



## Garden City Runners: News Release from a Distance

Issue Twenty Two: 24 August 2020

### **GCR socially distanced handicap race – centenary route half marathon(sh) or 10K**

This weekend saw the inaugural GCR C2020/10k handicap, a slightly different handicap designed to support appropriate social distancing. For many, this was the first opportunity to race or run with clubmates for the first time in a while. Runners had the choice of either completing the centenary way route, equivalent to around a half marathon, or a 10K loop that followed some of the centenary way.

Well done to our top three in the C2020, James Huish (course record 1:20:55), James Benfold and Daniel Pudner, and to Pete Harvey, Emon Martin and Helen Stafford in the 10k.

The prize for the most accurate race time prediction goes to Sean Bowen in the C2020 (2 seconds slower than predicted) and Emon Marin in the 10k (exactly as predicted), and the dubious prize for the biggest ringers goes to Nigel Cavill (21:38 faster) and James Aitchison (20 mins faster) in the C2020 and Mick Wise (10:14 faster) in the 10k.

Thanks to Richard Somerset for organising, and the helpers Peter Harvey, Sue Fletcher, Jacqueline and Lottie McCallum, Isla Threlfall, Maureen Steed and Craig Stephenson.



Centenary route results, anti-clockwise

No	Name	Time
1	James Huish	1:20:55
2	James Benfold	1:22:00
3	Daniel Pudner	1:24:18
4	Chris Jones	1:26:14
5	Andrew Knight	1:29:52
6	Chris Eland	1:31:08
7	Steve Ellerd-Elliott	1:31:16
8	Richard Somerset	1:31:21
9	Sean Bowen	1:32:02
10	Russell Casey	1:32:40
11	Peter Jasko	1:34:28
12	Steve Edwards	1:39:20
13	Eddie Somers	1:40:52
14	Nigel Cavill	1:43:12
15	Simon Bostock	1:44:30
16	Nick Genever	1:44:43
17	Richard Sidlin	1:48:02
18	Paul Gatens	1:49:48
19	Richard Bloom	1:50:15
20	Ali Eroglu	1:50:41
21	Michael Grant	1:52:22
22	Michael Paine	1:52:51
23	Stuart Whitford	1:53:02
24	Steve Williams	1:53:19
25	Andy Newbury	1:53:45
26	James Aitchison	1:55:00
27	Dave Edwards	1:55:00
28	Steve Grout	1:55:22
29	Chris Loveys	1:55:38
30	Mike Tandy	1:57:15
31	Hannah Frank	1:57:30
32	Sharon Threlfall	2:00:50
33	Richard Darley	2:01:37
34	Nick Atkinson	2:07:05
35	Ann Hayden	2:08:49
36	Becca Hayden	2:08:49
37	Mark Caswell	2:08:49
38	Maggie Wright	2:16:30
39	Louise Smith	2:20:04
40	Jess Miller	2:24:05
41	Shena Lancaster	2:25:40

42	Gemma Sloane	2:52:16
43	Charlotte Jones	3:00:48
44	Sam Plummer	3:14:40

10k  
results

No	Name	Time
1	Peter Harvey	0:44:21
2	Emon Martin	0:50:00
3	Helen Stafford	0:50:26
4	Fredi Giliberti	0:51:34
5	Johan Preis	0:52:52
6	Jo Grant	0:54:12
7	Mick Wise	0:54:46
8	Yvonne Jones	0:55:00
9	Caroline Griffin	0:55:39
10	Matthew Hunt	0:56:25
11	Shaun Kent	0:56:31
12	Helen Paine	0:57:22
13	Dai Selwood	0:57:58
14	Carol Reid	0:58:04
15	Alida Preis	1:04:10
16	Alison Meaden	1:04:10
17	Naz Clarke	1:06:15
18	Alan Donovan	1:06:58
19	Wayne Aylott	1:07:06
20	Zuzana Ghouse	1:14:54

## **St Albans 10k**

Usually a popular fixture in the GCR calendar, the St Albans 10K took place this weekend with a slightly different format than usual as runners started in small waves based on expected finishing time. 550 runners took part in total, with four GCR representatives doing the club proud with some excellent fast times.

