



Garden City Runners: News Release from a Distance

22nd 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.

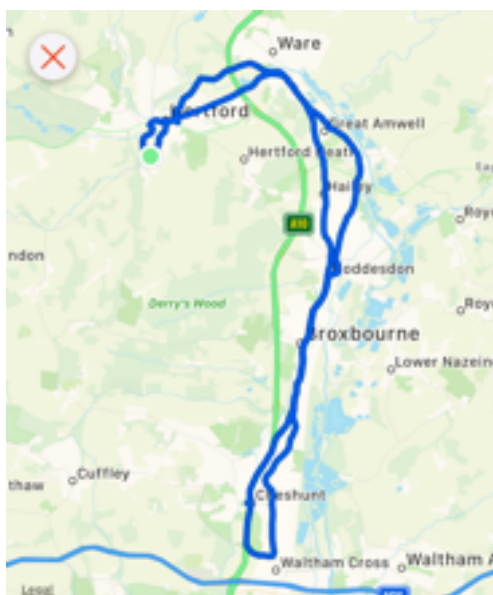
Note that next weekend is a one off xc event keep checking emails and the weekend of the 5/6th Dec is the next club 5k.

Terry Tristram takes up Marathon Challenge and his first marathon distance.

Congratulations to Terry Tristram who has been keeping busy during lockdown with a personal trainer.

After 9 weeks of personal training Terry was set the challenge of walking 26.2 miles. Terry completed his challenge on Saturday 21st in just under 8 hours.

Well done Terry for completing your lockdown challenge and first marathon distance! Below is Terry's route.



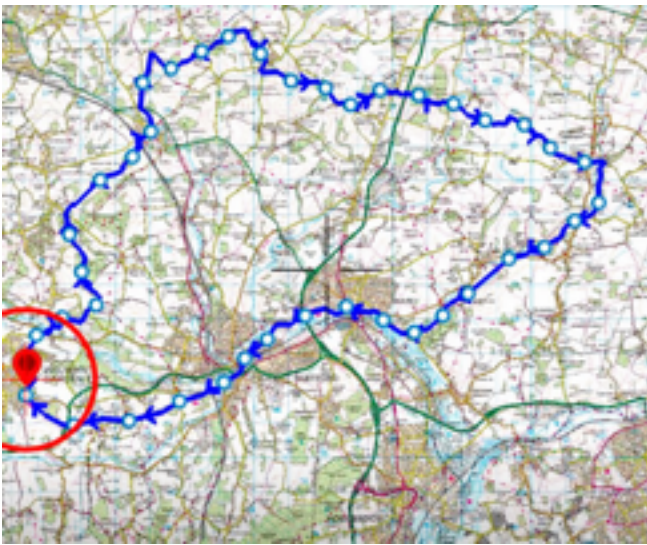
Becca and Barbara tackle 50k trail ultra

On Friday 20th Becca and Barbara tackled a trail 50k ultra starting from Panshanger running to Watton at Stone, Colliers End, Much Hadham and back via Ware and Hertford complete with supplies of peanut butter and cheese sandwiches and lots of water!

Barbara comments ' Such a lovely route, especially the first half, lots of mud, sticky mud and mud you sink in, it also started to drizzle half way through but we loved it!'

Becca reports' this run was my furthest ever distance, of just over 34 miles, spending a whole day running in the beautiful countryside was just what I needed during this lockdown. I'm finding it hard at the moment to focus on racing and my speed work so going out and doing this with Barbara has really helped me to just enjoy running again!

Below is the route.



GCR Club 5k

It was a record turnout of 55 runners at the latest Club 5k, this weeks course was a reverse lap of the Panshanger parkrun course.

Well done to **James Huish** on taking the win for the men this was also a Strava course record! in a time of 19:07 and first for the women in a time of 24.08 was **Cecilia Darcy**

Well done all!

Club 5k, Reverse Panshanger parkrun, Saturday		
1	James Huish	0:19:07
2	Daniel Pudner	0:19:12
3	Mattie Labiak	0:19:17
4	Rob Casserley	0:20:00
5	Neil Hume	0:20:05
6	Tom Wackett	0:20:07
7	Justin Hill	0:20:23
8	Paul Guy	0:20:42
9	Russell Casey	0:20:53
10	Rob Hughes	0:21:15
11	Sean Bowen	0:21:23
12	Simon Bostock	0:21:23
13	Richard Somerset	0:21:32
14	Mike Russell	0:21:53
15	Nigel Cavill	0:22:07
16	Peter Jasko	0:22:10
17	Nick Portalski	0:23:01
18	Steve Williams	0:23:03
19	Michael Grant	0:23:40
20	Brad Smith	0:24:07
21	Cecilia Darcy	0:24:08
22	Helen Stafford	0:24:25
23	Lee Wood	0:24:47
24	Johan Preis Peter Sawko- 25.59	0:24:53
25	Steve Button	0:26:08
26	Caroline Griffin	0:26:10
27	Richard Sidlin	0:26:10
28	Rob Jones	0:26:23
29	David Hale	0:26:39
30	Chris Poole	0:26:57
31	Jo C Grant	0:27:04
32	Steve Grout	0:27:09
33	Michael Scutt	0:27:24
34	Shaun Kent	0:28:05

35	Jennifer Williams	0:28:18
36	Bruce Judge	0:28:19
37	Dai Selwood	0:28:26
38	Mark Ashworth	0:29:01
39	Rachael Everard	0:29:28
40	Alida Preis	0:29:58
41	Shena Lancaster	0:30:42
42	Sarah Lynn	0:31:05
43	Naz Gezer-Clarke	0:32:06
44	Holly Casey	0:33:54
45	Zuzana Ghouse	0:34:25
46	Willow Gibson	0:36:47
47	Jacqueline McCallum	0:38:01
48	Jane Molloy	0:38:44
49	Emma Dempster	0:38:44
50	Caroline Hughes	0:38:54
51	Sue Fletcher	0:39:46
52	Emily Hammond	0:40:14
53	Barbara Kubis-Labiak	0:40:19
54	Richard Darley	0:43:45
55	Sharon Threlfall	0:45:01





The location of the next Club 5k venue on Dec 5/6 tbd

Look out for an email about a one-off XC event next weekend and missed out from last weeks news report was three more XC results bringing the number of competitors to 103.

Sue Fletcher 1:00:49

John Warden 39:02

Wayne Aylott 45:43

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.

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
Dorney Duathlon (sprint and standard distances)	Sunday 29 Check for updates	F r o m 11.30am	Click here
Hatfield 5 Mile	Sunday 29 for updates	9.00am	Click here
GCR XC series: Race 3	Sunday 13	Tbc	tbc
GCR XC series: Race 4	Sunday 17	Tbc	tbc
GCR XC series: Race 5	Sunday 21	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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