



## Garden City Runners: News Release from a Distance

Issue XV: 28 June 2020

*This week, Club Members are gearing up for the fourth race in the Midweek Lockdown league, after submitting glorious pictures of sunrises and sunsets in response to the Run Leader's challenge. With recent easing of social distancing rules, small groups of GCR buddies have been getting together for steady runs, and this week saw Martha getting very resourceful in organising intervals. Keep your creative and helpful contributions, as well as the fabulous pictures, coming into [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)*

### **MWLockdown – Current Standings**

RICHARD SOMERSET has been doing a sterling job in setting the MWL challenges and recording the results. This year it's all about participation, and so far 89 members have completed all 3 runs. There are no prizes for places, but for kudos, and for those who relish the competition, here are the current top 10 standings for both men and women.

| <b>Rank</b> | <b>Men</b>       | <b>Points</b> |  | <b>Women</b>      | <b>Points</b> |
|-------------|------------------|---------------|--|-------------------|---------------|
| 1           | James Huish      | 6             |  | Martha Hall       | 5             |
| 2           | Chris Jones      | 8             |  | Juliet Vine       | 6             |
| 3           | Paul Guy         | 12            |  | Becca Hayden      | 10            |
| 4           | Russell Casey    | 22            |  | Julia Wiper       | 16            |
| 5           | Adam Wadley      | 25            |  | Hannah Frank      | 18            |
| 6           | Daniel Pudner    | 27            |  | Rebecca Barden    | 23            |
| 7           | Dean Harris      | 28            |  | Katy Healy        | 26            |
| 8           | Richard Somerset | 29            |  | Kate Walker       | 28            |
| 9           | Sean Bowen       | 32            |  | Veronica Shadbolt | 29            |
| 10          | Rob Hughes       | 35            |  | Felicity Wadley   | 30            |

### **MWL Race 4**

This Wednesday/Thursday sees the running of the fourth Virtual MWLockdown League. Numbers so far have been fantastic, 104/103/104 (124 different runners). Let's see if we can beat 110 runners for race four.

The theme of this one is off-road and hilly. As for race two, the minimum suggested elevation is 350ft of off-road fun. Unless you've been improving rapidly over the last few weeks (and if so well done) this should be your slowest race. Again, there is no obligation to do a hilly off-road event; if you want to do a flat road course then go ahead, remember it's about participation as much as performance.

(Note to remind you that MWL Race 5 will be on July 15th to 19th and is a choice of any 10k or the Centenary 20.20k course, clockwise. It is a good idea to go round the C2020 course at least once before racing it. If you need help with navigating the route then mail RICHARD SOMERSET [rich.somerset@ntlworld.com](mailto:rich.somerset@ntlworld.com))

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)

#### ***How to notify Richard:***

- If you use Strava then join the Garden City Runners group, upload your run and rename it MWL Race 4 (or words to that effect)
- If you use Garmin or other app then send Richard 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 Richard
- Or if you don't use GPS then upload or send Richard your time from your stopwatch
- Or simply tell Richard what time you did

Send to [rich.somerset@ntlworld.com](mailto:rich.somerset@ntlworld.com) Please send or update your results by **lunchtime June 7th** so they can be published in the newsletter. Richard will send out provisional results on Friday.

#### **Run Leaders Challenge – Summer Solstice**

This week, KAREN ATKINSON tempted us to make the most of the longest days of the year with sunrise and sunset runs, or aiming to have runs at every different daylight hour. As usual, club members came up trumps with some fantastic pictures. A small selection below, with others shared on the GCR members' FB page.



