



Garden City Runners: News Release from a Distance

21st 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

GCRs Take On the One Hour Challenge

Garden City Runners' inaugural Virtual Hour Run, a challenge to run as far as possible in one hour on a course of the runner's choosing, saw almost 100 runners taking part.

Juliet Vine ran the furthest of the women with 8.91 miles. This event was distance age graded. That ascertains the number of miles run as if at the ideal age to maximise performance. **Veronica Shadbolt's** 7.69 actual miles improved to an age grade distance of 9.66 miles making her the age grade winner. **Caroline Hale's** run was second both off scratch and age graded with 8.29 and 9.47 miles respectively.

The men's scratch race was very close with **Rob Lawrence** the winner with 9.72 miles. **Bruce Judge** was not far behind with 9.64 miles, an age graded improved distance of 10.72 miles. That was not quite enough to win the distance age graded prize. Given the tolerance of age grading **Peter Harvey** and **David Desborough** dead heated with 10.83 miles. Harvey actually ran 9.51 miles and Desborough who is 11 years older 8.56 miles. Desborough did an out and back on scenic Whitwell Road whilst Harvey sped along a circuit including the A414 and Alban Way.

Congratulations to everyone for taking part and not getting run over (as far we know) in your race (pun intended) to clock up some extra metres as the clock ticked down. Thank you to **Richard Somerset** and **Peter Harvey** for organising the event and compiling the results – results both absolute (full) and age graded (top ten) are included below.

A reminder that distances needed to have been communicated to Richard in order to appear in the results – if your result did not appear, or you think there's an error in the calculations,

please let Richard know and an updated version will be circulated to members. If you did not advise Richard of your age but would now like to know your age-graded ranking, please let Richard know your age.

Provisional Results:

All entries where age was communicated to follow (just the top 10 listed for now).

	actual	
	km	miles
Juliet Vine	14.34	8.91
Caroline Hale	13.34	8.29
Hannah Frank	12.79	7.95
Katy Healy	12.59	7.82
Veronica Shadbolt	12.38	7.69
Helen Stafford	12.36	7.70
Cathy Widden	12.14	7.54
Rebecca Barden	11.75	7.30
Jo Grant	11.62	7.22
Jo C Grant	11.56	7.18
Rachel Everard	11.28	7.01
Anna Lillie	11.17	6.94
Clair Purcell	11.10	6.90
Nicky Donaghey	11.10	6.90
Felicity Wadley	11.07	6.88
Caroline Griffin	10.97	6.82
Barbara Kubis-Labiak	10.94	6.80
Yvonne Jones	10.78	6.70
Sofie Marchant	10.65	6.62
Jen Williams	10.33	6.42
Sarah Lyn	10.30	6.40
Louise Smith	10.11	6.28
Melanie King	10.04	6.24
Helen Harrison	9.89	6.15
Gemma Sloane	9.70	6.03
Carol Reid	9.68	6.02
Alida Preis	9.66	6.00
Katy Hayes	9.38	5.83
Sharon Threlfall	9.33	5.80
Alex Yates	9.31	5.79
Emma Dempster	9.11	5.66
Sarah Halliday	8.77	5.45
Jacqueline McCallum	8.59	5.34
Alison Meaden	8.39	5.21
Jean Cole	8.29	5.15
Charlotte Jones	8.22	5.11
Jane Molloy	8.18	5.08
Kath Evans	8.13	5.05

