



Garden City Runners: News Release from a Distance

Issue 28: 4th 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

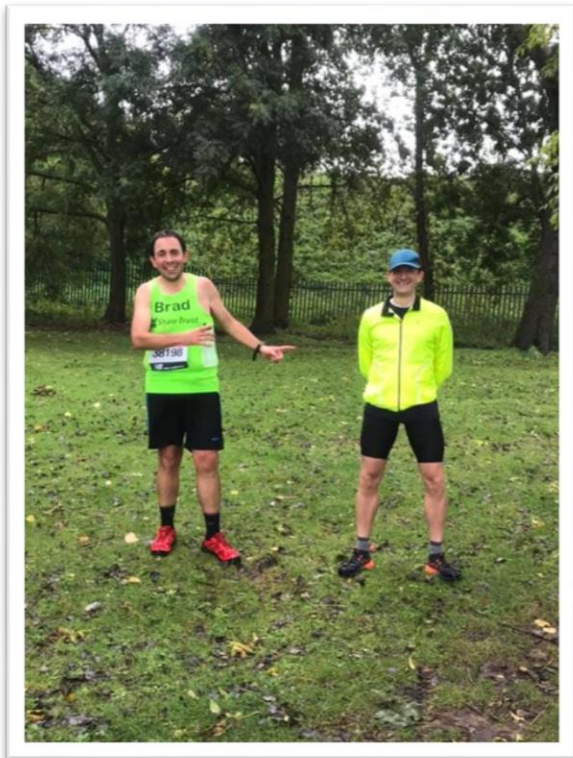


Marathon "Super Sunday"

It was almost like old times this weekend with several GCR members running marathons both "organised", "virtual" and *ad-hoc*, this despite weather conditions which one might safely say were soggy.

Virtual London Marathon

BRAD SMITH decided to forgo innumerable laps of St James' Park (Zzzzz! - ed) and instead plumped for the rather more challenging route based around the WGC 20:20 Centenary route



Brad and Peter looking strong!

and the hillier parts of Panshanger Park. Brad completed the distance in a time of 4:24:16. Brad writes: " I finished the Virtual London Marathon starting and finishing at Stanborough Lakes, heading up a flooded Ascots Lane, down the Cole Green Way, round Panshanger Park, back up the Cole Green Way, round the Centenary Route, down to Wheathampsted and back along the (flooded at Waterend Barn) River Lea.

I had the pleasure of running all the way round with Peter (except when I lagged behind at the end). Nigel Cavill, Chris Loveys, Sharon Threlfall and Barbara Kubis-Labiak all joined in along the way too, and fantastic support along the way from Sharon and Mrs. Smith (Laura). It was also

great to be acknowledged by various members of the public en route today - it felt a bit like London. The power of our great club really shone through today. Well done to all who took part!"



Brad and Peter still smiling

PETER JASKO, who reported water up to his knees at one point, ran with Brad and completed a virtual running of the cancelled Manchester Marathon in 4:18:52.

STU WHITFORD started his 26.2 miles trip from The Waggoners in Ayot Green. Unfortunately finding the pub closed at 8am, he ventured forth to the rest of the Ayots, Welwyn, Datchworth Burnham Green and Watton-at-Stone before crossing the virtual finish line after 5:03:24 in Sherrardspark Wood.

EMMA FERRY started her VLM with ten 2-km loops before a quick shower and a change of dry clothes change, and the finishing the race in 4:45:05.

DANIEL PUDNER tried to escape the COVID-19 pandemic by running to Luton Airport before thinking better of it and running back home. He managed to do so in 3:34:37

DAVE TWOHIG finished in 05:41:33 with some great support from Annabelle Lee, Belinda McGinley, Hayley Connolly, Rob Jones, Richard Darley to name just a few – as reported on our GCR Facebook page by John Davis.



Dave glad to be on dry land!



Dave's support crew

SIMON BOSTOCK completed his race in 3:56:11

Dorney Lakes Marathon

REBECCA BARDEN, STEVE ELLERD-ELLIOTT and BECCA HAYDEN all took part in the *Dorney Lakes Marathon* doubling as a virtual London Marathon.



Becca and Rebecca finished hand-in-hand!

Rebecca and Becca finished in exactly the same time: 3:45:01!

Rebecca reports: "Becca Hayden and I ran the Dorney Lake Marathon which was also our Virtual London Marathon today. After a training season unlike any other, I didn't know what to expect for this, my twelfth marathon. Becca and I set off at a steady pace which we more or less managed to keep up all the way around the four-lap course, despite driving rain and blustery cross winds, and finished hand-in-hand in a time of 3:45:01. The race was brilliantly organised by Active Training World, with fantastic marshal support"

Steve covered the multi-lap course in 3:28:25. Steve writes: "I joined a number of GCRs at Dorney Lakes today for a marathon plus (as with most others I think) also running the Virtual London at the same time! The event was run by Active Training World who did an excellent job of putting on an event with various things in place to support socially distancing. The event felt really safe and well organised so hopefully bodes well for future races during this time of COVID restrictions. On what was a cold, wet and windy day I was very pleased to finish sub 3:30".



