrating with George in person when Ellenbrook parkrun reopens.

Many GCRs posted birthday well wishes to George on the GCR facebook, but a few were also received to the results inbox:

“Wishing you a very happy birthday Georgie! You're a legend!” – Veronica (Shadbolt) and Andy

“Please wish George a very happy birthday for his 90<sup>th</sup>, and be sad we can't have a party for him. Be well and enjoy and be safe.” – Val Fieth, Founder Member of the Club 1982, Garden City Joggers



### **Strider's summer solstice 10K**

The Strider's summer solstice 10K, and BBQ after party, is usually a popular fixture in the summer calendar, and a useful warm up for the Welwyn 10K.

This year the event went virtual, with runners asked to complete and log a 10K route over the course of the weekend. Those who signed up were rewarded with a fetching pink and black medal (conveniently timed to land on most doorsteps Saturday morning).

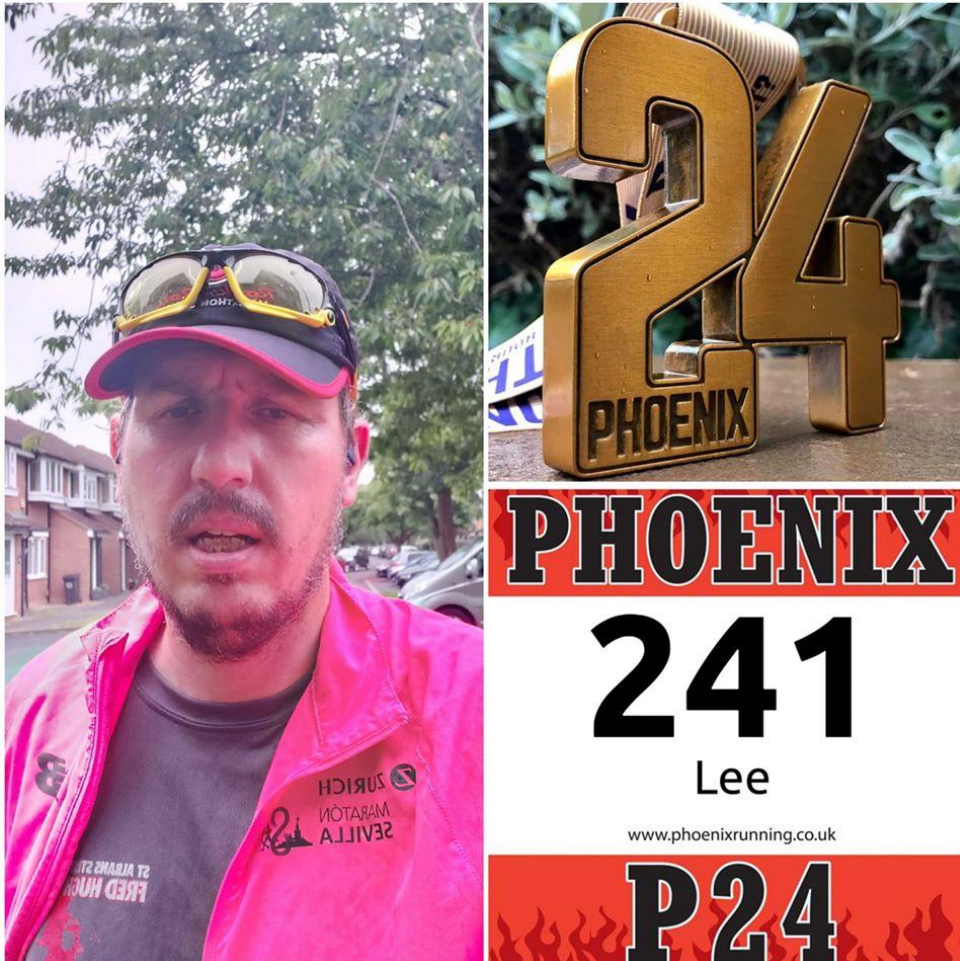
13 GCR runners signed up, with a total field of 588, but not all GCRs have submitted their time at time of writing. Congratulations in particular to Peter Harvey who finished 12<sup>th</sup> overall and 1<sup>st</sup> in his category.