Photo by LEE WOOD – Panshanger



Photo by NICK GENEVER – sunrise over Datchworth

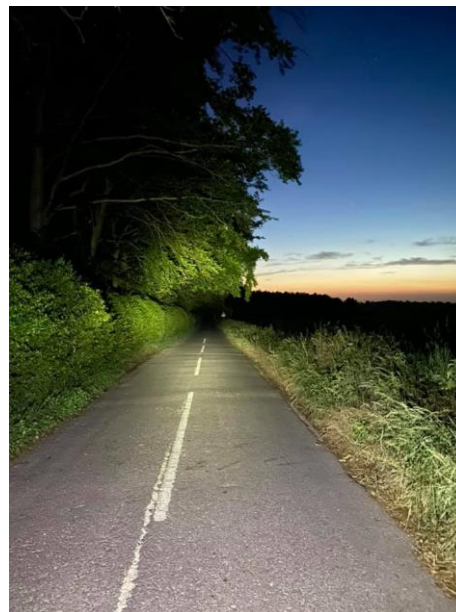


Photo by STUART WHITFORD – Sunset in Ayot St Lawrence

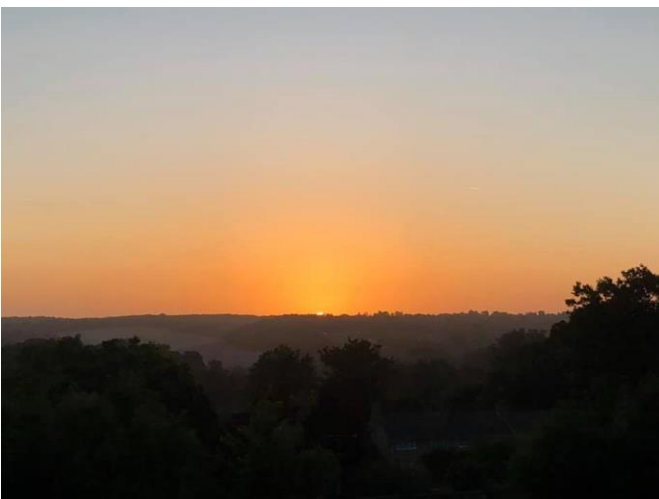


Photo by KAREN ATKINSON – sunrise over the Mimram Valley

## **Socially Distanced Training Runs – this Tuesday**

MARTHA HALL worked miracles at Moneyhole this week to allow around 30 members to participate in an intervals session in 'bubbles' of socially distanced groups of 6, supported by willing leaders within each bubble. The experiment was such a success that there will be a repeat outing at 6.30 p.m. this Tuesday, again at Moneyhole. Do advise Martha in advance (Monday) if you intend to take part [mahall28@hotmail.com](mailto:mahall28@hotmail.com)

Run Leaders are also co-ordinating an experiment with gentle 5k runs. KAREN ATKINSON writes "We're going to trial a Social 5K club run this Tuesday starting at 6.30pm from the Gosling Centre. Like our regular Tuesday social 5Ks, this will be a gentle-paced run and would suit those who are still new to running, like a slower pace, are returning from injury or a break from running etc. We have two run leaders available so have spaces for up to 10 runners (maximum group size is limited to 6)

If you'd like to join the group please:

- sign up in advance
- by replying to Karen's post on FB
- before the end of Monday

We'll confirm details once we know who is coming along. If the groups are oversubscribed, we'll aim to put more sessions on next week."

## **Teaming up for Social Running**



The last couple of weeks have seen an increase in members finding responsible ways to run with club buddies. Sunday seems to be the most popular day for these outings. JOHN DAVIS has had a good response to his Sunday runs, which this week set off from Letty Green towards Hertford (picture left).

There are a range of other photos and Strava maps on the group FB page for anyone looking for inspiration!

If you're planning a trip out and have space in your 'bubble', please put the word out on FB. Better still, contact people that you used to run with and that you might not have seen in a while.

If you feel you are missing out on these social runs, do pick up the phone or put a post onto the FB page. There will definitely be others that will be happy to run with you at any pace.



## **not-parkrun highlights**

PAUL GUY initiated a new Kimpton not-parkrun this week and was the only runner at the inaugural event in 18:57.



HAYLEY CONNOLLY (left) recruited her 13 year old niece into the not-parkrun family, who completed her first ever 5k – congratulations!

It is now possible to register not-parkruns on your parkrun profile on the official parkrun website. This week, 3 GCR's did just that at Panshanger – DAVID HALE (29:03), BARBARA KUBIS-LABIAK (28:58), and HOLLY CASEY, who was delighted to achieve a PB of 30:35.

If you want your not-parkrun achievements mentioned in the newsletter, do remember to send in your results and stories to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)

## **HALF-MARATHON UNIQUE MEDAL**

GEMMA SLOAN sent us this picture of the medal she got which she absolutely loves. She told



us "My husband organised a half marathon on Saturday which we ran together with 21 other friends (all socially distanced and in groups of 5 or 6 with a nice 15 minute gap between groups so that there weren't ever too many people together at the same time). Everyone had maps, directions and instructions emailed to them in the week before and I ran in the first group liberally applying chalk marks to the pavement etc for everyone following. Luckily we didn't lose a single person and a very clever friend who does metalwork for a living made us these lovely medals which we could collect at the end which are so good I felt it deserved a feature."

## **Upcoming events: Virtual run 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/)

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 sites that offer 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.

<https://www.virtualrunneruk.com/>

<https://www.runthrough.co.uk/virtual/>

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

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

<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.

Government advice is changing regularly. Please check before you run. At the time of writing:

- Limit exercise outdoors to groups of up to six people from different households, following social distancing guidelines;
- Continue to adhere to strict social distancing guidelines when you are outside your home, particularly ensuring you are two metres away from anyone outside your household;
- Stop 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;
- Avoid busier areas;
- 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? This week's FB page postings have lots of lovely photos and maps (as mentioned above). Also, check out the GCR Strava members group for more inspiration. Strava have created a route planning feature for Summit members. The following apps/websites also come recommended by club members:

- Footpath (app)/ MapAMeter (online): Editors recommendation! Footpaths and distances across the UK and Europe (I've successfully used it in Norway and Italy), 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.

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. 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, as well as record your MWL results.

**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), or visit our website <https://www.gardencityrunners.org.uk/>

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