



Garden City Runners: News Release from a Distance

Issue twelve: 7 June 2020

This week, Club Members ran in the second race in the virtual Midweek League calendar and took tentative steps toward normality with resumption of socially distanced Sunday Long Run. With mass participation events off the agenda for the foreseeable, we're including a round-up of some of the virtual races available if you're hankering after a challenge and a bit of bling. Keep your creative and helpful contributions, as well as the fabulous pictures, coming into results@gardencityrunners.org.uk

Pictorial Highlights of the Week

YOUR EFFORT

4:13
Today

The crown is yours!

Virtual GCR #MidWeekLeague 2 10k

Thu, 4 Jun, 09:47 - 10:24

5.03 km
34 mins 51 secs 06'55" /km

MWL #2 -Hilly
My very first MWL 😊 Arms run hills! Arms run hills!

Virtual Hackney Half Marathon

Two weeks after a 3:12 marathon PETER HARVEY completed the Virtual Hackney Half Marathon in 1:27:27 over his chosen looped course to Tyttenhanger and back from Welwyn Garden City in windy conditions finishing 18th out of 735 finishers.

Dave Heal runs 4th Virtual Phoenix Marathon

GCR Marathon Man DAVE HEAL ran the 4th Phoenix Virtual Running Marathon [called Stay Alert – Unlimited Exercise] on Sunday and his 58th marathon in total. Dave ran an out-and-back route along The Grand Union canal from Kings Langley to Tring reservoirs in a 5:36:02. Dave had to deal with a couple of refreshing down pours along the way and was delayed 5 minutes at Apsley drawbridge as it let out a barge.



Run Leaders Challenge – Historic WGC

This week's run leader challenge is an historical one set by ROB JONES. As Welwyn Garden City celebrates its 100 years, we thought it would challenge all runners to pick a route and snap away at your historical favourite images. You don't have to be an AJP Taylor or Lucy Worsley to take part. Snap away at churches, war memorials, buildings of historical significance or an architectural delight. If you can add stories or relevance to any of the photos, that would be great. Even historical oddities will be welcomed. It doesn't have to be exclusive to Welwyn Garden City. Surrounding villages, towns or even further afield are all welcome. Enjoy and happy snapping.



News Release Editor vacancy

Now that she is our esteemed Chair, JANE MALLOY is stepping down as news release editor and we are looking for a new person to join our happy team of me (Richard Darley), Rachael Everard and Rebecca Barden. Although names beginning with the letter "R" aren't essential, enthusiasm for writing up the adventures and achievements of your fellow GCRs is a requirement. We operate a rota system so you would be on duty only once every four weeks, and full training will be given. If you're interested, please email results@gardencityrunners.org.uk, or feel free to ask one of us about the role if you prefer.

This Week's Virtual MWL Challenge

RICHARD SOMERSET set the challenge for the second event of MWLockdown series and a very impressive 101 GCR runners accepted the gauntlet of a 10k road route with a minimum of 350ft (107m) of climbing.

And the winners were:

Fastest man: JAMES HUIISH 37:32

Fastest woman: MARTHA HALL 40:16

King of the Mountains: MARCUS ALLEN 668ft

Queen of the Mountains: HELEN STAFFORD 627ft

Closest to target climb were RICHARD SOMERSET, NICK PORTALSKI and FELICITY WADLEY all climbing exactly 350ft.

Next "race" will be on 17th and 18th June and the theme will be off road but flat

Full timings are given below. Well done to everyone who took part.

Result of The GCR Virtual Mid-Week League Race Two 3/4 June 2020

Men			Climbing ft	Women			Climbing ft
1	James Huish	00:37:32	339	1	Martha Hall	00:40:16	
2	Chris Jones	00:38:40	365	2	Juliet Vine	00:41:34	377
3	Paul Guy	00:39:07	341	3	Nicki Don	00:46:45	335
4	Rob Casserley	00:39:57	349	4	Julia Wiper	00:47:10	440
5	Richard Somerset	00:40:26	350	5	Hannah Frank	00:48:20	358
6	Russell Casey	00:40:46	441	6	Becca Hayden	00:48:49	293
7	James Dunmore	00:40:48	471	7	Rebecca Barden	00:49:42	339
8	Rob Hughes	00:40:54	393	8	Kate Walker	00:50:45	510
9	Dean Harris	00:41:01	372	9	Felicity Wadley	00:50:52	350
10	Sean Bowen	00:41:37	365	10	Cathy Widden	00:51:43	305
11	Tom Wackett	00:41:50	207	11	Katy Healy	00:51:46	371
12	Adam Wadley	00:42:13	438	12	Veronica Shadbolt	00:53:24	
13	Peter Jasko	00:42:48	357	13	Helen Stafford	00:53:41	627
14	Nick Portalski	00:43:08	350	14	Emma Ferry	00:55:45	338
15	Richard Robinson	00:43:59	471	15	Jo C Grant	00:56:08	458
16	Jim Forrester	00:44:58		16	Yvonne Jones	00:56:13	
17	Mike Russell	00:45:28	452	17	Hayley Connolly	00:56:32	361
18	Steve Ellerd-Elliott	00:46:45	479	18	Elizabeth Dean	00:58:33	403
19	Alan Routledge	00:46:52	358	19	Sam Males	00:59:00	367
20	Daniel Pudner	00:46:58	444	20	Jo Grant	00:59:00	367
21	Steve Williams	00:47:21	337	21	Jennifer Williams	00:59:04	367
22	Steve Edwards	00:47:31	349	22	Carol Reid	00:59:26	266
23	Peter Harvey	00:47:35	309	23	Alida Preis	00:59:53	278
24	Lorenzo Franchi	00:48:07	356	24	Maggie Wright	01:00:16	370
25	Jack Tann	00:48:09	360	25	Louise Smith	01:00:54	359
26	Ben Robinson	00:48:21	197	26	Helen Harrison	01:01:11	293