<b><u>Name</u></b>	<b><u>Time</u></b>	<b><u>Total position</u></b>	<b><u>Category position</u></b>
PETER HARVEY	00:39:11	12	1 (M50)
MARK ASHWORTH	00:46:40	68	27 (Senior U40)
MICHAEL PAINE	00:53:34	151	29 (M50)
HELEN PAINE	00:56:04	175	14 (W45)
SHARON THRELFALL	00:56:21	181	17 (W45)
RACHAEL EVERARD	00:58:29	212	19 (Lady U35)
CAROL REID	00:59:05	221	6 (W55)
HALEY ANDREWS	01:06:41	303	49 (W45)
CHARLOTTE JONES	01:28:45	377	79 (W35)
MARK CASWELL			
TIM COOKE			
NIKKI COWEN			
KATH EVANS			

## 24 hour summer solstice challenge

LEE WOOD took on the 24 hour challenge for the summer solstice weekend, running 24 individual miles, one an hour, overnight Saturday and into Sunday.

Lee said "I can honestly say it was mentally one of the toughest things I've ever done. Finished with 29 miles, and despite what my face says at 6 in the morning, I really enjoyed it!"



## BMAF virtual 5K relays

Four GCRs submitted times for the virtual 5K BMAF relays earlier in the week. Although there weren't enough GCR entries to raise a team, the event raised over £1,200 for MacMillan nurses.

<u>Name</u>	<u>Time</u>
ADAM WADLEY	18:02
PAUL GUY	18:18
MARTHA HALL	19:02
RICHARD SOMERSET	19:11

### Virtual Mid-Week League – Race 3

This week was the third instalment of the MWLockdown series, organised by race director Richard Somerset, in which runners plot their own 10K route while adhering to all lockdown and social distancing rules.

It was another fantastic turnout, with 104 runners taking part on a flat (or flattish) off road route over 10K.

The next race is an off-road, hilly 10K on 1<sup>st</sup>/ 2<sup>nd</sup> July. The minimum suggested elevation is 350ft.

Men			Women		
1	Bruce Judge	0:38:11	1	Juliet Vine	0:42:02
2	James Huish	0:38:50	2	Becca Hayden	0:42:37
3	Daniel Pudner	0:38:51	3	Martha Hall	0:45:16
4	Paul Guy	0:39:09	4	Nicki Don	0:46:31
5	Chris Jones	0:39:28	5	Julia Wiper	0:47:24
6	Rob Casserley	0:39:29	6	Veronica Shadbolt	0:48:18
7	Adam Wadley	0:39:52	7	Hannah Frank	0:49:04
8	Simon Bostock	0:40:32	8	Rebecca Barden	0:49:53
9	Russell Casey	0:40:33	9	Felicity Wadley	0:50:15
10	Dean Harris	0:40:42	10	Katy Healy	0:50:30
11	Sean Bowen	0:40:53	11	Kate Walker	0:50:31
12	Richard Somerset	0:41:30	12	Cathy Widden	0:51:18
13	Markus Allen	0:41:36	13	Helen Stafford	0:53:16
14	Mike Russell	0:42:18	14	Hayley Connolly	0:53:39
15	Peter Jasko	0:42:21	15	Annabelle Lee	0:54:35
16	Andrew Knight	0:42:53	16	Belinda McGinley	0:54:51
17	Steve Ellerd-Elliott	0:43:16	17	Emma Ferry	0:55:44
				Barbara Kubis-	
18	Rob Hughes	0:43:16	18	Labiak	0:56:03
19	Nick Portalski	0:43:21	19	Stephanie Herbert	0:56:52
20	James Dunmore	0:44:05	20	Yvonne Jones	0:57:24
21	Justin Hill	0:44:40	21	Jennifer Williams	0:58:13
22	Dave Edwards	0:45:05	22	Carol Reid	0:58:49
23	Richard Robinson	0:45:17	23	Jo C Grant	0:59:24
24	Tom Wackett	0:46:00	24	Maggie Wright	0:59:35
25	Steve Edwards	0:46:08	25	Sam Males	0:59:43
26	Peter Harvey	0:47:26	26	Karen Atkinson	1:01:23
27	Brad Smith	0:48:22	27	Delphine Gibbs	1:02:09
28	Ali Riza Eroglu	0:50:11	28	Shena Lancaster	1:02:16
29	James Aitchison	0:50:48	29	Jo Grant	1:02:45
30	Chris Poole	0:50:49	30	Alida Preis	1:03:03
31	Steve Button	0:51:25	31	Louise Beale	1:03:10
32	Nick Genever	0:51:44	32	Ann Hayden	1:03:17
33	Sam Smith	0:52:26	33	Helen Harrison	1:03:29
34	Lorenzo Franchi	0:52:40	34	Sharon Threlfall	1:03:35
35	Mark Boyce	0:52:48	35	Holly Casey	1:08:32

