



Garden City Runners: News Release from a Distance

20 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 runs, races and challenges, plus tips and info to keep you fit and motivated. Please send any content for future releases to results@gardencityrunners.org.uk

Dave Heal runs his 68th marathon, 22nd ultra and first 50 miler

GCR marathon ace **Dave Heal** took it to the next ultra-running level on Saturday, running his first ever 50 mile race at the Phoenix Running event Leviathan, held at Redricks Lakes, Sawbridgeworth. Dave's plans to run previous 50 mile races were cancelled due to Lockdown, so he was excited to be able to compete in a 50 mile event, and pleased with his official time of 10:59:23secs.

Runners ran along the River Stort, with 15 laps of a 3.28 mile trail circuit and an extra 0.8 miles of out and back – there was a mixture of terrains, with one side river tow path and the other side woodland and open country fields. Dave reports that the weather was perfect – warm and sunny with a breeze. Dave tells us: "When I reached the 50 miler finish line, I looked at my Garmin watch and it read 49 miles – I asked the Race Director and fellow competitors about this, and they all explained that as I was running through dense woodland I, no doubt like others, had lost satellite connection. So, wanting 50 miles on my watch before I stopped it, I ran another one mile to the 0.8 out and back circuit on the tow path and a bit more in the finish area just to round it off, so my true distance was actually 51 miles in 11:15:09. (Anyone who's run up and down outside their house or in a car park to round up to the next mile will relate to Dave's decision!)

Dave (*below, celebrating with his medal*) concludes: "What a great race experience to push the boundaries in running which hopefully now I can push further in the future."



Terry's Tewin Trail Run

Saturday saw the third running of **Terry Fowler's** 5k not parkrun event, known as Terry's Tewin Trail Run (TTTR). This week, Terry was on marshal duty (on the all-important switchback turn) and **Sharon Threlfall** stepped up as Race Director.

Terry reports: "Event 3 saw some beautiful clear skies and a change in wind direction. This meant that the 14 intrepid runners (*pictured below, at the start*) were not buffeted by a head wind as they ran across the open field and instead that treat was saved for the finishing straight.

This week saw a strong ladies field, with five female runners. **Martha Hall** led the way in a ladies' course record of 20.45 minutes - great work.

Chris Jones led the field home in 18.46, just ahead of **Neil Hume** (*pictured, below*). **Richard Sidlin** and **Brad Smith** ran course PBs.



Other first timers were **Russ Casey, Helen Stafford, Hayley Connolly** (*looking strong, below*) and **Craig Stephenson**, who were drafted in after a few of the regulars produced a sick note.



As ever, the event is invite only to limit any issue with Covid-19 compliance but do try our best to fill all 15 places, as Russ Casey found out with a phone call at just 50 minutes before the start!

There was cake to finish, which was not burnt, it was Chocolate & Beetroot!"



Full results:-

1. Chris Jones 18.46
2. Neil 18.53
3. Russ 19.15 - First run
4. Justin 19.34
5. Martha 20.45 - First run
6. Dave 21.45
7. Hannah 22.29
8. Rich Sid 22.38 - PB
9. Helen 23.13 - First run
10. Brad 23.39 - PB
11. Steve G - 25.00
12. Rebecca - 25.05
13. Hayley 27.19 - First run
14. Craig 30:50 - First run

Round Norfolk Virtual Relay

Several GCRs ran their legs of the Virtual Round Norfolk Relay this weekend. Some chose to run their legs in the beautiful Herts countryside; others travelled to actual Norfolk to complete theirs. Stages run this weekend included **Helen Harrison** running Stage 5 – a distance of 10:81 miles which she was pleased to complete in under two hours; **Sharon Threlfall** running Stage 8, 7:53 miles in 1:06; **Sean Bowen** who ran Stage 13, 13:30 miles in 1:34:36; **Johan Preis** running Stage 17, 11.74 miles in 1:49, and **Brad Smith** running an epic 18.13 miles in 2:52:50. Well done all!

This week's Tuesday group runs

Good news! We can still run in groups bigger than 6 and there is no booking system, just turn up and enjoy your run. 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. Please arrive ready to give your contact details so the groups can start running at 6.30pm.

This week's runs and meeting points are:

Social 5/6k – Panshanger Golf complex car park – left hand side

7/8k – Morrisons car park

9/10k - Panshanger Golf complex car park – right hand side

Plus we have two faster groups this week:

9.00-9:30 min/mile pace and

8:30-9.00 min/mile pace

Both groups meet at Moneyhole

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 contract 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 – e.g. 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, move to one side to let them pass and maintain social distancing.

FORTHCOMING 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 and actual 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)
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

Other	Complete against someone or collaborate in a team to achieve a goal, or just run solo https://findarace.com/plan-b-virtual-race
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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;
- OS Map app – basic version free; if you buy printed maps you can upload them to the app for full features
- Map My Run: Also has others saved nearby routes for inspiration.
- Plot A Route: Same as above.

Happy and safe running everyone!

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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