



Garden City Runners: News Release from a Distance

Issue Seventeen: 20 July 2020

Mid Week Lockdown League – final 10K and centenary way special

A record 112 runners took part in the last MW Lockdown League over the past few days.

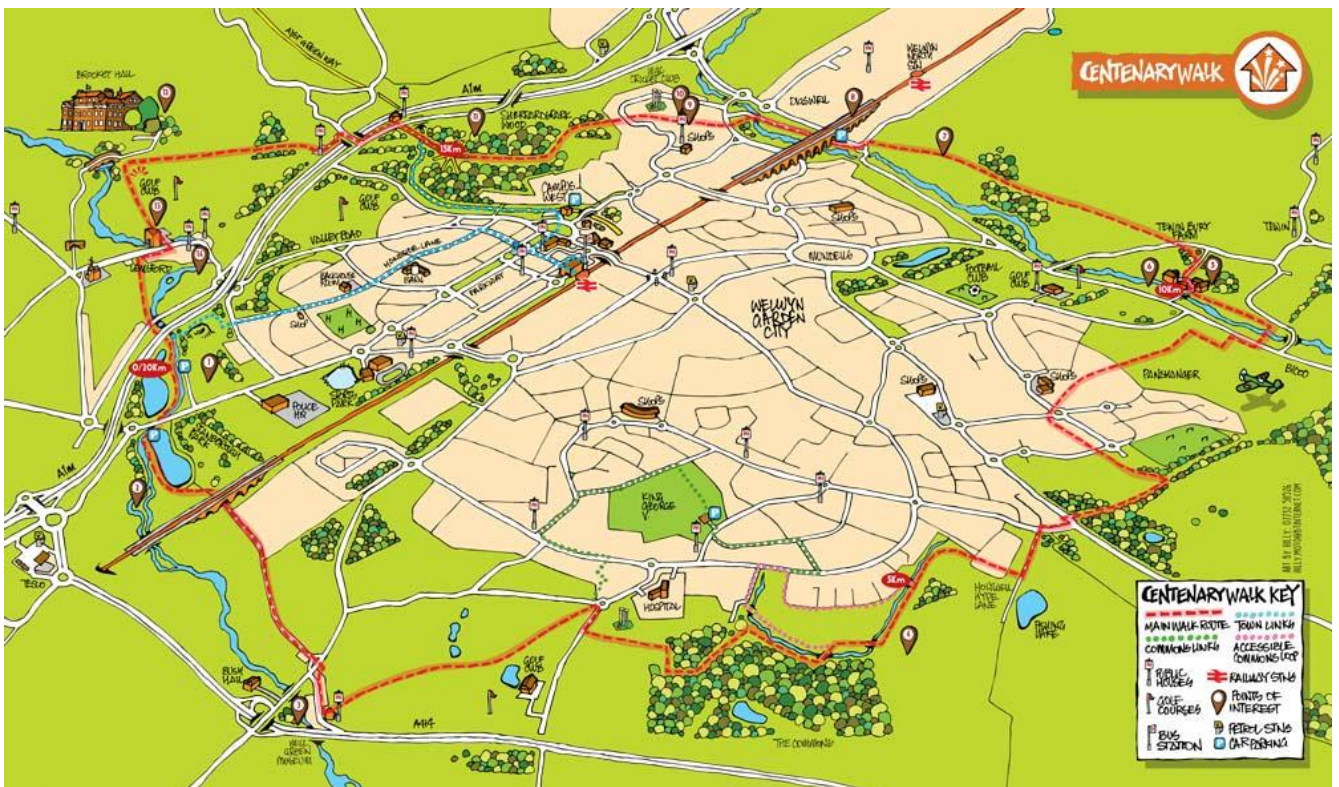
Runners had a choice of a 10k or attempting the WGC Centenary Route over 20.20km (12.5 miles), in the clockwise direction

Congratulations to James and Juliet winning the C2020 and to Chris and Caroline winning the 10k.