27	Nigel Cavill	00:49:09	214	27	Louise Beale	01:01:24	353
28	Chris Poole	00:49:36	423	28	Delphine Gibbs	01:01:38	552
29	Markus Allen	00:49:53	668	29	Karen Atkinson	01:01:43	379
30	Brad Smith	00:50:01	479	30	Kerry Henderson	01:03:36	210
31	James Aitchison	00:50:48	384	31	Sharon Threlfall	01:03:41	355
32	Ali Riza Eroglu	00:50:55	282	32	Shena Lancaster	01:03:46	354
33	Michael Paine	00:52:22	231	33	Barbara Kubis-		
34	Rob Dilley	00:52:37	371	33	Labiak	01:05:37	308
35	Paul Hajisavvi	00:53:17	354	34	Alex Yates	01:06:11	310
36	Steve Button	00:53:27	305	35	Gemma Sloan	01:06:14	356
37	John Davis	00:53:55		36	Ann Hayden	01:08:13	270
38	Nick Genever	00:53:58	649	37	Alison Meaden	01:10:34	355
39	Mark Boyce	00:54:10	388	38	Emma Dempster	01:11:45	365
40	Johan Preis	00:54:17	355	39	Kath Evans	01:11:59	232
41	Richard Sidlin	00:54:25	324	40	Holly Casey	01:12:29	290
42	Grant Carnegie-			41	Naz Gezer-Clarke	01:12:51	138
42	Brown	00:54:45	373	42	Jane Molloy	01:14:20	434
43	Andy Newbury	00:55:27	450	43	Zuzana Ghouse	01:16:37	131
44	Sam Smith	00:56:49	390	44	Charlotte Jones	01:21:36	382
45	Mark Caswell	00:57:10	285	45	Willow Gibson	01:26:33	
46	Ricardo Gregorio	00:57:49	413	46	Emily Hammond	02:00:00	
47	Richard Darley	00:58:11	407				
48	Tom Rogers	00:58:21	417				
49	Bruce Judge	00:59:04	407				
50	Nick Atkinson	00:59:21	403				
51	Wayne Aylott	01:01:17	309				
52	Derek Avery	01:01:28	344				
53	Mick Wise	01:01:39					
54	John Warden	01:02:54					
55	Tom Parmley	01:10:41	382				

Sunday Long Run

It started to feel a bit like normal times were a coming this Sunday with the resumption of the Sunday Long Run. Groups of separate runners set off, in intervals of a couple of minutes, from Gosling Sports Park at 8:30 led by JOHN DAVIS, ROB JONES and DEREK AVERY. Everyone followed (more or less) the same route while always maintaining a safe distance. The route included a warm-up along the Parkway, a climb through Sherrardswood to the Red Lion (closed) and then along the Avot Greenway to Wheathamstead. Traversing Brockett Road we headed past the John Bunyan pub (closed) and on toward the Crooked Chimney (closed). After a stop of a selfie on Brockett Hall Bridge, the climb to The Waggoners (you know the score!) was followed by another run through Sherrardswood back to Gosling. Keep an eye out of Facebook on Saturday for details of next week's plans.



Mob Match replaced with Virtual Event

Unfortunately, the MWRRL Mob Match which GCR usually host has had to be cancelled.

Thank you to those who pledged key organisational positions including: Daniel Pudner, July Kean, Asa Grout and Kay Metcalfe.

A Virtual Mob Match will take place on 15th or 16th July and entails the 20.2km Welwyn Garden City Centenary Circular Route around the outskirts of the town and nearby rural areas. If that distance is a little daunting an alternative 10km anywhere will suffice. If you would like to do the actual Mob Match route then the start and finish (without using the field) is at the second tree 64m from the Ridgeway Academy gate down the passage alongside the field remembering that the gate at Shire Park will be closed after 9pm. Send your results to:
Rich.Somerset@ntlworld.com

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, several of which are for charity.

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

5k

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/>

Any distance

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

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

<https://www.nice-work.org.uk/races/Midsummer-Virtual> (w/e 20-21 June)

<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.

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;
- Generally, places are quite quiet due to social distancing but it is best to 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.

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

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