



Garden City Runners: News Release from a Distance

7th March 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

BADGER TAKES THE DOUBLE Smith Jr Makes His Debut

GCR Awards Night

Lockdown wasn't going to stop members of Garden City Runners scrubbing up and donning their finest glad rags on Friday evening for a virtual Annual Awards Night. Hosted by GCR Chair Jane Malloy, with assistance from Louise Smith, the evening was a celebration of the achievements of club members, and indeed the club as a wider community, in what has been the strangest of years.

Technical support was provided by Chris Poole with Peter Harvey becoming a virtual Anthea Redfern displaying the glittering trophies in all their soft-focused fabulousness.

The evening kicked off with the world premiere of this year's video made by club member Adam Wadley, which features appearances from many club members reflecting on their experiences of running with GCR in 2020. You can view the video at the link below

<https://www.youtube.com/watch?v=SJIsG-vugGE&feature=youtu.be>

After a 20-minute breakout with members taken to virtual "rooms" for a catch-up and virtual game of darts the presentation of awards was soon in full swing.

RICHARD SOMERSET scored a double, taking home both Club Runner of the Year and Club Member of the Year and it's clear from some of the nominator comments why:

- for continuing to organise our running events, XC runs despite the difficulties and lockdown restrictions - adjusting to anything that lockdown throws at us.

- For all the work done over the past 12 months with the virtual running races and the encouragement to all participants. I think the whole series has been a fantastic success.
- ... for all his efforts in organising club races in very tricky circumstances.
- Richard Somerset for arranging a series of events over the last 12 months so that we could still run together as a club even if virtual for many of these events. Great for morale and keeping in touch.
- Richard Somerset - he was great in continuing to drive us all to get out and run somewhat competitively and safely during an incredibly tough year with constantly changing restrictions. His efforts helped motivate me to run more and push myself to improve even when I didn't really know many people (seeing as I only joined GCR just before lockdown 1!!).
- Richard has been a terrific force for good at the club over the last 12 months. He has been proactive and creative in organising events that encourage and motivate many to get out and take part in events - both individually and together (when we can). I think it is fair to say that Richard has done an amazing job of keeping the GCR spirit alive and flourishing during this extraordinary year. Thank you

FULL LIST OF AWARDS

Mid-Week League

Organized as a virtual event during the summer by Richard Somerset 86 members qualified for a participation medal and 126 runners took part in at least run. If anyone hasn't yet had their medal, designed by Paul Guy's daughter. Louisa, please get in touch with Peter Harvey.

XC – Male

1 Bruce Judge 2 James Huish 3 Chris Jones

XC – Female

1 Juliet Vine 2 Hannah Frank 3 Nicki Donaghey

XC - Participation

Participation medals are awarded to the 73 members who ran at least 4 of the 5 events, Next page shows 73 winners – 4 out of 5, including volunteering.

Thanks again go to Richard for organizing a great serious of fun, and often muddy and wet events.

Most Improved Runner – Male

Steve Edwards

Most Improved Runner – Female

Helen Stafford

Most Promising New Member – Male

Dean Harris

Most Promising New Member

Juliet Vine

- Female

Award for Excellence

Stuart Mann – UK over-75s marathon record holder with a 3:45 achieved at the 2020 Dorney Lakes Marathon

Special Awards

Lockdown Champions

Newsletter Team for keeping members informed with goings on during the year

Run Leaders for getting us all out again running as a club during the respite in late summer and autumn last year

COVID Star

Nigel Cavill for getting the GOSLING track sessions back up and running last year

Running Community Award

Karen Atkinson for her coordination of the 2020 training runs and ensuring groups were COVID compliant

Star New Member

New award this year

Sharon Threlfall in her short time with the club has really made a difference in terms of volunteering, setting run challenges and participation

Lifetime Membership

Brad Smith for all his years of service to GCR

Club Member of the Year

Richard Somerset

Club Runner of the Year

Richard Somerset

Finally, reflecting perfectly the word cloud we created at the Awards Night, here are a few other reflections club members made in their nominations



Sharon Threlfall for coaching an intervals group and inspiring us with many Facebook posts

Ali Riza Eroglu for being super keen!

Chris Jones - Mr consistent. Always there giving his all and spurring us all on

Willow Gibson's cheering attitude and her getting me out in this awful year; not to mention her great photo skills!

Gill Sol for her constant encouragement and especially her wonderful smile and underpass photos!!

Hannah Frank - for being a great running buddy and for her fantastic return to fitness after the birth of her daughter

Pete Harvey, sorted out courses for the races last year and because he is from another planet

Sharon Threlfall - for offering me support during my running. She was really encouraging to me when I nervously joined the track sessions! She offered to run round the Datchworth cross country race with me to spur me on despite me being much slower than she is and I enjoyed doing her half term scavenger hunt

Nikki Cowen - has continued to train and take on virtual challenges despite the demands of her job which have been relentless as a result of Covid. Always encouraging and positive.

Dave Heal for running so many marathons and crazy events. Reading about them inspired me to get out and run over the winter.

Kath Evans because despite the lockdowns she has continued to run vast numbers of miles as well as continuing to work for all our benefits for the NHS

Helen Harrison - for run leading & great lockdown running ideas

Stu Whitford for his motivational comments on people's runs, friendly face and comments.

Nikki Cowen. Because of her sheer guts and determination to succeed whilst working very long hours as Manager of the Care Home, especially during these extremely challenging times. She works long hours but setting herself running challenges is her escape. She always succeeds at whatever goals she sets herself. She is truly inspirational

Rob Cartwright. Just one of life's nicest people.

Emily Hammond for encouraging me to run even when I don't feel like it and keeping me going during lockdown. She is a lovely friend and the person who got me into GCR in the first place. She's the best.



GCR Awards Night "COVID Style"

Brad Scores a New PB

As well as becoming GCR's newest Lifetime Member, BRAD SMITH, is also celebrating the arrival of son Linden David Smith at 08:51 on Monday 1st March.

Brad reported on Saturday morning that mum Laura is recovering well and that the new addition to the Smith household was due to arrive home later that day.

Brad took the opportunity to celebrate the birth by trying his hand at some Strava Art. Top marks for (almost) matching the kilometres to the birth time.



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 e.g., 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.

Event	Date	Time	Online entry
Fly 5K: self-timed 5K	Every Saturday	8am-12pm	Submit your result <u>here</u>
Tuesday Evening Sessions Restart	Tuesday 30 th March	TBC	

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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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