



Garden City Runners: News Release from a Distance

8 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 the second cross country race, along the **Ayot Greenway**, details to follow by email early this week.

GCR Ellenbrook 5K - in reverse

A healthy turnout for the latest club 5k, a reverse route around the Ellenbrook parkrun. Look out for a special event in two weeks' time replacing the next club 5k.

Thirty-two GCRs ran the route on Saturday 7th November. Results are:

1	Neil Hume	00:18:45
2	Daniel Pudner	00:18:53
3	Peter Harvey	00:18:54
4	James Huish	00:19:07
5	Paul Guy	00:19:13
6	Tom Wackett	00:19:33
7	Steve Edwards	00:19:44
8	Sean Bowen	00:19:44
9	Nigel Cavill	00:20:25
10	Mark Ashworth	00:20:37
11	Peter Jasko	00:20:48
12	Richard Somerset	00:20:52
13	Rob Hughes	00:20:58
14	Nick Portalski	00:21:06
15	Steve Williams	00:21:55
16	Michael Grant	00:22:39
17	Richard Sidlin	00:24:02

18	Emon Martin	00:24:05
19	Rob Jones	00:24:21
20	Belinda McGinley	00:24:32
21	Tom Rogers	00:24:59
22	Steve Button	00:25:00
23	Jo C Grant	00:25:07
24	Rachael Everard	00:25:13
25	Steve Grout	00:25:42
26	Caroline Griffin	00:25:53
27	Richard Darley	00:26:45
28	Sharon Threlfall	00:27:55
29	Dai Selwood	00:30:00
30	Emily Reding	00:36:02
31	Willow Gibson	00:38:14
32	Caroline Hughes	00:38:54

Last GCR track session, Wed 4 Nov

Last week's track session was moved to Wednesday (lockdown starting on Thursday), and a good number of runners turned up to enjoy this last session – fingers crossed it won't be long before we can go back!



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
GCR XC series: Race 2 Ayot Greenway	Sunday 15 th November	tbc	tbc
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

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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