



Garden City Runners: News Release from a Distance

11th October 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

Stu Completes A Triple

This weekend saw STU WHITFORD crown a (literal) triple marathon of running events when he completed the 30 mile Run to The Sea event in Dorset.

Stu writes that "This was the culmination of a busy few weeks of running for myself, and definitely not something I had attempted before or really planned for, but as with most things, COVID had forced events dates to shift considerably."

On September 19th Stu headed off for a 27-mile coastal trail run in south Devon, undaunted by the rather hilly 4000m of climbing. The wonderful sea views more than made up for the rather chilly race start; immediately wading across a fast-flowing estuary.



Stu then writes, "Last weekend, along with many members of GCR I had a charity place for the London Marathon. I set myself a rather ambitious trail marathon route around Hertfordshire on the 4th Oct. We will all remember the horrendous weather, I was a little disappointed with my time, but pleased I raised over £1300 for my chosen charity. "

"Probably foolishly, with it being my first run after the Marathon, I headed down to Dorset this weekend for the Run to The Sea 30m run. It was a freezing cold morning with a 06:00 coach pick-up and 07:10 start and with the light just creeping through we were released in small numbers to abide by COVID rules. A well organised event with the first 18miles along nice rural trails with the remainder on pavement." Although advertised as 30-mile event, Stu managed to squeeze in an extra 1.5 miles to finish 31.5 miles in 5 hours 30 minutes.

(Maybe something a little shorter next weekend - ed.)



Club 5k at Ellenbrook

This Saturday saw 25 GCR members head to Ellenbrook Fields to complete the parkrun course there at various times throughout the morning. Many thanks for Rich Somerset for organising and for compiling the results. Well done especially to those who doubled-up and did Terry's Tewin Trail on the same morning.

Neil Hume	00:19:20
Justin Hill	00:19:36
Steve Edwards	00:19:48
Peter Jasko	00:20:08
Sean Bowen	00:20:47
Nigel Cavill	00:20:58
Richard Somerset	00:21:13
Caroline Hale	00:21:34
Michael Grant	00:22:10
Steve Williams	00:22:59
Steve Grout	00:25:01
Caroline Griffin	00:25:02
Jo C Grant	00:25:11
Rebecca Barden	00:25:12
Veronica Shadbolt	00:25:21
Sharon Threlfall	00:25:33
Yvonne Jones	00:25:45
Pete Sawko	00:26:02
Carol Reid	00:26:50
Mark Caswell	00:27:06
Louise Smith	00:28:11
Melanie King	00:28:33
Hannah Frank	00:28:41
Willow Gibson	00:35:49
Joy Allen	00:36:30

Terry's Tewin Trail Run #6

With the event now regularly being full 15 runners were greeted with excellent conditions with just a light breeze and the ground having just the odd sticky muddy patch. One new runner this week, HOLLY CASEY SMITHSON, wife and better half of regular participant RUSSELL.

CRAIG STEPHENSON was today's Race Director assisted by PAUL GUY and they set the runners on their way as the clock struck 09:00.

NEIL HUME took up his usual front running tactics closely followed by DANIEL PUDNER as the rest of the field followed in proximity behind the front two. With the ground drying out and with very little wind I think some of the runners were sensing fast times and possible PBs for the accurately measured 5K was on the cards.

Their instincts proved right with STEVE EDWARDS breaking the 20-minute barrier, HANNAH AHMET-FRANK running her quickest "post-baby" PB and CHRIS ELAND and NICKI NONNELLY both joining the PB group for the course. Daniel also breaking the sub 20-minute barrier less than a week after running a marathon and has continued his training this week without easing off just ahead of the consistent JUSTIN HILL who continues to run well on the course.

How great it was to see the runners wait until all 15 had finished the run and applaud each one as they crossed the finish line before some went off to complete the Ellenbrook double.

To keep things fresh and to give the runners something else to look forward to the run will be held in reverse next Saturday with the course having been checked by our own qualified LiRF (Leadership in Running Fitness) Sharon Threlfall to ensure COVID-19 guidance is strictly adhered to and for the safety of everyone. Each week the run is strictly limited to 15 runners for added safety of all involved.

Any slots for the run will be advertised on the GCR F/Book Thursday morning and will be first come first served. If you are interested in joining us one Saturday to either take part or help out please drop either myself or Sharon a message.

