



Garden City Runners: News Release from a Distance
MUDFEST IN DATCHWORTH & GCR TRIUMPHS IN “LANZAROTE”
13th December 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

Cross-Country #3 Datchworth

Eighty-two hardy souls dodged rain, mud, puddles and (for some) a couple of skittish horses for a canter around the lanes and trails of Datchworth on Sunday morning courtesy of Richard Somerset and his band of merry helpers.

Thanks go to the course marshals: Sam, Daniel, Caroline G, Caroline H, Becky and to Gemma's two sons (who unfortunately got lost but it didn't matter as everyone seemed to know the course). Thanks to Helen for general herding duties, to Sue for handing out the race numbers and to Pete for devising the course (can we have a proper muddy one next time?).

Finally, a massive thanks to Rich and Craig for the chip timing; it was great to have this instead of taking results by hand.

Congratulations go to BRUCE JUDGE for being first man over the finishing mat in 32:31. JULIET VINE was the fastest lady in 36:09 and has now clocked three firsts in a row.

Next race is Sunday 17th January 2021 on a course to be announced

Women

1	Juliet VINE	0:36:09
2	Martha HALL	0:36:26
3	Hannah FRANK	0:39:59
4	Lauren POTTER	0:40:18
5	Helen STAFFORD	0:41:22
6	Nicki DON	0:41:33
7	Cecilia DARCY	0:41:35
8	Belinda MCGINLEY	0:41:49
9	Cathy WIDDEN	0:41:56
10	Annabelle LEE	0:44:24
11	Rebecca BARDEN	0:44:27
12	Jo C GRANT	0:46:05
13	Sofie MARCHANT	0:47:36
14	Yvonne JONES	0:47:43
15	Anna LILLIE	0:48:19
16	Jennifer WILLIAMS	0:48:47
17	Sharon THRELFALL	0:48:47
18	Rachael EVERARD	0:49:40
19	Stephanie HERBERT	0:50:13
20	Katy HAYES	0:51:16
21	Louise SMITH	0:51:21
22	Helen ROBINS	0:51:29
23	Alida PREIS	0:51:53
24	Becky CULLERS	0:52:21
25	Sarah LYN	0:52:36
26	Shena LANCASTER	0:52:50
27	Naz GEZER-CLARKE	0:53:59
28	Gemma SLOAN	0:56:56
29	Zuzana GHOUSE	0:59:00
30	Kath EVANS	0:59:20
31	Lynette STEWART	0:59:25
32	Emily HAMMOND	1:01:13
33	Willow GIBSON	1:01:28
34	Holly CASEY	1:03:06
35	Jane MOLLOY	1:06:09
36	Sandra WISE	1:06:54
37	Emma DEMPSTER	1:07:00
38	Sharifa HIRANI	1:10:24
39	Charlotte JONES	1:10:26

Men

1	Bruce JUDGE	0:32:31
2	Chris JONES	0:32:52
3	Pete HARVEY	0:34:10
4	Rob CASSERLEY	0:34:56
5	Justin HILL	0:35:07
6	Dean HARRIS	0:35:36
7	Russell CASEY	0:35:39
8	Peter JASKO	0:37:04
9	Sean BOWEN	0:37:26
10	Richard SOMERSET	0:38:05
11	Steve ELLERD-ELLIOTT	0:38:19
12	Mike RUSSELL	0:38:38
13	Steve EDWARDS	0:38:54
14	Nick PORTALSKI	0:39:10
15	Rob HUGHES	0:39:14
16	Mark ASHWORTH	0:39:39
17	Dave EDWARDS	0:40:30
18	Nick GENEVER	0:40:43
19	Rob JONES	0:41:16
20	Paul GATENS	0:41:39
21	Chris LOVEYS	0:42:02
22	Steve WILLIAMS	0:42:17
23	Ali RIZA EROGLU	0:42:44
24	Michael GRANT	0:42:47
25	Lee MANSFIELD	0:43:34
26	Krasi STANOEV	0:43:39
27	Brad SMITH	0:43:56
28	Johan PREIS	0:44:16
29	Matthew HUNT	0:46:31
30	Rob SAVILLE	0:46:32
31	Mike EVANS	0:47:12
32	Tom PARMLEY	0:47:26
33	Andy NEWBURY	0:47:32
34	Richard DARLEY	0:47:39
35	Chris POOLE	0:48:05
36	Jim DAVIS	0:48:15
37	John APLING	0:48:32
38	Roy HERBERT	0:49:15
39	Michael SCUTT	0:50:04
40	Dai SELWOOD	0:50:51
41	Rob CARTWRIGHT	0:53:28
42	Pete SAWKO	0:54:05
43	Wayne AYLOTT	0:57:45





