



Garden City Runners: News Release from a Distance

17 January 2021

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's brave snow, rain and a lot of mud to tackle latest x-country race

This weekend saw a total of 79 runners completing the 4th instalment in the GCR winter x-country series. Originally penned as a 5 mile out and back along the Cole Green Way, route closures and latest lockdown advice meant a change of plans, with runners instead choosing their own routes close to home – the only rules being it must be 5 miles, completed between 14th-17th Jan, and primarily off road. Panshanger Park, Ayot Greenway, and the fields near Tewin all proved to be popular choices.

Savvy runners, or at least those with foresight to check the weather forecast, logged their runs Thursday and Friday, and were rewarded for their organisational skills with good soft going underfoot, a little mud and even some sunshine, although Strava algorithms may mean their results are missing from the below. The more foolhardy (editor included) set out on Saturday, adding snow, sludge and a lot of rain to the mix, while Sunday runners enjoyed the perfect mix of sunshine and plenty of mud in the aftermath of Saturday mornings' storms.

Rebecca Barden sent in this report: "Hannah Frank and I ran the XC around the trails of Tewin in a route planned by GCR legend Terry Forwler. We managed a perfect storm of atrocious weather and challenging conditions on the course, not to mention more than 600ft of elevation. The route, which we ran on Saturday morning in driving rain and freezing sleet, involved two laps of a course that featured a tough uphill slog from Digswell to Harmer Green, a section through the woods with puddles of small lake dimensions, so much mud I could feel clumps of it sliding down the backs of my legs, and two ascents of what is known affectionately as 'heart break hill'. It was good to see Terry out offering support on the course and other GCRs on route, including Neill Hume, Steve Edwards, Russ Casey and Rob Casserley completing their own XC challenges. Russ put a special spin on his run by sliding down a section of Digswell Hill on his bum having lost his footing. GCRs are nothing if not dedicated!"

Rachael Everard and Mark Ashworth opted for a significantly flatter, if even wetter route at Ellenbrook Fields, appropriately dubbed Ellenbrook Lakes for the occasion: "With Mark coming back from a slight ankle injury, we thought a flat route at Ellenbrook might be a appropriate choice, but not being ones to back away from a challenge we set out to avoid track and tarmac as much as possible – aiming for a off road route around the fields perimeter, through the woods to the quarry and finishing on the runway, which currently resembles a lake. We spent four out of the five miles running/sloshing through ankle deep water and jumping ditches in the woods, including stumbling into one inconspicuous looking puddle that ended up being well over my knees! The only company we saw off-roading it in Saturday morning's weather conditions was the local wildlife; a fox who must have thought we were mad. The knee-deep final sprint through the runway lake meant we did finish with the cleanest shoes ever from a XC run, even if they are still drying on the radiator two days later!"

Congratulations to all who took part, particularly those who challenged themselves to a tough route, and thanks once again to Rich Somerset for recording the results.





1	Juliet Vine	0:36:55
2	Nicki Don	0:39:28
3	Martha Hall	0:40:53
4	Helen Stafford	0:42:18
5	Caroline Griffin	0:43:42
6	Sharon Threlfall	0:43:47
7	Barbara Kubis-Labiak	0:47:26
8	Helen Harrison	0:47:27
9	Sam Males	0:48:14
10	Hannah Frank	0:49:24
11	Rachael Everard	0:49:54
12	Cathy Widden	0:50:43
13	Rebecca Barden	0:50:46
14	Lousie Beale	0:50:51
15	Alida Preis	0:51:05
16	Katy Hayes	0:51:35
17	Louise Smith	0:52:34
18	Melanie King	0:52:41
19	Jo C Grant	0:52:55
20	Naz Gezer-Clarke	0:55:27
21	Anna Lillie	0:55:27
22	Stephanie Herbert	0:55:46
23	Carol Reid	0:57:15
24	Emily Hammond	0:57:53
25	Zuzana Ghouse	1:01:19
26	Lynette Stewart	1:02:01
27	Kath Evans	1:02:05
28	Gemma Sloane	1:05:35
29	Jessica Miller	1:06:00
31	Jane Molloy	1:06:22
32	Willow Gibson	1:08:00
33	Sarah Halliday	1:08:25
34	Emma Dempster	1:12:14
35	Charlotte Jones	1:13:42

1	Bruce Judge	0:31:18
2	Chris Jones	0:31:44
3	Peter Harvey	0:33:44
4	Neil Hume	0:34:55
5	James Huish	0:35:08
6	Daniel Pudner	0:35:16
7	Simon Bostock	0:36:37
8	Dean Harris	0:36:55
9	Justin Hill	0:36:59
10	Rob Casserley	0:37:37
11	Peter Jasko	0:37:52
12	Steve Edwards	0:37:58
13	Richard Somerset	0:38:01
14	Ali Riza Eroglu	0:38:42
15	Russell Casey	0:38:48
16	Chris Eland	0:38:56

17	Rob Hughes	0:38:58
18	Matteis Labiak	0:38:58
19	Krasi Stan	0:39:41
20	Steve Edwards	0:39:53
21	Dave Edwards	0:40:55
22	Nick Portalski	0:41:47
23	Dave Desborough	0:41:54
24	Lee Mansfield	0:42:21
25	Johan Preis	0:43:46
26	Rob Jones	0:45:20
27	James Aitchison	0:46:42
28	Rob Dilley	0:47:03
29	Emon Martin	0:47:26
30	Richard Sidlin	0:47:56
31	Fredi Gilberti	0:48:23
32	Tom Parmley	0:49:34
33	Brad Smith	0:49:41
34	Mark Ashworth	0:49:54
35	Steve Grout	0:50:03
36	Michael Scutt	0:50:43
37	Peter Sawko	0:50:46
38	Chris Poole	0:51:38
39	Roy Herbert	0:51:57
40	Dai Selwood	0:53:13
41	Michael Grant	0:53:22
42	Craig Stephenson	0:56:46
43	Waybe Aylott	0:57:57
44	Jim Davis	0:59:15

If you spot an issue with your time or you are missing from the results, please contact Richard Somerset (rich.somerset@ntlworld.com).

Avery league is back for 2021! 🏃

Following a nine-month, pandemic-related hiatus, the GCR committee have brought back the Avery league in a new, flexible, virtual event friendly format for 2021. The emphasis is still on participation, not performance, to give all members equal opportunity to accumulate points, regardless of speed.

Owing to the constantly changing situation, and especially in light of current restrictions, the league will be published as a three month rolling calendar of events, which will initially be virtual. The first five events of the league are as follows:

Number	Date	Event	Venue
1	14 th -17 th Jan	GCR x-country – 5 miles	Runner's choice
2	Late Jan/ early Feb TBD	Virtual GCR 5K	TBD
3	24 th February	GCR x-country	TBD
4	March TBD	GCR x-country	TBD
5	28 th March	Lea Valley half marathon	Cheshunt

Special provisions will be put in place for COVID-related restrictions this year. For a virtual event, as long as the law requires people to remain in isolation when contacted, the following extension applies:

- If you are required to self isolate, you can request an extension of the deadline to complete your run by notifying Richard Somerset (rich.somerset@ntlworld.com) before the end of the original event period;
- The race is run within a week of the end of your isolation period and you must then submit your results to Richard via email.

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.
- you may run alone, with
- 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.

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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