



Garden City Runners: News Release from a Distance

Issue 24: 06 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

Important Message: Tuesday Group Runs

This week we will not be using the booking system. We have been working hard behind the scenes to move to groups bigger than 6 and comply with the guidelines from England Athletics and the Association of Running Clubs. The guidelines are all about keeping everyone safe. The two key things we need to do are risk assessments, which our run leaders will do for each group run and keep a record of who attends each run for contact tracing purposes.

So what does this mean for you?

If you want to run on Tuesday, just turn up at 6.30pm at your group's location. Your run leader will take your name and/or take a group photo so we have a record that you ran in that group. Please note that if you turn up for a run you are giving your consent to your details being recorded in this way. Please be willing to be flexible and help your run leader, especially if the groups are large as we may need to split the group into two.

This week's runs and meeting points are:

5/6k	Campus West car park
7/8k	Panshanger Golf complex
9/10K	Moneyhole Park car park
Faster group	Ottoway Walk car park, Welwyn, AL6 9AT

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

A reminder of the approximate pace and distance each group covers:

Group	KMs		MILES	
	MIN/KM	DISTANCE	MIN/MILE	DISTANCE
7/8k	7:30-8:30	7-8	11-12	4-5.5
9/10K	6-7	9-10	10-11	5-6
FASTER	5:30-6	10-11	9-9:30	6-7

5/6k	A gentle-paced run that would suit those who are still new to running, like a slower pace, are returning from injury or a break from running
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Terry's Tewin Trail Run

With Parkrun currently in lockdown and most races being done "virtually", Terry Fowler decided to devise a local 5K course which was off road, scenic, flat, fast and spectator friendly.

Terry writes "Over the years I've got to know the area very well and this knowledge enabled me to find an accurate course that ticked all the boxes. It consists of two and bit laps around the beautiful bridleways of Tewin. I managed to persuade [my wife] Elaine (who has run everyday for 6 years!!) to run the course on two occasions to ensure it's accuracy and safety. She described it as an enjoyable fast 5K and no issues with safety, with the bonus of only one marshal being required."

Fifteen GCR members took part in a run around the course this Saturday morning. Having set the runners on their way on a beautiful morning, lovely blue skies but a brisk breeze Terry legged it to the finish to record their times as they crossed the line.

DANIEL PUDNER was quickest on the day in 17:45. A special mention goes to 12-year old ISLA THRELFALL who ran the course in just over 28 minutes.

The feedback was excellent from all runners with all the runners are very eager to do it again now they have a time to chase. Thank you to Elaine for marshalling on the course and for trialling it before hand.

All times (in no particular order):

Paul Guy	18.51
Chris Jones	18.06
Neil Hume	18.34
James Huish	18.11
Richard Sidlin	22.54
Steve Grout.	24.02
Rob Casserley	19.25
Daniel Pudner	17.45
Rebecca Barden	24.07
Hannah Ahmet-Frank	22.22
Justin Hill	19.30
Sharon Threlfall	28.33
Isla Threlfall	28.33
Steve Edwards	20.01
Dave Desborough	21.10

All COVID-19 rules were observed and overall a really enjoyable morning and as Sharon said "It was great to have that Parkrun feeling again" Another event will be held shortly.



TERRY TRISTRAM reports his return to running after eight months, competing his (not) parkrun in 38:59.

Box End Triathlon

Proving that things are starting to get back to "normal", MATTIE LABIAK, BARBARA KUBIS-LABIAK and CAROL REID all took part in this morning's Box End Triathlon organised by Active Training World. Practially the first triathlon of 2020, with all spring events cancelled, Barabara reports a very well organised event, with some proper social distancing and new rules in place, including individual lake entry every 20 seconds. The event consisted of a 750m lake swim, 20k bike and 5k run.

Mattie completed the event in 1:15:40, Barbara in 1:46:18 and Carol in 1:47:43.

Carol commented "I was regretting entering it when my alarm went off at 04:40 but it was nice to do my first (and last) triathlon of the year."



A proper organised event and everything!

Virtual Stockholm Marathon

On Saturday STEVE ELLERD-ELLIOT ran the Virtual Stockholm Marathon. He was due to run the original race in June but this was postponed to September due to "you know what" and then eventually postponed to next year but this virtual event was set up as an alternative.

Steve reports it was strange preparing for the marathon day without the usual build-up, and regretted missing out on his trip to Sweden, but perfect weather on Saturday made the event tough but enjoyable. Steve finish in an impressive time of 3:30:39.

Steve was helped along the way fellow GCR members PETER JASKO and REBECCA BARDEN Steve's daughters provided a drink station for which they were all very grateful.



Steve, Peter & Rebecca virtually run around Stockholm

Dave Heal runs 64th Marathon/26th ultra at Denbie's wine estate



Marathon king DAVE HEAL completed yet another ultra-marathon this weekend at the Denbie's Wine Estate. Dave reports this one was a toughie trail circuit with a total of 3080ft of hill climbing. Dave completed nine laps of a 3.28 miles circuit [29.52 miles in total] in a time of 6:44:39.

GCR 5k Club "Race" – Saturday 12th September

Fresh from the successful 10k/20:20 Handicap, Richard Somerset and Peter Harvey have devised another challenge, this time for those missing that Saturday morning parkrun experience.

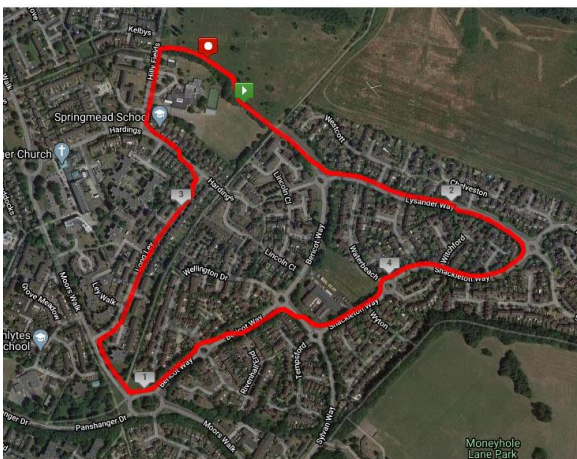
Members are invited to run a 5km measured course in Panshanger, WGC (NOT the parkrun course however) any time on the morning of Saturday 12th September up to midday.

The 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, so please don't all turn up at 9.00am as if it is a parkrun! You can start in groups of up to 6 people. There's 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 result to Richard Somerset (Rich.somerset@ntlworld.com) or add to Strava/Garmin/Facebook etc, by end of Sunday 13th.

GCR Panshanger 5k



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

Issue: July 2020

FORTHCOMING EVENTS:

As some lockdown restrictions start to lift, some smaller races and other running events are starting to appear, as well as several 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.

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 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

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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