GCR Wins International Club la Santa Virtual Running Challenge

For the past 20 years, GCR stalwart WAYNE AYLOTT has organised a Garden City Runners trip to Club la Santa in Lanzarote at the end of November to take part in the International Running Challenge there. With COVID making the this year's trip impossible, team was instead entered into the replacement virtual running challenge. Teams from all over Europe participated in events in lieu of the usual 10k road race, 13k "volcano" race, 5k beach run and a 21k dirt track race.

Over the course of two weekends the team ran the identical distances however in the less sunny Hertfordshire countryside; 10k and 13k on the first weekend and 5k and 21k the following weekend.

EMON MARTIN finished 4th in his age group overall, TOM ROGERS was 6th in his age group and WAYNE AYLOTT was 9th in his age group. GCR's trio of runners took a clean sweep of team prizes coming first in all races and taking the overall team prize for the challenge.

Massive congratulations to everyone who took part.



MK Winter Half Marathon

On Sunday JAMES DUNMORE ran the real-ish, MK Winter Half Marathon race. Deemed COVID-secure this was still different from the usual half marathon event, as runners started from timed pens over the course of two days.

James described the conditions as 50% cross country run with mostly tow paths along the river which were muddy, flooded and with lots of compacted slippery vegetation. Add in the wind and rain and it made it quite a challenging course!

Despite nursing some niggles and with the conditions described, James still managed a very creditable time of 1:37.42, but that was still 232nd place out of 1198 runners.

Nocturns do the Hertford Yarnbombers

On Tuesday a group of night runners from GCR, who go under the name 'The Nocturns', were inspired by a 17 km route that fellow member SHARON THRELFALL had walked recently. The route included visiting festive knitted post-box toppers in Hertford. The toppers are knitted by the Secret Society of Hertford Crafters, (SSOHC), also known as the Hertford Yarn Bombers.

Six Nocturns started out, and although some had to finish early because of other commitments, three managed to track down all 27 post-boxes. The evening was cold and the route was longer than their normal night runs, but most got back home before the freezing

rain started and for once there was no mud! Well done to Babs; Mattie; Ali; Richard; Krasi and Paul G who led the run.



Dave Heal Completes 73rd Marathon

Another weekend and another marathon for DAVE HEAL who is almost three quarters the way to joining the 100-Club. This week saw Dave running the "Enigma Running X-Wing-mas" event at Caldecotte Lake near Milton Keynes. The route consisted a short first lap around the weir then 7 full anti-clockwise laps of the lake which Dave described as "undulating" with mostly good path track and small section of muddy grass. He finished in a time of 5:12:06. At the finishing line the race organiser David Foxy Bayley presented him with a Star Wars X-wing fighter spaceship medal which glows in the dark; what's not to like about that!



Tuesday 15 December – Intervals and Group Runs

This week's groups and meeting points are:

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

Two faster groups this week:

- 9.00-9:30 min/mile pace – Campus West car park
- New this week - off road faster group – Tewin Tennis Club, Upper Green, Tewin **

Trail shoes and a good headtorch essential **

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.

Look out for mails and FB post from Martha regarding arrangements for this Tuesday's interval sessions

Thursday 17 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.

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
Hatfield 5 miles	Sunday 27 th December	9am	Click here
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 over 350 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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