



Garden City Runners: News Release from a Distance

13 September 2020

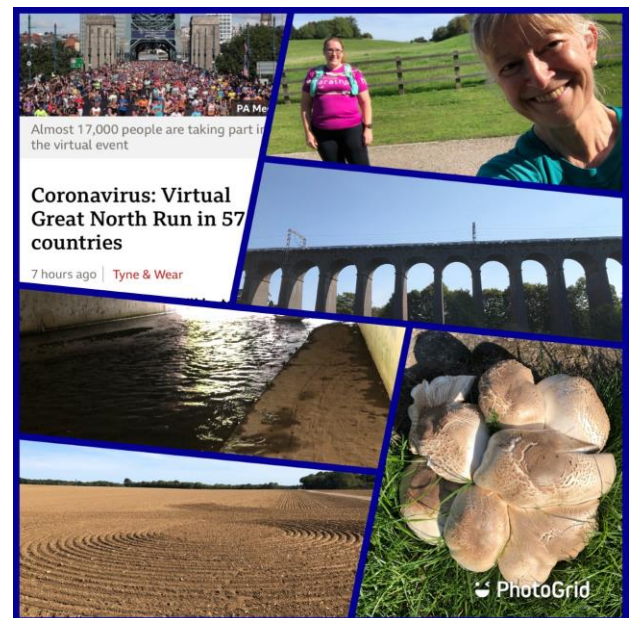
In these strange and worrying times, we're here to keep you in touch with your fellow club members, bringing you news and views of solo runs and challenges, plus tips and info to keep you fit and motivated. Please send any content for future releases to results@gardencityrunners.org.uk

This week's News Release sees GCRs on top form in a busy week-end of marathons, half marathons and runs of all distances!

GCRs Tackle Virtual Great North run as well as the 40th GNR Solo Challenge

Along with 17,000 other runners across the world, **Charlotte Jones, Karen Atkinson, Mark Ashworth** and **Steve Ellerd-Elliott** took on the virtual GNR this morning.

Charlotte and Karen followed the challenging centenary route, swapping views of the Tyne Bridge and the Red Arrows for the Disgwell Viaduct and the 11.28 to Stevenage, they both said that they 'enjoyed a lovely run through our local countryside'. Well done ladies!



For the men, Mark Ashworth finished his virtual GNR a time of 1:44:19, pictured proudly wearing his finisher's T-shirt (below) after his fastest half marathon - great PB Mark!

Steve Ellerd-Elliott finished his virtual GNR in a speedy time of

1:41:19, and also completed the 40th run of the GNR Solo Challenge (40 runs in 78 days). Steve comments "It was great to be part of the 40th GNR and great to have my daughters join me for mile one, as part of their own GNR Junior Challenge where they've run the 13.1 miles distance over the last 13 days. I was especially pleased to complete the 40 runs in 78 days challenge and reach my 300 miles target. This is more running than I have ever done before so I definitely deserve a rest!"

Well done Steve!



Also completing the Great North Run Solo Challenge today was **Louise Beale**, who finished 40 runs over 78 days with 181 miles in total, taking 32hrs and 52 mins - Louise comments "this was a lovely virtual event to keep getting me out over the last few months."

Louise, pictured right, on Harris in the Outer Hebrides, on one of her solo challenge runs while she was away.



Marathons galore over this sunny weekend

James Dunmore completed the Milton Keynes Virtual Marathon today after the scheduled marathon in May was postponed and then replaced with a virtual version. James ran his own local route, mainly following the course of the Welwyn Half, with a loop and a well-earned water stop at **Richard Robinson's** house (Richard also agreed to pace James for the second half). James comments "We then did an out and back along the Alban Way. I was running well until the run up Chequers on the way back where a wall of pain took my pace away."

James finished in a very respectable time of 3:37.15 - he reports "It was slightly over my target but I'm pretty happy with the effort - the lack of marathon crowds does make a difference!. Also a huge thank you to Richard for keeping me going through the tough parts!"



David Heal sailed through his 65th Marathon today which was also his 27th Ultra: the Phoenix Running Events Party Train 2 at Walton on Thames. The race course consisted of 29.52 miles of trail beside the River Thames. Heal had to complete nine laps of a 3.28 mile circuit and finished in a very respectable time of 6 hrs 13 mins 43secs. Heal comments "my watch recorded 30.12 miles - the race director, Rik Vercoe, acknowledged the course could be longer than 29.52 miles, depending on when you visited the aid station. The weather was ideal - sunny and reasonably hot with a gentle breeze. At the finish I was awarded with a carriage part of a train to go with the locomotive that I got a few weeks ago." Well done David!



Two GCRS start off the Virtual Round Norfolk Relay

With the renowned Round Norfolk Relay being cancelled this year due to COVID, teams are turning to a virtual race to complete the 17 stage event.

Daniel Pudner started the GCR team off with a speedy 5.49 miles in 31:30 in "perfect conditions" despite having had a full day's work to do beforehand.

Well done Dan!

Becca Hayden completed her leg of the relay incorporating her 16.9 miles into a long steady run with Rebecca Barden exploring routes over Codicote, Lamer Wood, and Symondshyde Wood.

The rest of the team have till the end of September to complete their stages.



GCR's Fly high in 5ks

Terry Tristram took part in the 5k no parkrun this week in a time of 37.55 – Terry reports that he's "getting faster every week." Well done Terry!

