



Garden City Runners: News Release from a Distance

Issue nineteen: 2nd August 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

'Virtual' Fairlands 3K Relay

After the 2019 cancellation of the Fairlands Valley Relays due to 35 degree heat, and then the cancellation of this year's due to COVID-19, 5 GCR supervets took on the challenge of running the route themselves in full race style: (their report below) - well done guys, and here's to having the full GCR team racing it next year!!



GCR's legendary quintet Badger and the SuperVets (*pictured, above*) took themselves off to Stevenage's Fairlands Valley Park on Thursday evening, to run sequentially along the route of the annual Fairlands 5x3km event. With a combined age of 287, in the heat of the late sunshine, and no-one to race but the clock, it was a challenge to 'beat the hour'. But they made it!

- 1) Sean Bowen 12:02
 - 2) Jim Forrester 12:21
 - 3) Justin Hill 11:19
 - 4) Dave Desborough 12:35
 - 5) Richard Somerset 11:08
- Total: 59:25

Strict social distancing guidelines were followed; elbow-bumps for changeovers, and with no marshals, water station or officials, the guys were their own referees regarding route errors or rule infringements.

GCR's Director of Performance Sean Bowen says "We agreed that after the midweek league, the event we missed most was the 3K relay, and so rather than just do it all virtually on different courses at different times, let's do it at its proper home at the proper time. The lad Somerset gave it 110%, as he always does. I thought his time was brilliant, particularly after he'd already run leg 2 as Jim's navigator (since Jim had never run there before). We were all glad we'd made it. We just hope we'll get the chance to race it for real in 2021."

Heal 'Pushes the boundaries'

From Monday 27th July 12.00 midnight until Sunday 2nd August David Heal completed seven half marathons in seven days for the Phoenix P7 in 7 event.

This event challenges competitors to run as many miles as they can in one week, recording their runs each day on Strava for the adjudicators at Phoenix to vet.

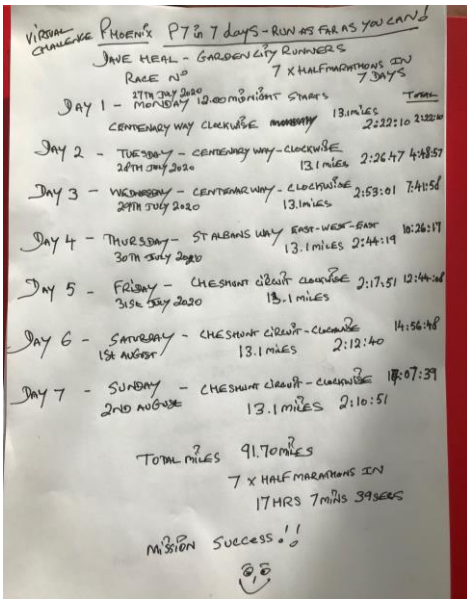
Having never gone over 70 miles in one week, Heal pushed out his comfort zone completing the challenge he set himself of running seven half marathons in the seven days of the challenge. His total mileage was 91.7miles in 17hours and 7 mins 39secs.

On his last day he smashed his weekly time trial, completing the half distance in 2hours 10mins 51 seconds, with his slowest being on day three during the challenging WGC Centenary route in a clockwise direction, in a respectable 2hours 53mins 1 sec.

Heal comments "I ran three days on the centenary way circuit, all clockwise, day 4 was on the Alban Way East-west-East, and the last three days on my own hilly training circuit from Goffs Oak to Cheshunt and back, a route that I have regularly used in my 21 years of running!!

I have been challenged every day by some of the hottest and most humid days of the year on some tough circuits, but I have stayed focused & determined to the finish line to get this awesome achievement done!"

Heal also comments "The medal was worth the pain and discomfort - it's my chunkiest medal to date and will be going into my trophy cabinet with pride."



GCR's keep motivated during these times

Sunny Friday Long run



John Davis leads the group on a Sunny Friday long run from Letty Green

Willow flies the flag in Cornwall

On Thursday Willow Gibson ran a lovely costal 5k in the sunshine in

Cornwall.

Sidlin leads run from Gravelly

Richard Sidlin leads a 'Great run' through unfamiliar trails, including a pause to visit the grave of Jack O Legs at Weston with Steve Williams, Andy Newbury, Belinda Mcginley and Eleanor.





7/8K group run through Brocket on Tuesday



GCR Intervals

Please let Martha Hall at mahall28@hotmail.com know if you would like to join GCR Intervals this week, which will be at Moneyhole Park 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/

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