Eight runners did both distances: Kath Evans, Rebecca Barden, Kath Healy, Barbara Kubis-Labiak, Sean Bowen, Steve Button, Steve Ellerd-Elliott and Andrew Knight.

83 runners completed all five MWL events and will be receiving a special medal.

Thanks to everyone for taking part in the virtual league 2020, lets hope we don't do this again next year. And a big thank you to RICHARD SOMERSET for organising the series.



Result of The GCR Virtual Mid-Week League Race Five
15/19 July 2020 - 10k

Men			Women		
1	Chris Jones	0:37:56	1	Caroline Hale	0:44:43
2	Herbie Hopkins	0:40:24	2	Julia Wiper	0:47:13
3	Sean Bowen	0:41:12 *	3	Katy Healy	0:47:25 *
4	Andrew Knight	0:41:48 *	4	Veronica Shadbolt	0:51:04
5	Steve Ellerd-Elliott	0:44:26 *	5	Rebecca Barden	0:54:05 *
6	Nick Portalski	0:44:36	6	Yvonne Jones	0:56:31
7	Tom Wackett	0:44:55	7	Elizabeth Dean	0:56:41
8	Richard Robinson	0:47:16	8	Helen Paine	0:56:55
9	Grant Carnegie-Brown	0:48:48	9	Carol Reid	0:57:10
10	Mark Boyce	0:52:09	10	Emma Ferry	0:57:12
11	Rob Hughes	0:55:12	11	Caroline Griffin	0:57:38
12	Michael Paine	0:55:31	12	Maggie Wright	0:59:34
13	Steve Button	0:56:14 *	13	Karen Atkinson	0:59:45
14	Dave Faulkner	0:58:30	14	Delphine Gibbs	0:59:56
15	Derek Avery	0:59:06	15	Ann Hayden	1:00:55
16	Markus Allen	0:59:10	16	Jennifer Williams	1:01:13
17	Tom Parmley	1:01:03	17	Kerry Henderson	1:03:19
18	Michael Scutt	1:02:05	18	Helen Harrison	1:03:19
19	Mick Wise	1:15:19	19	Louise Smith	1:03:37
			20	Naz Gezer-Clarke	1:07:36
			21	Zuzana Ghouse	1:08:16
			22	Emma Dempster	1:11:38
			23	Alison Meaden	1:11:57
			24	Sandra Wise	1:15:19
			25	Alex Yates	1:17:30
			26	Holly Casey	1:17:32
				Barbara Kubis-	
			27	Labiak	1:17:53 *
			28	Jane Molloy	1:18:03
			29	Emily Hammond	1:19:53
			30	Willow Gibson	1:24:11
			31	Kath Evans	1:26:00 *
			32	Sharifa Hirani	1:30:36
			33	Jenny Day	1:30:36
			34	Sherry Pearson	1:42:34

* Also ran the C2020

15/19 July 2020 - Centenary 20.20k

Men

1	James Huish	1:22:41	
2	James Benfold	1:24:22	
3	Paul Guy	1:26:11	
4	Daniel Pudner	1:26:28	
5	Peter Harvey	1:28:13	
6	Rob Casserley	1:30:00	
7	Adam Wadley	1:30:08	
8	James Dunmore	1:30:59	
9	Sean Bowen	1:31:06	*
10	Russell Casey	1:31:28	
11	Richard Somerset	1:34:21	
12	Dean Harris	1:34:43	
13	Andrew Knight	1:37:10	*
14	Peter Jasko	1:39:07	
15	Steve Ellerd-Elliott	1:39:17	*
15	Bruce Judge	1:44:32	
17	Brad Smith	1:52:09	
18	Chris Poole	1:52:09	
19	Steve Edwards	1:55:59	
20	Nick Genever	1:57:44	
21	Steve Button	2:00:10	*
22	Michael Grant	2:00:51	
23	Rob Jones	2:00:54	
24	Richard Sidlin	2:01:29	
25	Johan Preis	2:02:10	
26	David Heal	2:03:11	
27	Stuart Whitford	2:04:08	
28	Nigel Cavill	2:05:08	
29	Ali Riza Eroglu	2:06:28	
30	Rob Dilley	2:06:40	
31	Richard Darley	2:08:57	
32	Andy Newbury	2:09:57	
33	Dai Selwood	2:10:25	
34	Steve Williams	2:11:05	
35	Nick Atkinson	2:11:58	
36	Dave Edwards	2:13:43	
37	Sam Smith	2:15:20	
38	Wayne Aylott	2:15:30	
39	James Aitchison	2:15:57	
40	Tom Rogers	2:22:01	
41	Roy Herbert	2:23:00	
42	Peter Sawko	2:40:16	

