



Garden City Runners: News Release from a Distance

29th 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. Please send any content for future releases to results@gardencityrunners.org.uk

TRACK IS BACK and GCRs TAKE ON SIDDERs' MUDDY CHALLENGE

Sidders' Knebworth XC Muddy Challenge

Forty-nine GCRs journeyed to the wilds of North Herts, many of them on foot, to take on a XC route designed by Richard Sidlin. Although perhaps more used to finding his way from Cockfosters to Heathrow Terminal 5, Richard plotted a challenging yet enjoyable 6.7 mile course, taking runners through woods and fields and past the majestic Knebworth House. For those who ran on Sunday there was the additional treat of thick fog shrouding landmarks and farm animals alike. Congratulations to Chris Eland, fastest runner in 47:41, and Cecilia Darcy, first lady in 57:01. *(Below, Steve Ellerd-Elliot with fellow GCRs at the start - we think, because no-one looks very muddy - Ed.)*



Knebworth XC Challenge, 6.7 miles, 28/29 Nov
2020

1	Chris Eland	0:47:41
2	Rob Casserley	0:48:56
3	Sean Bowen	0:49:23
4	Chris Jones	0:49:28
5	Russell Casey	0:49:53
6	Richard Somerset	0:51:32
7	Steve Ellerd-Elliott	0:53:34
8	Peter Jasko	0:53:34
9	Cecilia Darcy	0:57:01
10	Krasi Stan	0:57:11
11	Paul Gatens	0:57:21
12	Nick Portalski	0:58:28
13	Vicky Dodman	0:58:37
14	Rebecca Barden	0:58:43
15	Nick Genenver	0:58:49
16	Michael Grant	0:59:17
17	Chris Loveys	0:59:43
18	Brad Smith	1:00:52
19	Ali Riza Eroglu	1:01:19
20	Richard Sidlin	1:01:34
21	Jo C Grant	1:02:31
22	Michael Scutt	1:03:56
23	Mark Ashworth	1:04:14
24	Åsa Moberg-Grout	1:04:22
25	Cathy Widden	1:05:00
26	Richard Darley	1:05:13
27	Helen Stafford	1:05:37
28	Daniel Pudner	1:06:10
29	Caroline Griffin	1:07:35
30	Rebecca Cullers	1:08:12
31	Bruce Judge	1:08:40
32	Anna Lillie	1:09:05
33	Jennifer Williams	1:09:25
34	John Davis	1:11:06
35	Rob Jones	1:11:06
36	Rachael Everard	1:11:07
37	Helen Harrison	1:11:46
38	Johan Preis	1:12:04
39	Dave Edwards	1:14:23
40	Alida Preis	1:15:10
41	Glen Dobson	1:16:13
42	Rebecca Roy	1:17:45
43	Stephanie Herbert	1:17:45
44	Peter Sawko	1:21:27
45	Kath Evans	1:23:00
46	Sharon Threlfall	1:24:24
47	Mike Russell	1:34:31

48 Stu Whitford
49 Steve Button

1:44:00 walk
2:02:00 10.5 miles, lost



Above –sheep unimpressed by GCR antics

Sam Males' Reggae Marathon

Jamaica? No, when the regular event in Negril, Jamaica, was cancelled, it was GCR **Sam**



Males' decision to bring a little reggae magic to the streets of WGC, running the virtual event in a very impressive 4:25:48, with sterling help from her support crew including GCRs Louise Beale, Jo Grant and Katy Healy (*pictured left, with Sam*) Congratulations Sam!

Sharon Goes Nuclear, with a Festive Twist



Sharon Threlfall completed the Nuclear Races Vest Virtual, with her friend Gill (*pictured left*). Sharon reports: "We had to cover any route up to 21.1km, and went in search of the postbox toppers in Hertford and Ware. Due to improved navigation skills compared to those I had on Sidders' muddy XC challenge, we found 40 toppers while covering a total of 31.1km. I did drive out to Watton to see the final one! I'm pleased that my ankle has held up over 48km this weekend, after twisted it (again!) falling off my bike last week."

News of Val Feith – and can you help with warm clothes for refugees?

GCRs will be pleased to know that the club committee has been checking in with veteran members to make sure they are getting on ok in Lockdown. **Louise Smith** has been in touch with **Val Feith**, a founder member of Garden City Joggers.

Val writes: "I ran the 1982, 1983 and 1984 London Marathons along with many other Garden City Joggers. You probably heard the story of us sleeping outside Hemel Hempstead Post Office from Thursday evening so that we would be number 5 in a queue of 500 to post our applications on Saturday morning."

Val is now doing her bit to help others, working with Care4Calais who provide food and warm clothing for desperate refugees affected by the European migrant crisis in Calais and surrounding areas. As volunteers are not currently able to travel to France, they are collecting winter coats for refugees in this country - <https://care4calais.org/coats4calais/donate-coats/>. If you've recently had a clear out and have any unwanted coats to donate, please drop them off at 56, Brockwood Lane, Welwyn Garden City. AL8 7BG.

End of Lockdown - 2 December

Good news! Lockdown 2 is nearly over and we can start running in groups again. For club runs on Tuesday and Thursday evenings we are able to run in groups of more than six, as we are following the Covid Secure Environment rules and England Athletics' guidance for Tier 2: [ea-tier-restrictions-v4.pdf \(england-athletics-prod-assets-bucket.s3.amazonaws.com\)](https://www.england-athletics.org.uk/england-athletics-prod-assets-bucket.s3.amazonaws.com/ea-tier-restrictions-v4.pdf)

Thursday 3 December – Track Sessions at Gosling

As before, GCR have exclusive use of the track between 8pm and 9pm. We must abide by the conditions agreed with the sports park management:

- Maximum 30 runners on the track at any one time
- Sign in on entry (or bring your phone and scan our QR code with the NHS app)
- Mandatory hand sanitiser on entry
- Adhere to social distancing guidelines and track etiquette – **no spitting**

Split into groups according to pace. Report to your usual group leader at 8pm for warmup and drills. If new, report to Dave Edwards.

Tuesday 8 December – Intervals and Group Runs

Intervals and group runs will start again in the same format as before. Details will be advertised on Facebook and by all-members email, so look out for posts from Martha and Karen.

Covid-19 Dos and Don'ts

Please remember the following:

When joining a group run you are consenting to your details being recorded for contact 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 the club immediately so we can contact the rest of the group you ran with.
- maintain social distancing at all times
- no socialising before or after the session, and be mindful if chatting before and after the session not to stand in a group bigger than six as this would not make a good impression to the general public.
- try to avoid touching anything e.g. a gate or stile but if this is unavoidable avoid touching your face afterwards and wash your hands as soon as possible.

- look out for pedestrians, horse-riders, cyclists etc., and move to one side to let them pass and maintain social distancing.

FORTHCOMING EVENTS:

We will be posting news of forthcoming races once it becomes clearer which are going ahead.

SPECIAL OFFER: Active Training World are offering 2021 race entry with £5 off using the code ATWBLACKFIVER – to see details of eligible races, visit www.activetrainingworld.co.uk – but hurry, the offer ends midnight tonight!

Event	Date	Time	Online entry
GCR XC series: Race 3	Sunday 13 th December	Tbc	n/a
GCR XC series: Race 4	Sunday 17 th January 2021	Tbc	n/a
GCR XC series: Race 5	Sunday 21 st February 2021	Tbc	n/a

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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