



Garden City Runners: News Release from a Distance

02 November 2020

As we have done since March, we will continue to monitor Government advice and England Athletics updates, in order to make sure that all GCR activities are covid-compliant.

Training runs are planned for this Tuesday, but it is hard to say when group activities will be able to restart after that. There will be no more track sessions in the short term. As with the first lockdown, we will look for any opportunities to keep members running and connected.

Look out for emails shortly from Richard Somerset in relation to revised plans for XC challenges. For those of you on Facebook, keep us updated on your running exploits – and any other news – and do post suggestions of challenges that might appeal to your fellow club members. Please send any content for future releases to results@gardencityrunners.org.uk

Lea Valley challenge

This weekend saw GCR members Jo Grant, Louise Beale & Sam Males set off on an adventure to run the length of the Lea Valley Walk. Starting on Thursday the three set off in Luton, planning to run/ walk the 53.5 mile route to London, over three days with lots of food stops along the way!

Jo said 'the route is beautiful, and although a lot of it was familiar, it's great to run somewhere new' the weather was very wet for the most part, but they persevered and finished it in a total of almost 11 hours. Louise commented 'this challenge has been the highlight of my year, what a great way to spend time with fabulous friends'.

They are now planning their next adventure of running the Hertfordshire Border!



Vitality 10,000

Jennifer Williams and Helen Harrison ran the Vitality 10,000 on Thursday evening in 59.08.

ATW cross country races, Watford

Chris Jones and Richard Somerset sent in this report from the ATW cross country race at Merchant Taylors School, Watford – “We headed down to Watford for this 1st cross country event, with the sky leaking more than a government lockdown announcement.

About 30mins before the race start, the rain fortunately stopped but the days weather, along with preceding junior races on the course, had left some pretty treacherous mud.

ATW organised the race superbly. Social distance was always maintained and runners were set off in groups of 6 dictated by your submitted 5km standard,

It was a challenging but excellent 8km course across sports fields, round a lake, through a well trodden cow field with 2 stream crossings (one of which I fell in!). The last 1.5km had a few hills in them to leave a sting in the tail!

The standard was pretty high with mainly club runners from London and Home Counties using this as a replacement for cancelled traditional leagues.

Overall I was extremely happy with being able to run sub 4min/km on that course/conditions and get a 30:09 for 42nd place. It was nice to get the spikes on and have some fun in the mud!”

Richard was 117th out of 236 in 35:26.



Dave Heals battles Storm Aiden to complete his 31st Ultra

Dave sent this report -

"I ran my 71st Marathon/31st Ultra at Phoenix running event - Skull Runner at Denbies wine estate near Dorking at the foothills of Box hill Not put off by the eminent storm coming in I decided to run 9 laps of 3.28 miles in 6hrs 58mins 39secs amongst the storms high winds & torrential rain that decimated the grass & stone track as 250 runners past through.

On my 5th lap I slipped of the river of mud on a downhill section twice within 10 minutes as the ground was a torrent of squelchy mud flow both times fell hard on my left flank in amongst the vines which was far from rose' - "Dangerous Dave strikes twice". Unbelievably I managed to continue with the following 4 laps with added bonus of the sun came out to finish off the 16th ultra out of 26 to run in My next global marathon challenge.

After a quick warm up & change in car I decided after being convinced by many 100 marathon club members to run/jog/walk/crawl another lap on same circuit at next event - Ghost Runner to celebrate Halloween in 54 mins 20secs most of the other normally sane runners and only the deranged took on this challenge which was my 10th of the day to which there was only 2 of us me & prolific 100 marathon club member David Brett who completed 10 laps on the day out of 250 runners.. proud as punch at this achievement I decided today I was going to cancel my race at Saturn running put my feet up and read the Sunday papers battered and bruised and wincing with every movement!!"



Manchester marathon

Peter Jasko received his Manchester marathon finishers tshirt and medal this week after completing his marathon run in early October.



Charity contribution from the Welwyn 10K

When the Welwyn **10k/2020k** was finally cancelled, entrants had the option of deferring their place, getting a refund, or donating their entry fee to charity. You will be pleased to know that, as a result, we have today made a £500 donation to Welwyn Festival Charities. Thanks to all those whose generosity has allowed us to make this contribution. Thanks too to the Welwyn 10k Organising Committee, who put in so much effort in managing all the set-up and took on the burden of administration when changes happened.

The local charities being supported are Herts Young Homeless, Samaritans, and The Mixed Group (Christmas Day for those who are elderly and isolated).

If you are unable to join in the socially-distanced event in the village, but you would like to make a donation, there is a fundraising page [here](#)

This week's Tuesday group runs

If you would like to join our last Tuesday group training runs before lockdown starts on Thursday read on....

This week's group training runs and meeting points are:

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

One faster group this week:

- 9.00-9:30 min/mile pace - Gosling Centre 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.

Track Sessions:

Track sessions are currently suspended again. 😞

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, 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
ATW Remembrance Run 10K	Sunday 8 th November	From 9am	Click here
GCR XC series: Race 2 Ayot Greenway	tbc	tbc	tbc
Hertfordshire Half Marathon and 10K Knebworth House	Sunday 22 nd November	From 9.00am	Click here
Dorney Duathlon (sprint and standard distances)	Sunday 29 th November	From 11.30am	Click here
Hatfield 5 Mile	Sunday 29 th November	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

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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