



Garden City Runners: News Release from a Distance

7th February 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

GCR Avery 5k 4th - 7th February

From Thursday 4th to Sunday 7th February 88 GCR's took to the roads and trails to complete the GCR Avery 5k challenge, well done to everyone who took part, please see the results below and look out for the next challenge!

Please let Richard Somerset know if you completed this race so that your points can be added to the Avery leaderboard.

Thanks Richard for organising!!

Club 5k, February 4th to 7th 2021

Women			Men		
1	Martha Hall	20:17	1	Bruce Judge	17:03
2	Caroline Hale	21:23	2	Dean Harris	18:46
3	Becca Hayden	21:39	2	Pete Harvey	18:46
4	Cathy Widden	22:44	4	Mattie Labiak	19:09
5	Rebecca Barden	23:46	5	Justin Hill	19:12
6	Hannah Frank	23:47	6	James Huish	19:26
7	Caroline Griffin	24:00	7	Russell Casey	19:43
8	Nicki Donaghey	24:23	8	Sean Bowen	19:52
9	Veronica Shadbolt	24:36	9	Marcus Allen	19:56
10	Jo C Grant	24:39	10	James Benfold	19:59
11	Helen Stafford	25:02	11	Peter Jasko	20:14
12	Sharon Threlfall	25:24	12	Mike Russell	20:36
13	Jo Grant	25:48	13	Mark Ashworth	20:51
14	Barbara Kubis-Labiak	25:53	14	Steve Ellerd-Elliott	21:05
15	Rachael Everard	26:13	15	Rob Hughes	21:17
16	Isla Threlfall	26:16	16	Nick Portalski	21:19
17	Jessica Miller	26:30	17	Rob Casserley	21:41

18	Clair Purcell	26:38	18	Chris Loveys	21:57
19	Jen Williams	26:42	19	Steve Edwards	22:05
20	Helen Paine	27:09	20	Daniel Pudner	22:13
21	Louise Smith	28:32	21	Ben Robinson	22:18
22	Helen Harrison	28:39	22	Terry Fowler	22:42
23	Alida Preis	28:58	22	Richard Sidlin	22:42
24	Sofie Marchant	29:03	24	Michael Grant	23:13
25	Alison Meaden	29:28	25	Lee Mansfield	23:29
26	Carol Reid	29:43	26	Rob Dilley	23:50
27	Katy Hayes	30:13	27	Rob Jones	24:04
28	Sarah Halliday	31:17	28	Johan Preis	24:11
29	Naz Gezer-Clarke	31:46	29	Michael Paine	24:19
30	Jen Denman	32:16	30	Emon Martin	24:24
31	Alex Yates	32:52	31	Dave Edwards	24:56
32	Emma Dempster	32:53	32	Jim Davis	24:57
33	Melanie King	34:36	33	Brad Smith	25:05
34	Sharifa Hirani	34:42	34	Stuart Whitford	25:15
35	Jane Molloy	36:56	35	Richard Somerset	25:27
36	Emilv Hammond	37:42	36	James Aitchison	25:33

37	Charlotte Jones	38:53	37	Steve Button	25:41
38	Kath Evans	39:20	38	Tom Parmley	26:39
39	Willow Gibson	41:07	39	Tom Rogers	27:20
	Sue Fletcher	41:24	40	Lee Wood	28:11
			41	Adam Wadley	28:30
			42	Richard Darley	29:20
			43	Rob Cartwright	29:25
			44	Pete Sawko	29:27
			45	Fredi Gilberti	29:54
			46	John Apling	31:40
			47	Wayne Aylott	32:38
			48	Tom Casserley	35:15

Hayden's run 10k for Cancer Research

Mother and Daughter duo Ann and Becca Hayden completed the Cancer Research Winter on Sunday 7th Feb. They ran together around Welwyn Garden and finished in 1 hour 10 sec.

Becca who works for the charity at one of their retail shops decided to enter the run to help raise vital funds for the important work this charity does and like many charity at the moment are struggling to to COVID.

Ann who volunteers with Becca did a late entry and the pair have raised just over £380 for the charity! Well done girls!



Save the Date Virtual GCR Awards Night

We look forward to see as many of you that can make the Virtual awards night on Friday 5th March!



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:

- 1. GCR 5K - COMPLETED**
- 2. 24th February GCR x-country TBD**
- 3. 4 March GCR x-country TBD**
- 4. 28th 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, or with one other person
- 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 sanitizer 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.

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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