



Garden City Runners: News Release from a Distance

Issue sixteen: 13 July 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 Leader Challenge – GCR's Ascent of Everest

Members were challenged this week to see how long it would take them to scale the equivalent of Everest – 8488m. The climbing started on Monday, with 51 'mountaineers' submitting their elevations during the week. The GCR flag was firmly planted at the summit on Saturday afternoon, with the final metres completed by **JAMES HUIISH**. A particular mention should go to **BECCA HAYDEN** who contributed 1091m, over 12% of the total required. Her nearest rival was **REBECCA BARDEN** who chipped in over 10%. Runners continued to climb on Sunday, so that by the end of the challenge, an additional 2846m of elevation gain was achieved – the equivalent of scaling both Ben Nevis and Snowdon, with over 400m to spare!

Virtual Mid-Week Lockdown League

This Wednesday to Sunday sees the running of the fifth and final Virtual Mid-Week Lockdown League event. For this one you have a choice of any 10k route or taking on the challenge of the 20.20km WGC Centenary route (clockwise).

See Richard Somerset's separate mail for details of the course. There are signs but they are not all easy to spot. Please try to keep to the course as closely as possible; to avoid shortcuts the minimum distance you should run is 12.5 miles. If you go wrong, Richard will allow you to stop your watch and start it again when you re-join the route i.e. He will take moving time and not elapsed time in these cases.

There are several road crossings, take care, don't sacrifice speed for safety.

You could even do a 10k and the C2020 route, but you will only get one participation point!

The rules are:

1. You need to be a paid-up member of GCR
2. Run anytime from Wednesday 15th to Sunday 19th July
3. For the 10k 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. For the Centenary route, start from any point and finish at this point. Minimum distance 12.5 miles (20.1 km). Clockwise only.
5. Wear club kit (if you like).

Please send or update your results by the end of Sunday 19th July.

If you use Strava then join the Garden City Runners group, upload your run and rename it MWL Race 5 (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 and distance from your watch and upload to FB group or send to me

Or if you don't use GPS then upload or send Richard your time from your stopwatch to rich.somerset@ntlworld.com

English Athletics Virtual 5k Championships

A total of 18 GCR members took part in the EA Virtual 5k championships over the weekend. Results are still pending and a full report will be included next week.

Virtual Race to The Stones

Two GCR ladies, BECCA HAYDEN and BARBARA KUBIS-LABIAK, participated in the virtual Dixon's Carphone Virtual Race to The Stones race, a virtual event which required 100km of distance over the course of last week.

Last year Barbara completed the 100k race in a single day, but this year chose to split the event up over the course of seven days. She reports that it was much harder trying to fit the miles in around work and family. The 7 days of running included some very rainy days and some lovely sunny ones too. Every run was somewhere in Panshanger Park. Barbara ran the

final 10k I did with Mattie and the final 2k with my daughter Annika. Her lovely running dog Kenji joined in for about 80k of the distance.

Becca combined running with sensibly distanced socialising; looping around the Ayots on Tuesday and Thursday with KATY HEALY, a rain-soaked explore around Old Knebworth and Codicote on Wednesday with REBECCA BARDEN and MARY DE SILVER and an evening run with MICHELLE COTTER and MARY O'CONNELL on Friday. She completed the distance on Saturday running through Welwyn, Codicote and Knebworth with mum ANN and WENDY THARANI.



Editor's Picture Gallery of the Week



Today at 3:41 PM

Pint, haircut, home

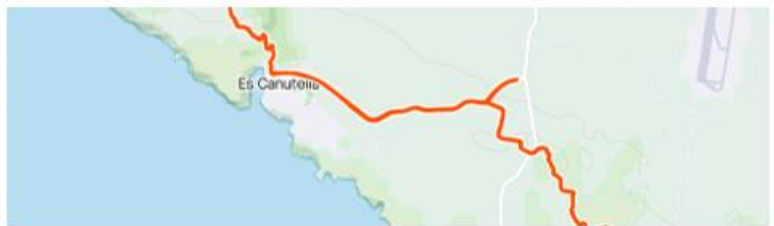
(Everest challenge - nice jaunt through Hampstead Heath)



Elizabeth Dean

Today at 10:43 AM

England Athletics Virtual 5K Championships. Not a bad time for me! 🏆🏆🏆



GCR Intervals

Please let Martha Hall at mahall28@hotmail.com know if you would like to join GCR Intervals this week, at 6.30pm on Tuesday.

Please also let Martha know if you are happy to lead a group.

FORTHCOMING 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.

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

Fairlands Valley Challenge: distances from 5K to a 50K Ultra; run from 4th July to 6th September <http://www.fvchallenge.org.uk/>

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)

10k

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

Half Marathon/Marathon

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