Peter Harvey reports that the revised format made for some good racing, and helped Ian Munro to run a PB and beat the landmark 40 minutes for the first time. Ian ran 39.30 finishing in 91st place. Peter Harvey ran in 38.15, placing 64th overall and 7th MV50 in a high class field. After a quick bike ride Peter then arrived at Stanborough Lakes in time to complete a further 10K in 44.21 as part of the handicap event.

Lee Wood also ran a PB in 49.12 and Thomas Parmley finished in 50.11.

## **Dave Heal runs his 62nd marathon/24th ultra and records a personal best**

Dave Heal ran his 62nd Marathon & 24th ultra this weekend at Walton on Thames -Phoenix running event -party train on a trail circuit beside the River Thames under strict Covid 19 precautions of social distancing with limited number of runners.

Dave chose to run 9 laps of 3.28 miles so total of 29.52 miles in 5 hrs 40 mins 10secs which was a Personal best for that circuit towards Hampton court bridge. He was awarded the unique party train medal with Cadbury's Freddo The Frog driving the train.. this was his 9th ultra in the new Global marathon challenge GMC of 26 ultras in 52 weeks awards.





## 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](mailto:results@gardencityrunners.org.uk)



## Upcoming events

As some lockdown restrictions start to lift, some smaller races and other running events are starting to appear, as well as a number of annual events taking place virtually.

If you see an event that might be of interest to other club runners please share on the GCR facebook or to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)

<b>Duxford Dash 10K and 5K</b> IWM Duxford run on the runway	Sunday 12 <sup>th</sup> September	Sign up <a href="#">here</a>
<b>Sandridge 10K</b> Virtual event	Sunday 12 <sup>th</sup> September	<a href="http://www.sandridge10k.co.uk">www.sandridge10k.co.uk</a>
<b>Wimpole Hoohah Half Marathon</b> Trail half marathon on National Trust estate	Sunday 4 <sup>th</sup> October	Sign up <a href="#">here</a>
<b>Herts 10K</b> Virtual event	Sunday 4 <sup>th</sup> October	<a href="http://www.herts10k.com">www.herts10k.com</a>
<b>Stevenage Half Marathon</b>	Sunday 1 <sup>st</sup> November	TBD
<b>Hertfordshire Half Marathon</b> Knebworth House	Sunday 22 <sup>nd</sup> November	<a href="http://www.hertshalf.com">www.hertshalf.com</a>

## This week's runs

Tuesday night clubs runs are now full for this week. If you'd like to join this week's intervals session please contact Martha before 6pm tonight. Keep an eye out on the GCR facebook page for next week's runs.

## Run leaders

Interested in becoming a run leader? While we're still running limited group sizes up to six, and some of our regular run leaders are unavailable, our small group of run leaders is spread very thin. We're looking for people who might be able to help out, particularly over the next few months. Anyone can do this, regardless of your speed or experience, as we have lots of different groups running at different paces and distances. GCR will cover the costs of the run leader qualification, and if you don't enjoy it there's no pressure to continue.

If you're interested in finding out more, contact Karen or speak to one of our run leaders. Please email [runleaders@gardencityrunners.org.uk](mailto:runleaders@gardencityrunners.org.uk) to register your interest.

## **COVID-19: Please read the following**

The advice and guidelines regarding COVID continue to change. As the club is affiliated with England Athletics and the Association of Running Clubs, we are following their guidelines to help reduce the risk of spreading the virus to keep club members and our community safe.

The booking system we have in place for club runs and interval sessions means we can ensure that group sizes are in line with the latest guidelines, and can trace potential contact if necessary.

When booking a place or joining a session, please bear in mind the following:

- Do not attend if you are feeling unwell; are experiencing any COVID related symptoms; have tested positive; or have been exposed or in contact with anyone who has experienced these;
- If you experience any symptoms or test positive after attending a club session or being in contact with another club member, please notify the club immediately;
- Maintain social distancing at all times during the club session, particularly at the start and finish of the session;
- Try to avoid touching any surfaces unnecessarily, such as gates and stiles, it is recommended to carry a glove or hand sanitiser if this is unavoidable;
- Look out for other runners, walkers and cyclists, move out of the way if necessary to allow others to pass.

## **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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](https://www.facebook.com/groups/gardencityrunners/)