



Garden City Runners: News Release from a Distance
11th April 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

Next Avery race – 18th April

The fifth Avery race for 2021 will be a one-off XC event taking place on **Sunday 18th April at 9:30am** starting in Cromer Hyde. Event will be chip timed by Craig and Richard for Racesonline.

Pre-entry is required – click on the **link** to enter. There will be no group start times, on the day turn up and run in groups of six with runners of similar ability, slower groups starting earlier. We need six marshals, please email Richard on rich.somerset@ntlworld.com if you would like to volunteer (Avery points will be given for volunteering).

Main car parking will be at the Crooked Chimney Pub where there is space for approx. 60 cars. It will be open from 8:30am. The start is half a mile away in the hamlet up Cromerhyde Lane around the corner from the pub. If the car park is full there are a few spaces at the start of Cromerhyde Lane, or at the layby 0.3 miles before the pub. Please do not drive down Cromer Hyde Lane, it is very narrow with no parking.

Currently the course is hard underfoot with only a small section of mud in the woods, about two thirds round the lap, so flats or trail shoes can be used. If we have a lot of rain in the next week then studs or trail shoes may be more appropriate.

When the pub reopens at the end of April do consider supporting them mentioning GCR as they have kindly permitted us use of their ca park. The link to their menu is:

<https://www.vintageinn.co.uk/restaurants/east/thecrookedchimneywelwyngarden/restaurantsfood>

Club Running Start Locations for Tuesday 13th April

As before, the groups will meet in different locations and we still need to socially distance. Please listen carefully to the Run Leaders' instructions to ensure we all stay safe and compliant with the guidelines.

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Panshanger Golf Complex car park, AL7 2ED	5 - 5:30	11 - 12	8 - 8:30	7
10k	Moneyhole Playing Fields car park, AL7 2PY	5:40 - 6	10	9 - 9:30	6
9/10k	Campus West Car Park, AL8 6BX	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Gosling Sports Park car park, AL8 6XE	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	Campus West Car Park, AL8 6BX	A gentle-paced run that would suit those who are still new to running, like a slower pace, are returning from injury or a break from running			

Remember we still need to socially distance and please listen carefully to the Run Leaders' instructions to ensure we all stay safe and compliant with the guidelines.

For intervals please reply to Martha's weekend e-mail before 6pm Monday.

Gosling Track Sessions Return: Thursday 15th April

We're back on the track, starting this Thursday, 15th April, in the same dedicated GCR-only timeslot at 8pm 'til 9pm which proved so successful in the later months of 2020.

As you see below, same conditions as before; social distancing restrictions apply, regardless of vax status!

There's a maximum of 30 places so please contact Sean if you want to attend:

sean.bowen.gcr@hotmail.co.uk

07802 382596

It's going to be all about the 800m reps this week.

Bring your phone and scan the QR code into the NHS app, or if you forget, sign your name with old school pen and paper.

Royal Parks [Virtual] Half Marathon

RACHAEL EVERARD reports that her partner MARK ASHWORTH ran the Virtual Royal Parks Half Marathon this weekend in a time of 1:52:48. At the time of writing, Rachael also reported that Neil Hume had completed the same event in 1:24:08 and was at the time of reporting the 15th finisher. Well done to both.

Notice of AGM

In accordance with Rule No.7 (3) of the Club's Constitution, you are hereby notified that the Annual General Meeting of Garden City Runners will be held on **Monday 19th April 2021** at 7.30pm. Due to ongoing Covid-19 restrictions, this year's AGM will be hosted virtually using Zoom.

To access the meeting, please use the link below. Virtual doors will be open from 7.15 to give a little time to sort out any technical issues.

<https://us02web.zoom.us/j/85111538835?pwd=azBJM3JnMGpRRXdNbjRBSkFNSmhxZz09>

AGENDA

1. To receive the Chair's Report.
2. To receive the Treasurer's Report and Financial Statements.
3. To receive the Membership Secretary's Report.
4. To receive the Captains' Report.
5. Election of Officers.
6. Election of Committee Members.
7. Any Other Business.

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.

From Monday 29th March the Rule of Six applies, which means you can exercise in an outside public space with a maximum of five other people from other households.

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.
- Always maintain social distancing 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've included details below of a selection of virtual and in person races coming up – please let us know by emailing results@gardencityrunners.org.uk about any others that might be of interest to members.

Event	Date	Time	Online entry
Fly 5K: self-timed 5K	Every Saturday	8am-12pm	Submit your result here
First parkrun	5 th June 2021	9.00 am	n/a
Herts Half	6 th June 2021	9.00 am	Click here
St Albans Half Marathon	13 th June 2021	10.00am	Click here
Welwyn 10K (virtual)	25 th June-3 rd July 2021	Runner's choice	Click here

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](#).

Garden City Runners

Avery Calendar 2021 – Jan to July

Event number	Date	Event	Venue	Status / Notes
1	14 th to 17 th January	Virtual XC	Cole Green Way	Completed
2	end of January to start of February	Virtual 5k	Member's choice	Completed
3	25 th to 28 th February	Virtual XC	Member's choice	Completed
4	18 th to 21 st March	Virtual 1 hour challenge	Member's choice	See email from Richard Somerset on 8 th March
5	18 th or 25 th April	XC	Crooked Chimney	GCR event held according to the prevailing restrictions. Date to be confirmed after discussion with the venue.
6 V	9 th May	Centenary Challenge	WGC 20.20 route	GCR event held according to the prevailing restrictions. Volunteering points available.
	13 th June	St Albans Half Marathon	St Albans	https://www.stalbanshalfmarathon.com/
	25 th June to 3 rd July	Welwyn 10k (virtual)	Welwyn	Virtual race details available shortly.
	4 th July	Ware 10s or virtual	Ware	Places selling fast! Either distance will count towards the Avery competition. Virtual race will also count. See http://ware10s.co.uk/ for details.
	15 th August	Lea Valley HM	Cheshunt	

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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