Women

1	Juliet Vine	1:34:43	
2	Martha Hall	1:41:21	
3	Elizabeth Parry	1:43:47	
4	Nicki Donaghey	1:46:35	
5	Rebecca Barden	1:51:49	*
6	Becca Hayden	1:51:49	
7	Cathy Widden	1:54:11	
8	Helen Stafford	1:56:26	
9	Katy Healy	1:57:08	*
10	Belinda McGinley	2:02:39	
11	Hayley Connolly	2:09:19	
12	Hannah Frank	2:12:57	
13	Felicity Wadley	2:12:57	
14	Sam Males	2:14:46	
15	Barbara Kubis-Labiak	2:19:41	*
16	Louise Beale	2:20:23	
17	Alida Preis	2:21:21	
18	Jo C Grant	2:21:21	
19	Jo Grant	2:22:33	
20	Stephanie Herbert	2:23:00	
21	Sharon Threlfall	2:23:22	
22	Shena Lancaster	2:30:17	
23	Gemma Sloan	2:46:48	
24	Kath Evans	3:04:00	*
25	Charlotte Jones	3:45:03	

* Also ran the 10k

Well done to these GCRs who completed all five MWL events, and will be receiving the special lockdown series medal

Women

Alida Preis
Ann Hayden
Barbara Kubis-
Labiak
Becca Hayden
Belinda Mcginley
Carol Reid
Cathy Widden
Charlotte Jones
Delphine Gibbs

Elizabeth Dean
Emily Hammond
Emma Dempster
Emma Ferry
Felicity Wadley
Gemma Sloan
Hannah Frank
Hayley Connolly
Helen Harrison
Helen Stafford
Holly Casey
Jane Molloy
Jennifer Williams
Jo C Grant
Jo Grant
Julia Wiper
Juliet Vine
Karen Atkinson
Kath Evans
Katy Healy
Kerry Henderson
Louise Beale
Louise Smith
Maggie Wright
Martha Hall
Naz Gezer-Clarke
Nicki Donaghey
Rebecca Barden
Sharon Threlfall
Shena Lancaster
Veronica Shadbolt
Willow Gibson
Zuzana Ghouse

Men

Adam Wadley
Ali Riza Eroglu

Andy Newbury
Brad Smith
Bruce Judge
Chris Jones
Chris Poole
Daniel Pudner
Derek Avery
Grant Carnegie-
Brown
James Aitchison
James Dunmore
James Huish
Johan Preis
Mark Boyce
Markus Allen
Michael Grant
Michael Paine
Mick Wise
Nick Atkinson
Nick Genever
Nick Portalski
Paul Guy
Peter Harvey
Richard Darley
Richard Robinson
Richard Sidlin
Richard Somerset
Rob Dilley
Rob Hughes
Russell Casey
Sam Smith
Sean Bowen
Steve Edwards
Steve Ellerd-Elliott
Steve Williams
Tom Parmley
Tom Rogers
Tom Wackett
Wayne Aylott

EA Virtual Road Racing 5K championships

Another week and another opportunity to head out into the virtual world for a race. This week, it was the England Athletics Virtual 5K Road Running Championships, replacing the real event that was due to take place in Ipswich in May.

There were plenty of medals on offer, from every age category from U17 to V90, with team results decided by the fastest three.