Terry Fowler hosts 5k Trail run

The 2nd Terry's Tewin Trail Run was held on Saturday morning at 0900 under strict COVID-19 guidelines.

Unfortunately three runners had to pull out on the day, leaving **Sharon Threlfall** as the sole lady representative, but she was rewarded with her fastest 5K for 18 months and rightfully awarded First Lady of TTTR.

Conditions were ideal with a slight headwind the only issue for the runners to contend with but it didn't stop many of the remaining runners bettering their times from last week.

After the 5K several went off to do the "double" by participating in the GCR 5K organised by **Richard Somerset** - we have some tough runners in GCR. There was welcome support from the GCR Grumpy group who happened to be passing the runners taking part in the 5K.

It is hoped that the Trail 5K can continue as it's proving very popular, and Sharon has produced a super COVID-19 Risk Assessment, for which the runners were extremely grateful.

Terry comments: "Numbers obviously have to be limited and controlled to ensure guidelines are met and we protect the good name of GCR. We will always try and extend invites where we can within our field of 15 participants.

"We were also treated to some lovely cakes courtesy of Sharon to celebrate **Paul Guy's** birthday, and it coincided with his being the fastest runner of the day, wresting the TTTR crown back from last week's winner Daniel Pudner."

Times:

Paul Guy..18:40
Chris Jones..19.43
Neil Hume..18.44
Rich Sid..22.45
Rob Casserley 19.22
Daniel Pudner. 19.17
Justin Hill.. 19.19
SharonThrelfall. 24.25
Steve Edwards 20.01
Brad Smith.. 23.57
Chris Eland.. 19.17

Panshanger Park 5K

Forty-two GCRs took part in the first Panshanger 5k, with sterling race direction by **Richard Somerset**, on a fine Saturday morning.

Runners could run any time Saturday morning up to midday. Richard reports:

"On a new flat course, conceived, measured and marked by **Peter Harvey**, young 'un **Daniel Pudner** beat old 'un **Bruce Judge** by six seconds with a great time of 17:30.

We will be running another event on the same course soon, watch this space."

Results below:

1	Daniel Pudner	00:17:30
2	Bruce Judge	00:17:36
3	Pete Harvey	00:18:27
4	Paul Guy	00:18:31
5	Neil Hume	00:18:40
6	Rob Casserley	00:19:31
7	Justin Hill	00:19:40
8	Richard Somerset	00:20:03
9	Matteus Labiak	00:20:09
10	Peter Jasko	00:20:18
11	Sean Bowen	00:20:33
12	Jim Forrester	00:21:12
13	Dave Edwards	00:22:48
14	Katy Healy	00:22:54
15	Richard Sidlin	00:22:55
16	Steve Williams	00:22:59

17	Paul Gatens	00:23:10
18	Andy Newbury	00:23:29
19	Ali Riza Eroglu	00:23:39
20	Johan Preis	00:23:45
21	Michael Tandy	00:23:57
22	Jo Grant	00:24:02
23	Peter Sawko	00:24:10
24	Richard Darley	00:25:11
25	Caroline Griffin	00:25:37
26	Jim Davis	00:26:57
27	Jennifer Williams	00:27:38
28	Michael Paine	00:27:42
29	Helen Harrison	00:27:49
30	Helen Paine	00:27:52
31	Sharon Threlfall	00:27:54
32	Paul Threlfall	00:28:02
33	Louise Smith	00:28:04
34	Melanie King	00:28:26
35	Dai Selwood	00:28:30
36	Louise Beale	00:28:47
37	Alida Preis	00:28:48
38	Sarah Lynn	00:29:57
39	Jane Molloy	00:33:30
40	Sharifa Hirani	00:34:59
41	Tom Parmley	00:35:40
42	Willow Gibson	00:37:01
43	Sue Fletcher	00:40:26
43	Sherry Pearson	00:44:04

Tuesday Group Runs

Good news! We can still run in groups bigger than 6. This has been confirmed by England Athletics and ARC. Our run leaders will continue to do risk assessments and record who attends each run for contact tracing purposes.

This week's runs and meeting points are:

5/6k - Gosling Centre

7/8k - Panshanger Golf Complex

9/10k - Hatfield & Crusaders Cricket Club, Ascots Lane

Faster group - meet at post box where Grange Hill meets Carleton Rise, AL6 9RQ. Parking available on the road.

Please arrive ready to give your contact details so the groups can start running at 6.30pm.

Covid 19 - Please Read the Following:

The advice and guidelines about Covid-19 continue to change. The club is affiliated to England Athletics and the Association of Running Clubs and we follow their guidelines to help reduce the risk of spreading Covid-19.

When joining a group run you are consenting to your details being recorded for contact tracing purposes.

Please always follow the following advice for your own and others' safety:

- **do not attend if:** you are feeling unwell; if you have any Covid-19 symptoms or have had a positive test; if you are self-isolating for any reason. Always follow any medical guidance you may have received.
- if you have any Covid-19 symptoms or a positive test after attending a session you must inform that club immediately so we can contact the rest of the group you ran with.
- maintain social distancing at all times including at the start and end of the session.
- try to avoid touching anything eg a gate or stile but if this is unavoidable use hand sanitiser and avoid touching your face afterwards.

- look out for pedestrians, horse-riders, cyclists etc and move to one side to let them pass and maintain social distancing.

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.

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>

Club Kit

A reminder that new club kit is available from Kit-Meister Richard Somerset. All items cost £19.99, 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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