



Garden City Runners: News Release from a Distance

**This week's News Release sees GCRs on top form at the first Cross Country.
TTTR in reverse gives runners a different challenge.**

Issue: 18 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 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

A staggering 75 GCR's tackled the first GCR organised Cross Country around Tewin

A chilly October morning saw seventy-five GCRs gathered at the start of the first GCR XC race series, directed by club racing mastermind Richard Somerset. Runners set off in socially-distanced groups of six, and followed an undulating two-lap circuit of Tewin trails, muddy footpaths and woods, with over 650 feet of ascent, including an uphill slog through the fields and a steep climb up into Dawley Wood. Competitors didn't know whether to complain more about their hamstrings on the way up or their poor old knees on the way down. Sue Fletcher takes



the stiff upper lip of the year award for staying put re-cording results in her folding chair while four farmer trucks and Range Rovers manoeuvred around her.

Richard writes: "Congratulations to **Juliet Vine** with the fastest time for the women and to **James Huish** with the fastest time for the men.

"Thanks to Sue for recording and collating the results, Helen, Sharifa and Beckie for marshalling, Jane and Sharon for helping at the start and finish and to Pete for devising such a testing course. See you on the Ayot Greenway for the next race on Sunday 15th November."

Position	Name	Time
1	James Huish	0:33:42
2	Chris Jones	0:34:49
3	Herbie Hopkins	0:34:52
4	Chris Eland	0:35:49
5	Pete Harvey	0:36:16
6	Rob Casserley	0:36:46
7	Daniel Pudner	0:37:01
8	Justin Hill	0:37:01
9	Russell Casey	0:37:25
10	Juliet Vine	0:37:37
11	Sean Bowen	0:38:08
12	Peter Jasko	0:38:28
13	Dean Harris	0:38:38
14	Steve Edwards	0:38:52
15	Rob Hughes	0:39:25
16	Nick Portalski	0:39:38
17	Richard Somerset	0:40:02
18	Nicki Donaghey	0:41:21

19	David McCabe	0:41:38
20	Michael Grant	0:42:24
21	Nick Genever	0:42:24
22	Steve Williams	0:42:34
23	Jim Forrester	0:42:38
24	Hannah Frank	0:43:02
25	Lauren Potter	0:43:05
26	Julia Wiper	0:43:24
27	Helen Stafford	0:43:52
28	Dave Edwards	0:43:54
29	Paul Gatens	0:44:14
30	Steve Ellerd-Elliott	0:44:20
31	Steve Grout	0:44:30
32	Rebecca Barden	0:44:43
33	Alan Routledge	0:45:38
34	Ali Eroglu	0:45:53
35	Andy Newbury	0:45:58
36	Belinda McGinley	0:46:00
37	Chris Loveys	0:46:41
38	Tom Parmley	0:46:53
39	Fredi Giliberti	0:47:30
40	Johan Preis	0:48:11
41	Pete Sawko	0:48:40
42	Jo C Grant	0:48:49
43	Robert Saville	0:49:00
44	Barbara Kubis-Labiak	0:49:27
45	Krasimir Stanoev	0:49:38
46	John Warden	0:49:47
47	James Aitchison	0:50:07
48	Helen Robins	0:50:16
49	Caroline Griffin	0:50:20
50	Anna Lillie	0:50:20
51	Matthew Hunt	0:50:48
52	Tom Rogers	0:51:00
53	Mick Wise	0:51:03
54	Sofie Marchant	0:51:52

55	Jim Davis	0:51:55
56	Carol Reid	0:52:06
57	Dai Selwood	0:52:23
58	Åsa Moberg-Grout	0:53:20
59	Becky Cullers	0:53:26
60	Nick Atkinson	0:53:46
61	Michael Scutt	0:53:54
62	Louise Smith	0:54:07
63	Bruce Judge	0:54:08
64	Jen Williams	0:54:08
65	Melanie King	0:54:58
66	Shena Lancaster	0:56:42
67	Alida Preis	0:56:50
68	Wayne Aylott	0:57:36
69	Rob Cartwright	0:58:12
70	Karen Atkinson	1:01:00
71	Lynette Stewart	1:02:37
72	Kath Evans	1:02:38
73	Emily Hammond	1:10:16
74	Charlotte Jones	1:17:33
75	Willow Gibson	1:17:33

