



Garden City Runners: News Release from a Distance

16 November 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. There will be no more track session/group activities in the short term, however as with the first lockdown, we will look for any opportunities to keep members running and connected. Please send any content for future releases to results@gardencityrunners.org.uk

Remember during lockdown we are still permitted to exercise outdoors, but on your own or with one other from another household, no group running.

Cross-Country #2 – AYOT GREENWAY

There was a fantastic turnout of 100 runners for Race 2 of the GCR XC League, out and back on the Ayot Greenway, this one taking place during lockdown 2 so not staggered starts, everyone running on their own or with one other. Thanks again to Pete H for devising the course and putting out the course markings.

Congratulations to Juliet and Bruce on taking the top positions in squelchy conditions, which got worse as the days went on. I don't know about you but on what looked like a flat course that last mile was REALLY hard!

Please contact Richard SOMERSET if you're missing from the results or made a mistake with your timings (like forgetting to restart your watch – ed), and he'll add you to results.

A note on Strava times, Richard took the result as it appears on the first page of the app or on the header of the page if viewing on a PC. This, in most cases is 'moving time', however if you class your run as a race then 'moving time' is replaced with 'elapsed time', so if you stopped your watch at some point or you stopped it late then this time will be longer than your actual run time. It's up to how you record your run, but Richard is unable to look at both results and always pick 'moving time'. (His suggestion is if you have stopped on the route or stopped your watch late then don't save it as a race).

Women

1	Juliet Vine	0:30:16
2	Caroline Hale	0:31:30
3	Nicki Donaghey	0:32:36
4	Hannah Frank	0:32:38
5	Lauren Potter	0:33:01
6	Helen Stafford	0:33:50
7	Katy Healy	0:34:34
8	Veronica Shadbolt	0:35:00
9	Cecilia Darcy	0:35:04
10	Belinda McGinley	0:36:06
11	Jo Grant	0:36:21
12	Sharon Threlfall	0:36:47
13	Jo C Grant	0:37:10
14	Caroline Griffin	0:37:25
15	Rebecca Barden	0:37:34
16	Yvonne Jones	0:38:40
17	Barbara Kubis-Labiak	0:39:05
18	Rachael Everard	0:39:49
19	Stephanie Herbert	0:40:11
20	Rachel Hickey	0:40:22
21	Sofie Marchant	0:40:33
22	Anna Lillie	0:40:41
23	Rebecca Cullers	0:40:50
24	Sam Males	0:40:53
25	Louise Beale	0:41:13
26	Jen Williams	0:41:17
27	Cathy Widden	0:41:30
28	Alison Meaden	0:41:40
29	Shena Lancaster	0:42:33
30	Carol Reid	0:43:22
31	Alida Preis	0:43:59
32	Naz Gezer-Clarke	0:46:55
33	Lynette Stewart	0:47:03
34	Gemma Sloan	0:48:00
35	Kath Evans	0:48:09
36	Zuzana Ghouse	0:49:01
37	Emma Dempster	0:49:53
38	Emily Hammond	0:49:57
39	Willow Gibson	0:50:04
40	Sandra Wise	0:52:33
41	Jane Molloy	0:53:51
42	Sue Russell	0:59:57
43	Sharifa Hirani	1:02:00
44	Charlotte Jones	1:02:41

Men

1	Bruce Judge	0:26:02
2	Daniel Pudner	0:26:25
3	James Huish	0:27:02
4	Chris Jones	0:27:13
5	Herbie Hopkins	0:28:00
6	Neil Hume	0:28:03
7	Pete Harvey	0:28:08
8	Adam Wadley	0:28:13
9	Tom Wackett	0:28:41
10	Rob Casserley	0:28:55
11	Dean Harris	0:28:57
12	James Dunmore	0:29:06
13	Paul Guy	0:29:39
13	Russell Casey	0:29:39
15	Mattie Labiak	0:30:01
16	Sean Bowen	0:30:02
17	Peter Jasko	0:30:25
18	Steve Edwards	0:30:37
19	Steve Ellerd-Elliott	0:30:53
20	Richard Somerset	0:31:06
21	Rob Hughes	0:31:39
22	Nick Portalski	0:31:40
23	Mike Russell	0:32:43
24	Steve Williams	0:33:02
25	Jim Forrester	0:33:12
26	Michael Grant	0:33:16
27	Richard Sidlin	0:33:34
28	Paul Gatens	0:33:45
29	Dave Edwards	0:34:04
30	Chris Loveys	0:34:06
31	Mark Ashworth	0:34:43
32	Brad Smith	0:34:49
33	Stu Whitford	0:35:03
34	Steve Grout	0:35:04
35	Ali Riza Eroglu	0:35:34
36	Lee Wood	0:35:40
37	James Aitchison	0:35:59
38	Krasi Stan	0:36:09
39	Sam Smith	0:36:26
40	Peter Sawko	0:37:05
41	Steve Button	0:37:15
42	Chris Poole	0:37:21
43	Fredi Gilberti	0:37:47
44	Johan Preis	0:38:21
45	Tom Rogers	0:38:29
46	Matthew Hunt	0:39:04
47	Derek Avery	0:39:08
48	Richard Darley	0:39:37
49	Jim Davis	0:39:39

50	Roy Herbert	0:40:09
51	Michael Scutt	0:40:46
52	Alan Routledge	0:41:27
53	John Davis	0:41:29
54	Dai Selwood	0:42:51
55	Rob Cartwright	0:44:54
56	Mick Wise	0:52:33



There's always space for one more picture of a disembodied muddy limb

Late Results

There were a couple of late results from last week's jaunt around Ellenbrook Fields. Well done to both PETER SAWKO and SUE FLETCHER who navigated the backwards run in 27:33 and 38:13 respectively

21/22 November Challenge

Next weekend's "event" is a Club 5k run in reverse of the Panshanger parkrun course. Remember we're still in lockdown so please only run by yourself or with one other person. Run anytime on Saturday or Sunday.

28/29 November Challenge

Rich Somerset is promising a "special event" on Nov 28/29th so watch our for details. Let's hope Santa hats will be required!

Covid 19 – All GCRs 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.

From Thursday 5 November, you can run on your own, with members of your household or with one other person from another household provided that the number of people does not exceed two.

Please always follow the following advice for your own and others' safety:

- do not run 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.
- maintain social distancing at all times including at the start and end of the session.
- No spitting
- 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.

FORTHCOMING EVENTS:

In the light of the imminent lockdown, it is unlikely that any events scheduled to take place in November will go ahead in the planned format. If you have entered a November race, please check the event website or your email inbox for news of the event's status.

Event	Date	Time	Online entry
Hertfordshire Half Marathon and 10K Knebworth House	6th June 2021	Postponed	Click here
Dorney Duathlon (sprint and standard distances)	Sunday 29 th November- Check for updates	From 11.30am	Click here
Hatfield 5 Mile	Sunday 29 th November Check for updates	9.00am	Click here
GCR XC series: Race 3	Sunday 13 th December	Tbc	tbc
GCR XC series: Race 4	Sunday 17 th January 2021	Tbc	tbc

GCR XC series: Race 5	Sunday 21 st February 2021	Tbc	tbc
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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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