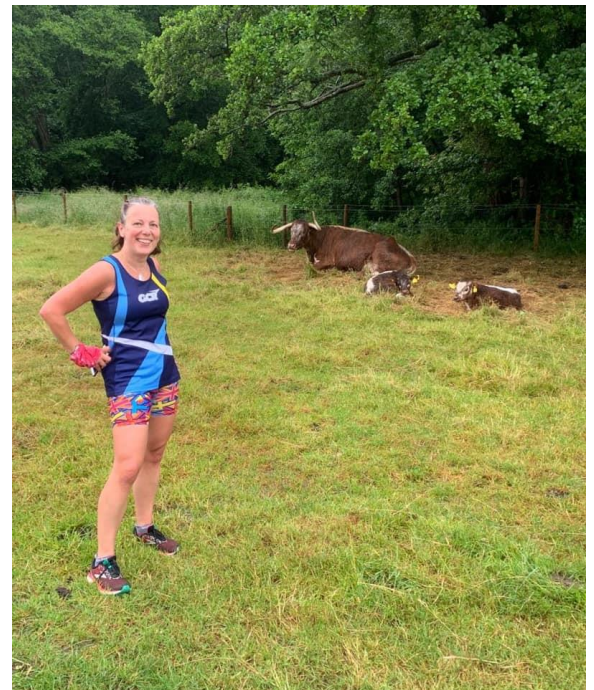
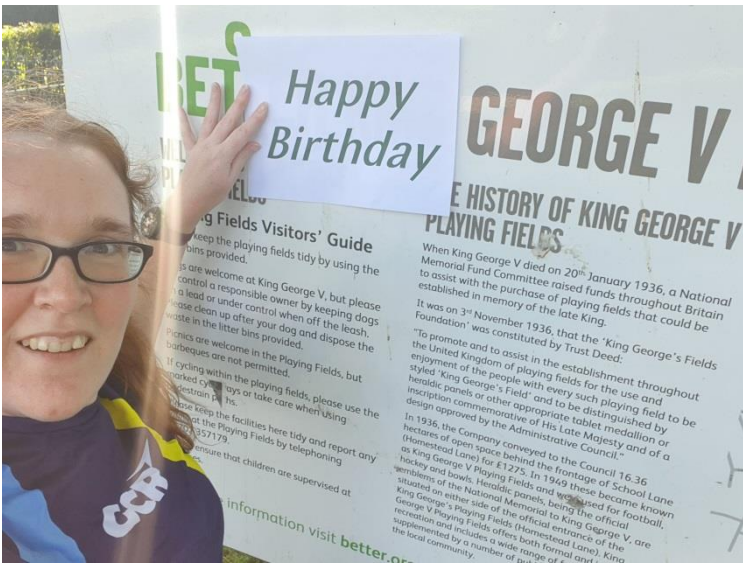
36	Andy Newbury	0:52:57	36	Kerry Henderson	1:10:03
37	Paul Hajisavvi	0:53:35	37	Louise Smith	1:10:20
38	John Davis	0:53:50	38	Kath Evans	1:12:00
39	Michael Paine	0:54:03	39	Willow Gibson	1:13:33
40	Johan Preis	0:54:18	40	Jane Molloy	1:16:09
41	Richard Sidlin	0:54:49	41	Naz Gezer-Clarke	1:18:00
42	Richard Darley	0:55:08	42	Elizabeth Dean	1:18:02
43	Grant Carnegie- Brown	0:55:20	43	Emma Dempster	1:18:52
44	Tom Rogers	0:55:28	44	Zuzana Ghouse	1:20:11
45	Lee Wood	0:55:41	45	Gemma Sloan	1:21:17
46	Roy Herbert	0:56:52	46	Emily Hammond	1:22:17
47	Rob Jones	0:56:57	47	Charlotte Jones	1:26:57
48	Rob Dilley	0:57:04			
49	Mark Caswell	0:57:39			
50	Mick Wise	0:57:40			
51	Nick Atkinson	0:57:57			
52	Tom Parmley	0:59:31			
53	David Heal	0:59:31			
54	Wayne Aylott	1:00:37			
55	Derek Avery	1:01:26			
56	Steve Williams	1:04:52			
57	Michael Grant	1:06:20			