1	Neil Hume	19.00
2	Chris Eland	19.10 PB
3	Justin Hill	19.21
4	Daniel Pudner	19.40
5	Russ Casey	19.49
6	James Huish	19.55
7	Steve Edwards	19.56 PB
8	Rob Casserley	19.57
9	Dave Desborough	21.14
10	Nicki Donnelly	21.44 PB
11	Hannah Ahmet Franks	21.51 PB
12	Brad Smith	24.36
13	Rebecca Barden	26.08
14	Steve Grout	26.09
15	Holly Casey	32.38. 1stTimer

RD	Craig Stephenson/Paul Guy
Marshal	Terry Fowler/Nikki Stephenson



GCR Track Sessions Are Back!

We are delighted to say that the GCR Thursday night speed training sessions at the Gosling track are returning although in light of the current situation, things will be a little different:

- Start time - 8pm, until 9pm. (We will no longer be sharing with Herts Phoenix AC, who have exclusive use of our old 6:30-7:30pm time slot)
- Sign in on arrival with coach Dave and the clipboard (no Richard B in the office)
- Bring your mobile, and scan our unique QR barcode using the NHS Covid app
- You **MUST** utilise the hand sanitiser which will be provided at the gates before entry - this is a mandatory condition of our contract

- In the interests of maintaining social distancing, each group will have its own coach and will run the session independently - including warmup, drills, and cooldown.
(Overtaking is permitted!)

We are limited to a maximum of 30 runners per session.

If you intend to come to the next session this Thursday 15th Oct, please let Sean know:

email sean.bowen.gcr@hotmail.co.uk

text 07802 382596

New Jackets – Last Call for Orders

We are about to submit our first order for the rather lovely new GCR branded light-weight jackets, pictured below. The price is £42, with another £1.50 if you want to personalise it with initials on the front right-hand side. If you would like to order one for yourself - or for someone else as an early Christmas present - please add your details to Nigel Cavill's post on the GCR Facebook page, or email Nigel at nigel.cavill@gmail.com, stating the size and any personalisation you want.



As the requests have already been flooding in, we would like to get the order placed as soon as possible - particularly as there is a 5-week lead time. So please get your order details into Nigel by Monday evening (6 pm) at the latest.

Sizes:

Women's Sizes		Men's Sizes	
8	XS	36	XS
10	S	38	S
12	M	40	M
14	L	42	L
16	XL	44	XL

VITALITY 10,000

Although it's not possible to stage the postponed Vitality London 10,000 in its usual format this year, you still have the chance to take part in the event.

To complete the virtual event, you can run your 10K from home or wherever you are during the autumn half-term period (Saturday 24 October to Sunday 1 November 2020) and join up to 20,000 runners across the UK in the first-ever virtual Vitality London 10,000.

Entries cost £15. Finishers will be sent a Vitality London 10,000 finisher's medal and an exclusive New Balance performance T-shirt. Entries close at 17:00 on Friday 23 October 2020.

<https://www.vitalitylondon10000.co.uk/how-enter/online-entry/>

To encourage GCR Club members to participate, HELEN HARRISON will be leading an extra 10k group run on Thursday 29th October, starting at Gosling Park, 6.30pm.

If you would like to join the group, just enter, print off your race number and turn up at 6.15pm wearing your number, hi viz and, preferably a light. Depending on numbers, we may split into pace groups, minimum of two people to run together. You are welcome to attend with a pre-arranged pair or group. The main aim is participation rather than all out competition. You could always run the route again later in the week to better your time if you wish.

The route is below if you would like to use it and/or familiarise yourself with it for the event week. Don't forget to submit your results to the results@gardencityrunners.org.uk

- Leave Gosling towards the Railway bridge
- Cross the A1000 and run south to Howlands
- Turn left into Howlands
- Follow Howlands to Cole Green Lane roundabout
- Turn Right into Cole Green Lane
- Turn left onto Black Fan Road
- Follow Black Fan Road past Morrisons and Watchmead Industrial Estate
- At Mundells keep left and turn into Bessamer Road
- At Bridge Road, turn right towards the City Centre, keep right
- Go past Waitrose and through the underpass to John Lewis
- Cross to the far side of Parkway
- Follow the Parkway straight down to finish at the roundabout by Gosling.
- Keep an eye on your GPS as, depending on how/where you cross roads etc. You will clock up 10k at slightly different places to finish and you don't want to miss out on your medal for the sake of a few 100 metres!



This week's Tuesday group runs

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
- 7/8k – Gosling Centre Car Park - left hand side
- 9/10k – Gosling Centre Car Park – left hand side

Faster groups this week:

- 9.00-9.30 min/mile pace and
- 8.30-9.00 min/mile pace
- Both groups meet at Campus West Car Park

Please arrive ready to give your contact details so the groups can start running at 6.30pm. Our run leaders will continue to do risk assessments and record who attends each run for contact tracing purposes.

It's getting dark so don't forget to dig out your hi-viz and head torches and take extra care at the meeting points and on the runs.

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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