Martha Hall (19:00) finished 10th in the W40 category and led the seven strong team of GCR women home, with the 'A-team' finishing 57th overall, and the B-team 119th overall, from teams across the country.

The top category finish for the Men was a 23rd place in the M55 category for Justin Hill (19:06). If this was a normal race, there would have been a flurry of GCRs crossing the line at a similar time with seven finishing within a 30second window of Markus Allen. Four men ran under 18 minutes, which was enough for 66th place out of 359 complete teams.

The individual winners were Frank Baddick of Newham & Essex, running a super speedy 13:43 and Dani Chattenton of Milton Keynes, coming in at 15:12. Aldershot and Farnham were crowned national champions in both the men's and women's team competitions.

Overall Place	Name	Category	Cat Pos	Result	Team Score (359 teams)
267	James Huish	SM	116	17:10	66 th – 52:16
313	Bruce Judge	M45	29	17:26	
364	Jack Tann	SM	141	17:40	
413	Paul Guy	M45	44	17:56	107 th – 55:01
506	Adam Wadley	M35	76	18:21	
591	Markus Allen	M40	90	18:44	
632	Andrew Knight	SM	183	18:57	140 th – 57:07
659	Richard Somerset	M50	46	19:04	
665	Justin Hill	M55	23	19:06	
674	Simon Bostock	M35	102	19:10	183 rd – 1:00:50
678	Russell Casey	M40	100	19:12	
1236	Grant Carnegie-Brown	M50	105	22:28	

Overall Place	Name	Category	Cat Pos	Result	Team Score (121 teams)
645	Martha Hall	W40	10	19:00	57 th – 1:05:59
1196	Hannah Frank	SW	80	22:08	
1460	Sharon Threlfall	W45	60	24:51	
1544	Elizabeth Dean	W45	69	25:54	119 th – 1:40:29
1651	Helen Harrison	W50	50	28:19	
1760	Sharifa Hirani	W45	94	46:16	
1762	Sherry Pearson	W55	51	47:26	

Upcoming event: Club handicap – Sunday 23rd August

Terry's lockdown challenge

Terry Tristram took on his own lockdown challenge this week, completing an impressive 695 minutes of walking.

Upcoming club event: GCR handicap race, Sunday 23rd August

GCR will be running a handicap race on the morning of Sunday 23rd August. Runners will set off at intervals in reverse order of their predicted finishing time.

There will be two races to choose from: the WGC centenary route (anticlockwise this time!) at 9am, and a new 10K course starting at 10am. The start line for both routes will be the South Lake, Stanborough Park.

A handicap race is a good chance to race against your clubmates whilst maintaining social distancing.

More details to follow, including your predicted finish time, in due course. Entries on the day will be allowed.

Update on club training runs

We hope you've all enjoyed the virtual Mid Week League and the various run leaders challenges over the past months and this has kept your running mojo going in these strange times.

As we have all seen in the news, the rules about coming out of lockdown continue to evolve. So what does this mean for GCR in the coming weeks and months?

At the moment we are still limited to groups of six running together so our Tuesday evening groups will continue as they are for now. Please continue to book-in so we can manage numbers.

Details of which groups are meeting will continue to be posted on Facebook and from next week this will be a regular slot in the newsletter and a weekly all-members email.

England Athletics have just published guidance on how clubs can have larger groups but there are rules we would need to follow and comply with. We will look at how feasible this is for our training sessions.

Ridgeway Academy will be re-opening. We have made the decision to return to RA in September by which time they will have dealt with any teething problems.

If you would like to help the club by becoming a run leader have a chat with your run leader, or Karen or Jane about what is involved.

Roundup of the weeks running

A (brief) 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





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.

Tuesday	Run Leaders Challenge 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.
Thursday	10k Training Challenge 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 - https://www.gardencityrunners.org.uk/covid19-2/
Saturday	Not –your-average-parkrun Challenge 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?
Sunday	Long Run Challenge 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 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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/