



## **Garden City Runners: News Release from a Distance**

**10<sup>th</sup> January 2021**

*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](mailto:results@gardencityrunners.org.uk)*

### **Stuart Whitford takes on Virtual Tromsø half marathon smashing 3 PBs along the way**

Stu should have been in Tromsø, in the north of Norway, this weekend to run the Polar Night half marathon, but due to the latest Lockdown he was unable to travel from the UK. Although the event did take place, Stuart did his virtual race in the chilly but a bit less cold local Welwyn Garden City on Saturday 9<sup>th</sup>.

Setting off from Stanborough Lakes, Stuart ran to Old Welwyn, Oaklands, and back to WGC via Chequers.

He reports it was "flipping cold and foggy" however, after not feeling too well that morning he achieved his fastest half marathon time in 1:49.09 as well as gaining a pb in the 10k and mile distance.

Well done Stuart!

### **Cross Country will go 'virtual'**

Race Director **Richard Somerset** writes: "As we are now in another lockdown the next XC planned for the 17<sup>th</sup> will be a virtual event over four days, athletes can run anytime from Thursday Jan 14<sup>th</sup> to Sunday 17<sup>th</sup>.

"If you are local to WGC, the course will be along the Cole Green Way starting at the A414 bridge and turning before the viaduct in Hertford, a distance of about 5.3 miles. It is a wide track good for social distancing, wider in fact than the Ayot Greenway we used for XC 2 during the lockdown in November, but if you are concerned consider running at a less busy time.

"As a lot of our members are not local to WGC we have also expanded the route you can run for the XC4 to one of the following three options:

1. Run Cole Green Way from WGC to Hertford and back
2. Run Cole Green Way from Hertford to WGC and back
3. Run any off road course of 5 to 5.5 miles in your local area (even if you live in WGC, it's up to you)

The committee have agreed that the race will be Race One in the Avery 2021 league

The Covid guidelines with regard to exercise are:

You can only leave your home to exercise. This should be limited to once per day, and you should not travel outside your local area.

Local area is defined as your village, town or the part of a city where you live

You can run with one other person who is not part of your household

Please take a look at the information in the link below, making your own best judgements about participating:

<https://www.gov.uk/guidance/national-lockdown-stay-at-home#exercising-and-meeting-other-people>

## **Lockdown Running Motivation**

During Lockdown our usual Tuesday interval sessions, group runs and track sessions can't take place. But let's stay positive.

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. Martha Hall is setting interval sessions by email and on Facebook, so look out for details to give you inspiration for a speed session, solo or with a friend (ideally someone of a similar pace so you can chase each other around the circuit).

## **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.

At present, 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.
- Particularly on longer runs, take your phone with you, and when running after dark, wear a head or chest torch and reflective clothing.
- Run in your local area

### **FORTHCOMING EVENTS:**

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

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
Fly 5K: self-timed 5K	Every Saturday	8am-12pm	Submit your result <a href="#">here</a>
GCR XC series: Race 4	Thursday 14 <sup>th</sup> - Sunday 17 <sup>th</sup> January 2021	n/a	n/a
GCR XC series: Race 5	Sunday 21 <sup>st</sup> 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 2021**

The first race of the 2021 Avery League will be next weekend's Cross Country, details above. Points are for participation, whatever your time or position.

## **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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](https://www.facebook.com/groups/gardencityrunners/)

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