



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

**28<sup>th</sup> 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](mailto:results@gardencityrunners.org.uk)*

### **GCR Awards Night Friday 5<sup>th</sup> March**

The GCR Awards Night will be virtual but we hope just as entertaining, even if we'll miss the sight of Peter Harvey throwing moves on the dance floor. This is our annual opportunity to celebrate the many stars of our club and this year you can do it all from the comfort of your own home. Do feel free to dress for the occasion and have a glass of something to hand to celebrate the winners. The event is from **7.30-9pm on Friday 5<sup>th</sup> March**. Register for your free place [here](#).

### **GCR Runner of the Year**

It's that time of year when you get the chance to vote for your GCR Runner of the Year - the club member whose club and running achievements in the strangest of years has impressed you the most. The winner of this prestigious accolade will be announced at our Virtual Awards Party next Friday.

The voting form can be found on the GCR website - [use this link](#) to go direct. You have the option of voting for 2 people if you feel torn. Please also add a comment, so that we can share the love with the nominees.

Please cast your vote(s) as soon as possible, and in any event **no later than Thursday evening**.

### **GCR club XC League Race 5 - Results**

Well done everyone who took part in the GCR XC race this week (5 miles, February 25 to 28th 2021). Results below – big thank you to **Richard Somerset** for putting the results together!

Women		
1	Juliet Vine	0:33:39
2	Martha Hall	0:36:16
3	Nicki Don	0:40:53
4	Sharon Threlfall	0:41:01
5	Helen Stafford	0:42:23
6	Cathy Widden	0:42:23
9	Sofie Marchant	0:44:07
10	Yvonne Jones	0:44:42
11	Caroline Griffin	0:45:12
12	Rachael Everard	0:45:33
13	Rebecca Barden	0:46:02
14	Jennifer Williams	0:46:51
15	Asa Moberg Grout	0:46:59
16	Hannah Frank	0:47:10
17	Helen Harrison	0:47:52
18	Jo C Grant	0:48:27
19	Alison Meaden	0:49:49
20	Sarah Lyn	0:51:10
21	Carol Reid	0:51:10
22	Alida Preis	0:51:22
23	Katy Hayes	0:51:26
24	Louise Smith	0:52:17
25	Naz Gezer-Clarke	0:53:21
26	Melanie King	0:53:23
27	Jo Grant	0:53:53
28	Barbara Kubis-Labiak	0:55:28
29	Louse Beale	0:55:49
30	Holly Casey	0:56:24
31	Sarah Halliday	0:57:19
32	Emma Dempster	0:59:30
33	Kath Evans	0:59:31
34	Lynette Stewart	0:59:40
35	Jacqueline McCallum	1:00:44
36	Jane Molloy	1:01:18
37	Emily Hammond	1:02:09
38	Charlotte Jones	1:02:20
39	Willow Gibson	1:04:41
40	Rebecca Lewis	1:06:17
41	Alex Yates	1:11:57
42	Sharifa Hirani	1:15:16
43	Sue Fletcher	1:21:45

Men		
1	James Huish	0:30:15
2	Bruce Judge	0:30:25
3	Chris Jones	0:30:36
4	Rob Casserley	0:31:31
5	Adam Wadley	0:31:49
6	Russell Casey	0:32:00
7	Tom Wackett	0:33:41
8	Peter Harvey	0:34:11
9	Richard Somerset	0:34:35
10	Dean Harris	0:34:58
11	Steve Edwards	0:35:13
12	Justin Hill	0:35:25
13	Mattie Labiak	0:35:49
14	Sean Bowen	0:35:52
15	Mike Russell	0:35:57
16	Peter Jasko	0:36:40
17	Steve Ellerd-Elliott	0:36:44
18	Markus Allen	0:37:34
19	Rob Hughes	0:37:38
20	Daniel Pudner	0:37:45
21	Dave Edwards	0:38:28
22	Rob Dilley	0:39:23
23	Terry Fowler	0:39:35
24	Chris Loveys	0:39:47
25	Dave Desborough	0:39:52
26	Lee Mansfield	0:40:51
27	Emon Martin	0:41:13
28	Steve Button	0:41:59
29	Rob Jones	0:42:24
30	Brad Smith	0:42:45
31	Richard Sidlin	0:43:00
32	Nick Portalski	0:44:50
33	Mark Ashworth	0:44:50
34	Peter Sawko	0:45:15
35	John Apling	0:45:15
36	Richard Darley	0:45:55
37	Stuart Whitford	0:45:57
38	Steve Grout	0:46:16
39	Johan Preis	0:47:57
40	Michael Grant	0:48:04
41	Tom Parmley	0:48:05
42	Wayne Aylott	0:49:27
43	Lee Wood	0:49:30
44	Jim Davis	0:50:30
45	Fredi Gilberti	0:54:10
46	Rob Cartwright	1:02:04
47	Tim Cooke	1:03:18
48	Dai Selwood	1:04:55



Runners chose various locations, including Ellenbrook, Panshanger Park, Cole Green Way, Sherrardswood and other – no mud this time, or at least very little! Well done all!

Photos posted on the GCR Facebook page showing some showing signs of Spring!



## **Tuesday Group Runs and Interval Sessions**

**Good News!** Following the publication of the government's roadmap on Monday, restrictions will (hopefully) start to be eased on **29th March**. So we're planning for Tuesday Group Runs and Interval Sessions to restart from 30th March - and as a bonus, the clocks will have gone forward too! More details to follow in the coming weeks.

## **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 Awards Night	Friday 5 <sup>th</sup> March	7.30-9pm	<a href="#">Click here</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 Avery League is back with races to be confirmed as soon as possible, depending on current restrictions. Points are for participation, whatever your time or position. Details [here](#).

## **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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