



Garden City Runners: News Release from a Distance

07 December 2020

For those of you on Facebook, keep us updated on your running exploits – and any other news – and do post suggestions of challenges that might appeal to your fellow club members. Please send any content for future releases to results@gardencityrunners.org.uk

GCR 5k - Hatfield

A total of 35 runners turned out the latest club 5K at Hatfield business park. A fast, flat two and half lap route, saw James Huish finish 1st male and Caroline Hale first lady. Well done to all who took part and thanks to Richard Somerset for compiling the results.

1	James Huish	17:45
2	Neil Hume	18:25
3	Paul Guy	18:49
4	Tom Wackett	19:13
5	Mattie Labiak	19:27
6	Mike Russell	19:57
7	Rob Hughes	20:00
8	Sean Bowen	20:03
9	Richard Somerset	20:12
10	Steve Ellerd-Elliott	20:16
11	Mark Ashworth	20:57
12	Caroline Hale	21:12
13	Steve Williams	21:29
14	Chris Loveys	22:10
15	Johan Preis	22:46
16	Nick Portalski	22:46
17	Cecilia Darcy	22:58
18	Steve Button	25:02
19	Richard Sidlin	25:11
20	Pete Sawko	25:12
21	Sharon Threlfall	25:20
22	Caroline Griffin	25:25
23	Barbara Kubis-Labiak	25:25
24	Michael Tandy	25:34
25	Rachael Everard	25:58
26	Jennifer Williams	26:02
27	Neal Brown	26:29
28	Sofie Marchant	27:52

29	Louise Smith	28:28
30	Willow Gibson	33:48
31	Caroline Hughes Jacqueline	33:50
32	McCallum	34:26
33	Melanie King	34:56
34	Jane Molloy	35:05
35	Sue Russell	37:09

Steve's Ellenbrook Marathon

Steve completed a marathon around the familiar Ellenbrook parkrun lap this Friday, unsurprisingly nabbing the local legend wreath, with support from other GCR members. Steve reports:

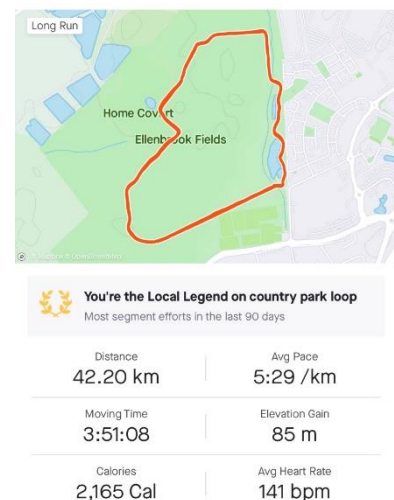
"I'd had it on my wish list for a while to run a marathon and even entered two different marathon events only to see them cancelled due to the pandemic. So I decided that instead of just trying to run one for the sake of it, that i'd do my own event but raise some money for charity in the process to act as motivation and inspiration!

I decided to run for Willow Foundation as a charity that has helped friends close to me in the past. I set my date as Friday 4th December. Lockdown 2.0 came at a convenient time to really ramp up the training and get the distances in and then came the day itself.

The route was 12 x 3.5km loops of Ellenbrook fields following the parkrun route, mainly to help me split the 26 miles up into small chunks! 0 degree temperatures, deep puddles, cold rain and muddy sections made it feel more like cross country than a marathon run!

But with huge thanks to my wife Sarah, Rebecca Barden, Annabelle Lee and Peter Jasko, the latter of who kept me going to the finish, I completed my marathon in 3:51.

And I have to say an enormous thanks to everyone who sponsored me, including many generous GCR's! The total as it stands is £904, and as my company are going to double it, means I raised over £1,800!"



Ann's first marathon



Ann Hayden completes first ever marathon with support from Daughter Becca keeping her company along the way!

During the past few months we have all had more time to get out and explore our countryside and during lockdown two, mother and daughter combo did just that. After hoping to do the Loch Ness marathon in October but unfortunately it being cancelled due to Covid Ann and Becca did some long slow trail runs and a long walk run over Ashridge. After a bit of persuading from Becca the two decided to spontaneously enter a virtual marathon! Ann's first and something she had always wanted to do when she turned 60 this year.

On Monday 30th Ann and Becca completed the virtual ABP Southampton Marathon running from Welwyn Garden City to Stanstead Abbott's via

Hertford and Ware in a time of 4:37:41

Ann comments " It seemed like a good idea when we set off but I hated the last 8 miles, but after a peanut butter sandwich and a warm cup of tea I was buzzing, special thank you to Becca for keeping me going"

Dave Heal runs his 72nd marathon/ 32nd ultra in freezing conditions

Dave ran his 72nd marathon/32nd ultra at Saturn running event -super wonder Christmas – completing as many 3.28 mile laps in 7 hrs as possible at Thames valley park, near Reading.

Dave chose to run 9 laps 29.52 miles in 6hrs 15mins 43 secs on good circuit beside the River Thames - which had a awful steep bridge to cross twice on each lap -so 18 times up & down that horrible nasty bridge. The day started just above freezing but warmed up slightly to 5-6oC.

Dave reports "it wasn't the best ultra I've done but the camaraderie out there today out there was fantastic as everybody was suffering after 1 month out of serious marathon running due to 2nd lock down period. I am ecstatic to get another ultra done especially after being out injured 3 weeks with bruised ribs-So that's 17 ultras done out of 26 in 52 weeks in my next Global marathon challenges awards yay 🍷"



Muddy Knebworth XC challenge

Fredi Giliberti's Knebworth result was accidentally missed from last weeks report. Fredi completed the run in 1.15.29, and reports getting lost three times so running a slightly longer course!

GCR festive quiz

A zoom club Christmas quiz is being held on Friday 18th December, with prizes including champagne, gin and Amazon vouchers.

To register, see the facebook event details posted on the club page, or email Jane Molloy for details.

This week's Tuesday group runs

We are restarting our group training runs this Tuesday. This week's runs and meeting points are:

- Social 5/6k – Gosling Centre car park
- 7/8k – Gosling Centre car park
- 9/10k – Panshanger Golf Complex Centre car park

There are two faster groups this week completing 10/11k:

- 9.00-9:30 min/mile pace – Campus West car park
- 8.00-8.30 min/ mile pace – Campus West car park

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. It's now dark out so don't forget to dig out your hi-viz and head torches and take extra care at the meeting points and on the runs.

Track Sessions:

Track sessions are back on, look out for emails in advance of sessions as track numbers are still limited to 30.

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.

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 3	Sunday 13 th December	09.30	Email Richard
GCR XC series: Race 4	Sunday 17 th January 2021	Tbc	tbc
GCR XC series: Race 5	Sunday 21 st February 2021	Tbc	tbc

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

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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