Willow Gibson	8.10	5.03		
Zuzana Ghouse	8.06	5.01		
Naz Gezer-Clarke	8.00	4.97		
Cecilia Darcy	7.77	4.83		
Rebecca Lewis	7.24	4.50		
	actual		distance age graded	
	km	miles	km	miles
Veronica Shadbolt	12.38	7.69	9.66	15.55
Caroline Hale	13.34	8.29	9.47	15.24
Juliet Vine	14.34	8.91	8.92	14.35
Yvonne Jones	10.78	6.70	8.34	13.42
Jo Grant	11.62	7.22	8.32	13.39
Katy Healy	12.59	7.82	8.26	13.29
Helen Stafford	12.36	7.70	8.04	12.93
Louise Smith	10.11	6.28	8.00	12.88
Hannah Frank	12.79	7.95	7.96	12.81
Jo C Grant	11.56	7.18	7.91	12.74
	actual			
	km	miles		
Rob Lawrence	15.64	9.72		
Bruce Judge	15.51	9.64		
James Huish	15.40	9.56		
Pete Harvey	15.30	9.51		
Tom Wackett	15.26	9.48		
Adam Wadley	14.82	9.21		
Rob Casserley	14.56	9.05		
Paul Guy	14.53	9.03		
Sean Bowen	14.51	9.02		
Russell Casey	14.49	9.00		
Dean Harris	14.15	8.79		
Simon Bostock	14.11	8.77		
Justin Hill	14.08	8.75		
Steve Edwards	14.03	8.72		
James Benfold	14.00	8.70		
Richard Somerset	13.95	8.67		
Steve Ellerd-Elliott	13.82	8.59		
Dave Desborough	13.78	8.56		
Nick Portalski	13.74	8.54		
Markus Allen	13.48	8.38		
Mattie Labiak	13.43	8.35		
Rob Hughes	13.34	8.30		
Daniel Pudner	13.29	8.26		
Mike Russell	13.05	8.11		
Chris Loveys	12.45	7.74		

Terry Fowler	12.41	7.71
Michael Grant	12.38	7.69
Lee Mansfield	12.33	7.66
Dave Edwards	12.07	7.50
Michael Paine	12.00	7.46
Rob Dilley	11.99	7.45
Johan Preis	11.78	7.32
Andy Newbury	11.75	7.30
Ali Riza Eroglu	11.72	7.28
Mark Ashworth	11.49	7.14
Emon Martin	11.44	7.11
Steve Button	11.22	6.97
Lee Wood	11.15	6.93
Jim Davis	11.10	6.90
Tom Parmley	11.01	6.84
Richard Sidlin	10.94	6.80
Brad Smith	10.86	6.75
Roy Herbert	10.66	6.62
Michael Scott	10.53	6.54
Fredi Giliberti	10.48	6.51
Richard Darley	10.38	6.45
Dai Selwood	10.18	6.33
James Aitchison	10.12	6.29
Wayne Aylott	9.24	5.74
Rob Cartwright	8.26	5.13
Stuart Whitford	7.09	4.41

	actual		distance age graded	
	km	miles	km	miles
Pete Harvey	15.30	9.51	10.84	17.45
Dave Desborough	13.78	8.56	10.82	17.41
Bruce Judge	15.51	9.64	10.64	17.12
Sean Bowen	14.51	9.02	10.58	17.03
Justin Hill	14.08	8.75	10.17	16.37
Richard Somerset	13.98	8.67	9.92	15.96
Rob Casserley	14.56	9.05	9.90	15.93
Mike Russell	13.05	8.11	9.73	15.66
Rob Lawrence	15.64	9.72	9.72	15.64
Paul Guy	14.53	9.03	9.71	15.63

Dave Heal runs the Phoenix Denbies 20 Mile Wine Estate Virtual

Our ultra running legend **Dave Heal** decided to up the ante this weekend and take on the Phoenix Denbies 20 mile wine estate virtual medal. Dave completed the distance in 4:06:17 on his local Cheshunt hilly circuit. This was fitting as the Denbies route, near near Dorking, is a hilly circuit, and Dave's chosen course had 915ft of ascent. The day started off nice and sunny but soon became cloudy and chilly and poor Dave's hands were frozen by the end.

Dave reports: "The Denbies 20 medal by Phoenix is a solid chunk of bling - one of the heaviest of all the medals that Phoenix design and make. It's going to come in handy as a door stop!"



Dave, above, with his heavy piece of bling

John Strafford

GCR is sorry to learn the sad news of the death of John Strafford, who was the first ever Chairman of the club. Our thoughts are with his wife, Joyce.

John Scrivens is putting together some memories for next week's newsletter, once he has had a chance to speak with Joyce. We will also provide more information about funeral arrangements when we know them.

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

Tuesday Group Runs and Interval Sessions

Good News! Following the publication of the government's roadmap, 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.

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

St Albans 10K	2 nd April 2021	9.00-10.15am	Click 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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