



Garden City Runners: News Release from a Distance GCR Festive Quiz & Fundraiser 20th 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

In Tier 4 we are still permitted to exercise outdoors, but on your own or with one other from another household, no group running.

GCR Festive Quiz & Fundraiser

Jane Molloy writes: "On Friday evening, around 50 members and families gathered (in teams or as individuals) to compete in a Zoom quiz, with 10 fiendish rounds ranging from TV/film, through Science, to All things GCR. This was an international event, with TED and JAN AVERY joining in from France. JACQUELINE MCCALLUM was chief organizer and host for this festive occasion, ably supported by wingman FRASER, with daughters, JENNY and LOTTIE heckling throughout. (This was particularly miraculous, as the family only moved house that day – returning to the WGC fold from the wilds of St Albans.) Festive gear was in abundance, with PETER JASKO's Santa suit having its second outing in a week. Bragging rights – and the 2020 Big Brains Award - go to MICHAEL and JO GRANT who achieved the best score overall.

While entry was free of charge, participants (and others) had the opportunity to make a donation to Isabel Hospice. As a result, we have raised £270 so far. There is still the opportunity to make a charity donation via the events link. We know that a number of you were unable to make the quiz, but still wanted to contribute. All you need to do is just pretend you are entering the quiz, then add your voluntary donation when asked. Just click on the link here **Racesonline**

We had the added excitement of a prize draw at half-time, with great gifts donated by generous members. WILLOW GIBSON was first out of the hat for the top prize of a Google Mini – which she was delighted with (once she'd found out what it was!). Other lucky prize

winners were EMMA DEMPSTER, EMILY HAMMOND, SEAN BOWEN, SUE FLETCHER, MARTHA HALL, and an early birthday present for CHARLOTTE JONES. There were a few attempts to sway the judges into giving clues or allowing leeway on a number of questions; to their credit, they stood firm, supported by those participants who knew the right answers. My two favourite facts of the night – the collective noun for flamingos is 'a flamboyance', and GCR members have collectively run 10,304 parkruns at Panshanger and Ellenbrook Fields!

Heartfelt thanks to the McCALLUMS for making this happen – especially on house move day. Thanks too to those who gifted prizes, donated funds, and took part in creating such a fun evening.

Dave Heal runs first virtual 24hr event

Dave Heal runs his first virtual 24 hr challenge and a first ever 24hr event.



Dave writes: "I virtually competed with hundreds world-wide at Phoenix P24-event Longest Night with strict rule of running at least 1 mile every hour for 24 hrs and strictly on the hour disqualified if you don't. Starting at 8.00am Saturday 19th & finishing 7.00am on Sunday 20th December.

I chose to run a bit more than a mile each hour to tally up at the end a marathon distance of 26.37 miles in 4 hrs 17 mins 25secs which was 26 times around the block of where I live. It was a test of focus &

determination to get out there exactly on the hour for 24 hours in amongst some torrential rain on Saturday and light showers during the night, but mostly we were blessed with milder weather at this time of year.



I chose to wear 24 different long sleeved t-shirts for each hour and end of each hour effort I would use hairdryer to dry my hair, so it wasn't damp - I am sure that drove the neighbours mad at the early hours! My

trickiest moment was at 4.00am at 21 miles when I found myself careering into a privet hedge as I had momentarily fallen asleep". Well done, Dave! We look forward to more of your achievements in 2021!

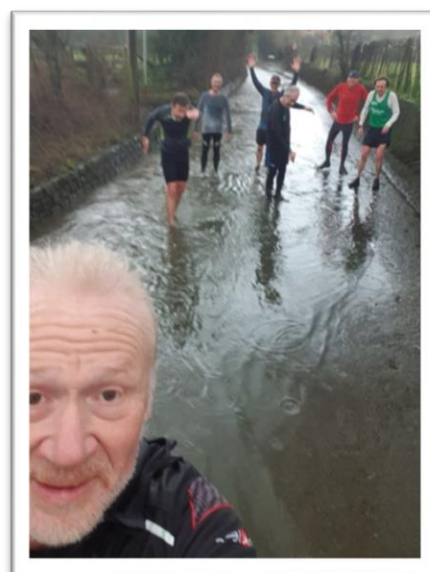
Grumpies on tour Christmas special

To finish off the year the Grumpies on tour headed over to Widford to run a 8 mile loop out to Much Hadham and back. The outward route tackled ample amounts of mud and going was

tough. Soon Much Hadham was reached and the route turned to follows the Ash Valley. Not so much mud, but wet rain! Grumpies mood isn't upset by a bit of rain and everyone had a great end of 2020 run.



Here's to many more Grumpy runs in 2021!



Tier 4 and the Return of the Run Leaders Challenge

As you will know by now, we are in Tier 4 so our usual Tuesday interval sessions, group runs and track sessions can't take place. But let's stay positive.

Run with a Buddy

We can still meet up with one person from outside our own households so let's stay in touch with our running buddies and keep each other motivated to run, jog or walk. WhatsApp groups are a great way to stay in touch, or post on the club's Facebook page to find someone new to run with.

Run Leaders Challenges

Remember the lockdown challenges from the spring? They're back!

As Rob Jones says "it's Christmas (says Noddy Holder) and to put you into a festive mood, the run leaders have come up with a cracker of a run leaders challenge. We want photos, lots of photos of lights and runners in the festive spirit. We also want to see your own version of the Griswold's family home from National Lampoon's Christmas Vacation. We want to see photos, lots of them and happy GCR runners in the festive mood. Runners are happy people and your photos will bring lots of cheer to others. Happy running, and Merry Christmas"



Covid 19 – All GCRs Please Read the Following:

For the most recent England Athletics update (20 December 2020) please see Tier 4 update

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 20th December, 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:

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

Event	Date	Time	Online entry
Hatfield 5 miles	Sunday 27 th December (please check for any updates)	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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