## 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.

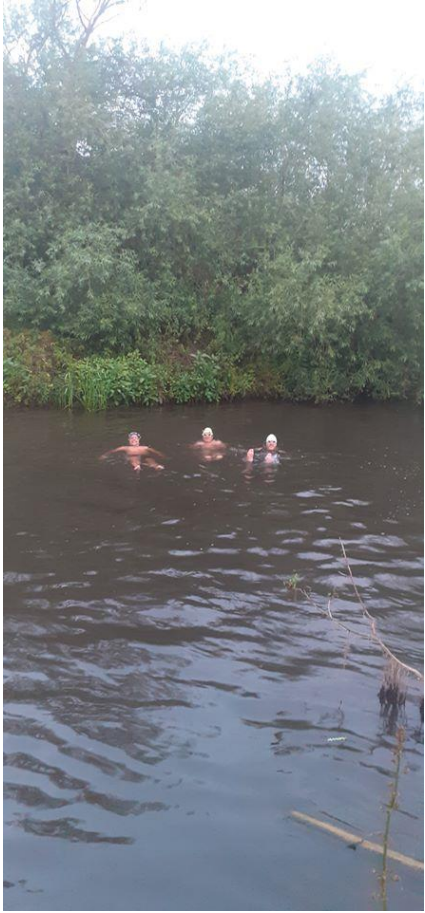
For guaranteed inclusion in future newsletters please email [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)













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

Next week's challenge, posted by Karen Atkinson, is inspired by the summer solstice.

We may not have Stonehenge, but we do have plenty of beautiful countryside where we can celebrate the sun rising (~4.42am), setting (~9.24pm), and all the hours inbetween.

This week's theme is celebration, so how about getting together with other GCRs to enjoy all the daylight hours and sunshine forecast this week.

There are no rules, apart from posting selfies, for this week's challenge, but a few ideas:

- Run a minimum distance every daylight hour over the course of the week – perhaps a mile or a KM per hour;
- Take inspiration from Lee and run through the night too!
- Set off before sunrise and enjoy the sun coming up as you run;
- If you're usually a morning person, mix it up and head out for a run in the evening, or vice versa;
- Watch the sun set after an evening run;
- Set up a virtual relay team with someone running each hour and pass on the virtual baton!

## **Upcoming events**

### **National 5K championships – 11 – 13 July**

Entries are now open for the National 5K championships. With the original event cancelled, England Athletics has launched a free-to-enter virtual version of the race for 2020 to enable runners nationwide to compete at a time when many road race events are on hold.

It is completely free to enter, you just need to sign up in advance.

Please follow the link below to enter and please note 'rules' on permissible courses and adhering with government social distancing rules applicable at the time.

There are both team and age category competitions so make sure you assign yourself to GCR when entering.

Sign up here: [https://data.opentrack.run/en-gb/x/2020/GBR/ea\\_5k/](https://data.opentrack.run/en-gb/x/2020/GBR/ea_5k/)

### **Tuesday intervals**

Martha Hall has posted on the GCR facebook page about trialling re-instating Tuesday night intervals with small groups of GCR runners. Please see the facebook post for more information.

## **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 up to six people 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;
- It is due to be hot this week – please think before heading out for a run and carry water.

## **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/)