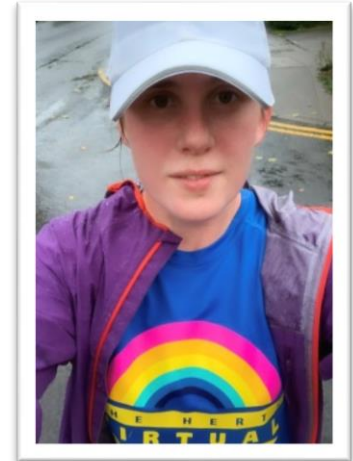
Steve - well done!

Special shout out to **Glenn Dobson** and **Belinda Mcginley** who, while acting as running partners, managed to cover the full marathon distance themselves.

Thank you to everyone who turned out in dreadful weather to run alongside your club mates, provide much needed company, pacing, inspiration, shout-outs, bananas and jelly babies.

Virtual Herts 10K

Rachael Everard ran the virtual Herts 10K in aid of Rennie Grove hospice today, Sunday. Rachael finished in 54:47 and her partner finished in 45:36, both achieved their PBs, well done! Rachael writes: "Really enjoyed cheering on all the amazing runners taking on the virtual London marathon as I went round - I couldn't moan about the puddles when they are taking on 26.2 miles!!"



Rachael ran in aid of Rennie Grove hospice

Terry Wolfe Tristram also ran the virtual race, and completed the 10K run in 1:21:06, well done!

Terry's Tewin Trail Run

Saturday saw the fifth running of **Terry Fowler's** 5k not parkrun event, known as Terry's Tewin Trail Run (TTTR). Terry reports: "The runners were greeted with very challenging conditions, very windy and torrential heavy rain at 0900 and the course had taken a real



All 15 looking equally happy and wet!

battering with one particular part of the course, which they negotiate twice, very slippery due to the mud and puddles of water. Any thoughts of PBs were quickly dismissed with the runners unsure which trainers to wear although in hindsight trail shoes would've been the selection for most. With **Brad** and **Rebecca** volunteering for the Race Director roles this week this allowed **Sharon** to swap roles and to test out her new trail shoes and they were certainly tested today. The runners were set on their way already soaked to the skin and were joined this week by three first timers, **Craig Brown**, **Steve Williams** and **Johan Preis**. From my marshalling point I could see the effort and pain etched on the runners faces as they bravely faced the elements and the mud congregating on their legs and kit was getting thicker by the minute. Nevertheless the feedback after the run was favourable especially from those tackling the course for the first time. This shows how popular the 5K is becoming.

First runner home was **Neil Hume** again in 19.07 followed closely by **Craig Brown**. Third home was **Chris Eland** who somehow managed to run it 2 seconds quicker than last week. First woman was Martha in 21.14.

As always the runners were treated to cakes again provided by Sharon and this week it was doughnuts. Outstanding effort by both runners and those helping today in awful conditions. As always strict COVID-19 guidelines were put in place with the risk assessment for added safety. The run limit is 15 to further secure everyone's safety and any spaces will be advertised on the GCR F/Book page Thursday morning."

1	Neil Hume	19.07
2	Craig Brown	19.12 1 st run
3	Chris Eland	19.36
4	Paul Guy	19.57
5	James Huish	19.59
6	Steve Edwards	20.53
7	Justin Hill	20.54
8	Martha Hall	21.14
9	Hannah Ahmet-Frank	23.16
10	Daniel Pudner	24.01
11	Steve Williams	24.06 1 st run
12	Helen Stafford	24.14
13	Steve Grout	24.46
14	Johan Preis	25.01 1 st run
15	Sharon Threlfall	25.15

RD

Brad Smith/Rebecca

Barden

Marshal

Terry Fowler

Kate raises funds running Miles for Refugees

Kate's goal was to cover the distance between Tunis to Sicily 160 miles, aiming to try and run every day. Kate Walker covered 175 miles and only missed a couple of days of running (made up for with a cycle or a walk). Kate's miles included doing the 20.20 route a couple of times in 2 days! Once running the other walking both walking and once accompanied by her dad which was extra special.



Kate raised £302 for the Red Cross refugee aid – what great achievement, well done!



GCR XC Country League is coming!

Reserve the date! Oct 18th at 9:30am will be the first event of the GCR XC League (naming suggestions welcome). There will be five events, one per month, possibly each event on a different course, but this is undecided.

This is not a mass start event. Start in groups of six at one minute intervals, faster runners start first – it will be timed (GCR members only)

The first race will be on the tracks between Digswell and Tewin. Details to follow in due course.

We will need three marshals and helpers at the start/finish – please get in touch if you would like to help.

The races dates are:

Race 1: Oct 18th

Race 2: Nov 15th

Race 3: Dec 13th

Race 4: Jan 17th

Race 5: Feb 21st

This week's Tuesday group runs

This week's runs and meeting points are:

- Social 5/6k – Campus West Car Park
- 7/8k – Gosling Centre Car Park - left hand side
- 9/10k - Moneyhole Car Park

Faster groups this week:

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

Both groups meet at Gosling Centre Car Park - left hand side

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

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 over taking;
- 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/

E N D S