



Garden City Runners: News Release from a Distance

14th March 2021

Happy Mother's Day to all our wonderful GCR mums

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

Heal comes out of winter & Covid 19 hibernation to run a Phoenix running virtual half marathon

This morning (Sunday 14th March) David Heal took part in a half marathon with Phoenix Running.

The event was the Blue Bridge Carriage Medal which Heal completed running locally at the hilly Cheshunt circuit. He completed the run in 02:17:17.

Heal comments "The blue bridge, to those who are not aware of it, is a short sharp steep bridge on one of the two directions at Phoenix Running's Walton-on-Thames circuits. Runners have to go over the bridge sixteen times during the marathon distance and usually eighteen times when running the ultra. It is a testing bridge especially when the legs are tired and sore at the end of either of those distances. Most of us who run Phoenix Running events curse it or love it!! I am usually undecided -but I am truly missing being able to run over this bridge now after over a year of Covid-19 lockdown and safety restrictions. I am looking forward to going back to race over it in the summer.

"What better way to come out of hibernation than with a celebratory blue bridge carriage medal to go with the others in my Phoenix train collection."

Well done David (pictured below, with medal and kit) it's great to see your back after hibernation doing what you love!



Barbara and Becca take on epic challenge raising funds for Mind in Mid Herts

Barbara Kubis-Labiak, Jess Miller and Becca Hayden had signed up as TEAM GCR to take part in the Dawn2Dusk virtual ultra which is a 12 hour event running from 6am till 6pm wherever you are in the world, with the idea of running as far as you can between dawn and dusk, clocking the miles as you go.

Unfortunately the week before the event Jess had news from her physio of an injury so was unable to take part, so Ann Hayden stepped up to fill in. We all wish you a speedy recovery Jess and look forward to running with you soon!

On Saturday 13th of March at 6am Becca and Barbara left their houses and met en route to start their ultra challenge. After the first 18 miles Becca and Barbara parted ways, and Becca was joined by Ann for a lap and a bit of the Centenary Route. Between them, the team ran a total of 157.8km, just over 98 miles, raising over £330 for Mind in Mid Herts in the process.

Barbara comments: "Every single ultra I've done so far has had a different challenge I've had to face - running on a very hot day, or over very rough terrain. The one I did yesterday had an entirely new one - a strong head wind and occasionally, hail! They say you should turn the wind into a positive, not something that drains your energy, but rather makes you a stronger runner - well I hope so! I've done a few 50k runs locally (since all my ultra races have been cancelled) and a slightly longer local ultra seemed like a great idea, especially when Becca said she would join me, and Jessica Miller (unfortunately Jessica wasn't able to join due to injury) found a virtual ultra we could use!

"I planned some local routes, including Essendon, back via Panshanger Park, followed by the Centenary Route and some local roads - a total of around 65k. We set off at 6am, did the first 25k together, then I did 20k on my own, then joined Becca again and finished the last 5k with Mattie.

I really liked the fact that I was able to do pit stops and refuel at my house, and not having to drive after an ultra! I can't wait to go back to organised events, but in the future the balance is likely to shift and I will include more local routes for sure." (Below, Barbara with son Mattie)



Becca adds:

"MIND In Mid Herts is an amazing charity that have helped me personally with my mental health. Everyone who is a key worker during these times is doing so much for everyone so Barbara and I (below, out on the course) decided to push ourselves out of our comfort zone running a trail virtual ultra around WGC for MIND to just give a little bit back on Saturday 13th March.



"We started off at 6am and had a complete mix of weather, strong head winds and hail, but also, occasionally, beautiful sunshine.

"Barbara had planned some local routes, including Essendon, back via Panshanger Park, followed by the WGC Centenary route and some local roads, we started together but then split throughout the day running in pairs socially distanced. I ran a mix of routes totalling 42 miles and was able to run with Barbara to start enjoying the new trail routes around Essendon then I peeled off to run with mum and then finally clocked up a few more miles with Barbara before completing the final miles alone finishing at about 4pm.

"It was a lovely event and the furthest I have ever run! It was challenging at times but knowing I was pushing myself mentally whilst raising vital funds for a charity that is close to my heart helped me to keep going!" *(Below: Becca with mum Ann)*



GCR take part in the BMAF 1 mile

Well done to the GCRs who took part in the British Masters Athletics 1 mile road race, entries closing on the 7th March.

Best in category kudos to Martha Hall who was 13th in her age group and Peter Harvey 25th in his, well done all!

Confirmed results:

- 79 [CGA0 Adam WADLEY](#) M35 35 GDNCY 5:01
- 121 [OREI Bruce JUDGE](#) M45 28 GDNCY 5:11
- 214 [DR0X Peter HARVEY](#) M50 25 GDNCY 5:25
- 357 [NCM7 Justin HILL](#) M55 32 GDNCY 5:44
- 389 [3F4D Martha HALL](#) W40 13 GDNCY 5:47
- 464 [N20N Markus ALLEN](#) M40 95 GDNCY 5:55
- 475 [YPFD Paul GUY](#) M45 97 GDNCY 5:56
- 501 [KG3Q Peter JASKO](#) M45 100 GDNCY 5:58
- 515 [OTKW Richard SOMERSET](#) M50 71 GDNCY 5:59
- 679 [XBL8 Steve ELLERD-ELLIOTT](#) M45 130 GDNCY 6:20
- 708 [H58H Paul BRENNAN](#) M55 72 GDNCY 6:25
- 976 [8GBA Sharon THRELFALL](#) W45 77 GDNCY 7:19
- 1005 [9TXT Steve BUTTON](#) M65 40 GDNCY 7:25

News from the race committee Avery League 2021 March update

It's great to see lots of you participating in the Avery events so far, and you've hopefully all seen Richard Somerset's email about the exciting new Hour Run challenge that we're using as the March event, taking place next week between 18th and 21st March.

The Race Committee met again at the end of February to plan the next Avery events. We're keen to include as wide a range of local events as possible so, with the situation around open races changing rapidly, here are details of events coming up later in the year in the Avery list to give members a chance to book now - many races are selling out very quickly. The Ware 10 in particular has limited physical places remaining, so we encourage you to book a place as soon as possible if you'd like to compete.

We're planning GCR club events for April and May, with full details to follow from the race directors - all GCR hosted events will be held within the restrictions current at the time of running.

We can also confirm that the rescheduled Lea Valley Half Marathon will be included as an Avery event in August.

Happy running!

Garden City Runners
Avery Calender 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 Race Committee

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 here
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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