Reverse TTTR 5K Saturday 17th - Challenge Accepted

Terry Fowler reports: "In order to create a new challenge for the runners and to freshen things up, this week's 5K was run in reverse. To strictly comply with the COVID-19 rules a further Risk Assessment was completed by Sharon Threlfall who took time out this week to walk the course with me to ensure the safety standards were met. As a result the start and finished was slightly altered to further ensure the safety of those taking part and members of the public also enjoying the countryside. The course was accurately measured to 5K.

Two first timers joined the run this week, **Michael and Helen Paine**. Both had been keen to take part for several weeks and were rewarded for their patience with an invite to join the others on the start line at 0900.

With many of the runners also competing in the GCR Cross Country run on Sunday most made a cautious start but the runners were soon spread out with **Neil Hume** starting to push things along. All the runners appeared to be running well within themselves and enjoying the new challenges that the reverse course was bringing. The long straight through the field, which they had to negotiate twice, was proving tough due to the sticky muddy conditions, the headwind and surprisingly undulation of that part of the course.

The friendly rivalry between **Sidders** and **Steve Williams** appeared to be going to the wire with them being locked together at the start of the last 1.25 miles but in the end **Sidders** got his nose in front to finish 10 seconds ahead by the end. Both were rewarded with a new PB since the runs were started.

Martha was first woman home in in 20.57 just ahead of **Dave Desborough** who is still running superbly well and must be ranked one of the top V60 in the County. **Dave** achieved a PB since the Tewin 5Ks started.

Sharon swapped her RD duties this week and produced a powerful finish to agonisingly just miss the 25 minute mark by 1 second. Next time she'll smash it.

The debutants, **Michael and Helen Paine** had storming runs with Mrs P particularly pleased with her average mile splits.

A thoroughly enjoyable run on a new course which received favourable feedback, great photos taken by Steve Grout (marshal) and Eccles cakes provided by Sidders. What a great start to the weekend.

So we move on to next week where another new course awaits the runners, The Tewin Tough Trail 5K One Lapper."

Results

Neil Hume...18:43
Daniel Pudner..19.03
Chris Eland...19:42
Russ Casey..19:47
Rob Casserley..19:49
Steve Edwards..20.21
Martha Hall..20:57
Dave Desborough..21.06
Richard Sidlin...22.31
Steve Williams..22:41



Hannah Ahmet-Frank..23.17
Nicki Donnelly 24.09
Michael Paine ..24.15
Sharon Threlfall ..25.01
Rebecca Barden ..25.21



Helen
Paine
26.52





David Heal Completes his 69th Marathon

Heal completes his 69th Marathon and his 29th ultra at the Phoenix Running event 'Back to the 80's'

The race was held at Fulbrook School in New Haw, Addlestone Surrey and consisted of nine trail laps of 3.28 miles out and back beside Basingstoke canal.

Heal completed his challenge in a respectable 5 hrs 56 mins 37secs which worked out at 29.52 miles.



This Tuesday's group training runs and meeting points

- Social 5/6k – Campus West car park
- 7/8k – Gosling Centre car park
- 9/10k – Panshanger golf complex car park

Faster groups this week:

- 9.00-9:30 min/mile pace and
- 8:30-9.00 min/mile pace

Both of the faster 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 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>

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. Ways you can help:

- New government guidelines allow us to exercise in groups of up to six from separate households.
- 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
- If possible, plan routes that take you away from town centres and out into the countryside
- Try to run outside popular times when larger family groups are likely to be out and about
- If you cough or sneeze while running, it's extra important to cough or sneeze into your elbow
- Wash your hands as soon as you get home.

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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