



Garden City Runners: News Release from a Distance

Issue 23: 30 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

****HERTS SPORTS PARTNERSHIP LOCKDOWN AWARDS - NEWS FLASH - YOUR VOTE IS NEEDED****

GCR has been shortlisted for the Most Inspiring Club during lockdown award which is fitting recognition for all the motivational and fun activities of the last few months. The winner will be decided by the total number of votes cast - so do feel free to enlist the help of friends, family, colleagues etc. **To vote:** head to the website page below - we are towards the end of the nominees in our category: <https://sportinherts.org.uk/hsp-lockdown-awards/>

The voting form is available on the website and you'll need to vote in each category so do check out the other categories and nominees. Voting closes on Sunday 6th September.

Dave Heal braves the August freeze to get 63rd Marathon/25th ultra done

Dave Heal continues on his marathon/ultra marathon quest and doesn't let anything hold him back, even bad weather - this week Dave took part in the Hare & Tortoise running events in grounds of Layer Marney Tower near Colchester.

Dave reports: "This race consisted of running as many 2.6 miles laps in 12 hrs on an all grass circuit trail which had 115 ft of ascent on each lap. The circuit was entirely uneven with lots of trip hazards with tree roots & rabbit holes galore which was really tiring. The weather was atrocious with strong chilly winds & torrential outbursts that tested every runner to their limit in the most open of countryside fields only the hardest of runners continued to brave it.

After 6hrs 52 mins 1sec -29 miles I retired early to the comforts of my nice warm car with a refreshing flask of Tea and change into warm dry clothes." Well done, Dave!



Photo: David with his well deserved medal



Spitfire 10k Virtual Race



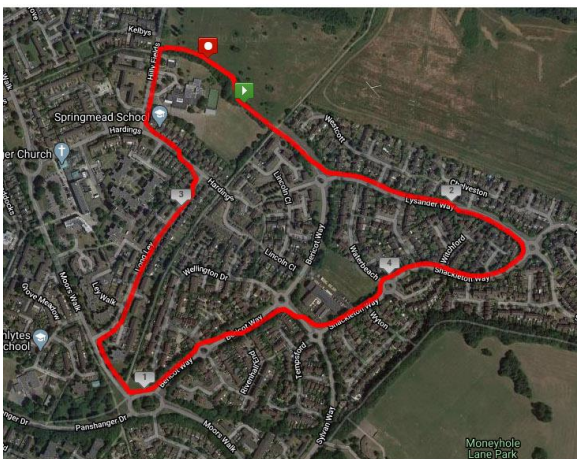
Mattie Labiak and mum Barbara completed the RAF Museum Virtual Spitfire 10km www.spitfire10k.com run on Sunday 30th, the race taking place from home and times being submitted online.

The weather was overcast but dry and Mattie finished in a time 40:46, an all-time Personal Best by over a minute, and Barbara managed a time of 52:39.

Local 5k club race for you to try

Local 5k on a measured course in Panshanger, WGC (NOT the parkrun course).

GCR Panshanger 5k



<https://www.mapmyrun.com/routes/view/3295003717>

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Run on **Saturday 12th September** any time in the morning up to midday.

Course will be marked with arrows and a start and finish, so no need to measure your distance, just record your time. Watch for cars when you cross the road junctions, and keep to the left side pavement.

This is not a mass start event, don't all turn up at 9.00am as if it is a parkrun! You can start in groups of up to 6 people. No requirement to wear club kit.

Below is a map of the two-lap course, thanks to Pete Harvey for marking and devising the route.

Send your results to Richard (Rich.somerset@ntlworld.com) or add to Strava/Garmin/Facebook etc, by end of Sunday 13th September.

FORTHCOMING 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

Duxford Dash 10K and 5K IWM Duxford run on the runway	Sunday 12th September	Sign up here
Sandridge 10K Virtual event	Sunday 12th September	www.sandridge10k.co.uk
Wimpole Hoohah Half Marathon Trail half marathon on National Trust estate	Sunday 4th October	Sign up here
Herts 10K Virtual event	Sunday 4th October	www.herts10k.com
Hertfordshire Half Marathon Knebworth House	Sunday 22nd November	www.hertshalf.com

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.

This week's Tuesday group runs

News of this week's group runs - all groups meet at 6.30pm

Reminder - the longer the distance the faster the pace - the distance is roughly what is covered in an hour.

9/10k - 6.30pm meet at Moneyhole Park car park (this group is now full for this week)

7/8k - 6.30pm meet at Gosling Centre

5/6k - 6.30pm meet at Campus West

We are running in groups of six. To book your place please either reply to the Facebook post or email runleaders@gardencityrunners.org.uk

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 on Monday. Keep an eye out on the GCR Facebook page for next week's runs.

Can you help? – run leaders and 'stadium watch'

The Club is always on the look-out for more volunteers to keep us going and improving. At the moment we've got a couple of specific needs:

1. **Run Leaders.** With the limited group sizes (we're sticking with groups of 6 at the moment) and some regular Run Leaders currently unable to lead, our small band of Leaders are spread dangerously thin. So we're looking for people who might be willing to help out for the next 2-3 months. Anyone can do this, whatever your speed, as we have different groups from Social 5k up to 9-10k. If you give it a try and find you enjoy it, then GCR will pay for you to get a Run Leaders qualification and licence. Of course, there will be no pressure to continue, if it's not your thing. If you'd like to find out more and give it a try, please email Karen Atkinson, who is the Run Leaders Co-ordinator, at runleaders@gardencityrunners.org.uk
2. **Gosling Track.** In order to restart training at the track, we're collaborating with Welwyn Wheelers and Herts Phoenix to (a) do some basic tidying/maintenance in response to recent neglect and a lack of funding, and (b) provide a 'stadium watch', walking by and keeping an eye out for any intruders and alerting the relevant people. If you are able and willing to help with track housekeeping or 'stadium watch', please email Jane Molloy at chairman@gardencityrunners.org.uk

All offers of help will be very welcome. Thanks to those who have already been in touch and offered to help, as well as our regular Run Leaders and other volunteers. If you have any other ideas or suggestions for how you would like to do more for the Club, we're always delighted to hear of ways we can keep on improving – so do send them through to Jane at chairman@gardencityrunners.org.uk

Running safely

COVID-19 – Please Read the Following

As we all know, 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. The booking systems we use for group runs and interval sessions mean that we can ensure the group sizes keep within the latest guidelines. It also means that we have a record of who ran so we can support NHS contact tracing if that ever becomes necessary.

When booking a place and joining a session please always do the following 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 relevant medical guidance you may have received
- if you have any Covid symptoms or a positive test after attending a session you must inform the 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 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

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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