



Garden City Runners: News Release from a Distance

29th 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

Club running is back!!

With lockdown restrictions easing from today (29th March), we are delighted that organised outdoor sport is allowed and we can begin running together again.

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 Runs Tuesday 30th March

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Moneyhole	5-5:30	11-12	8:30	7
9/10k	Moneyhole	6-7	9-10	10-11	5-6
7/8k	Gosling	7:30-8:30	7-8	11-12	4-5.5
5/6k	Panshanger Golf Complex	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			

For intervals please contact Martha before 6pm Monday.

Welwyn GC orienteering club challenge

Herts orienteering club are running a month long challenge around the streets of Welwyn Garden City – with the opportunity to win prizes! There are four courses available:

- North, starting from Campus West
- South, starting from Campus West
- East, starting from Moneyhole Park
- South East, starting from Woodhall shops

Try tackling one or all of the routes between 29th March and 29th April. Simply download the map with all the checkpoints and see how many you can visit in 45 minutes.

For more information and to download the maps see www.herts-orienteering.club/wgc100

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, with a link being sent to members a week before the event.

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.

ANY OTHER BUSINESS.

Any member wishing to place business on the Agenda must give written details via email to the Secretary (karenatkinson@btinternet.com) not later than Monday 5th April.

ELECTIONS (of Officers and Committee Members)

With a number of committee members standing down and not offering themselves for re-election, the following vacancies have arisen:

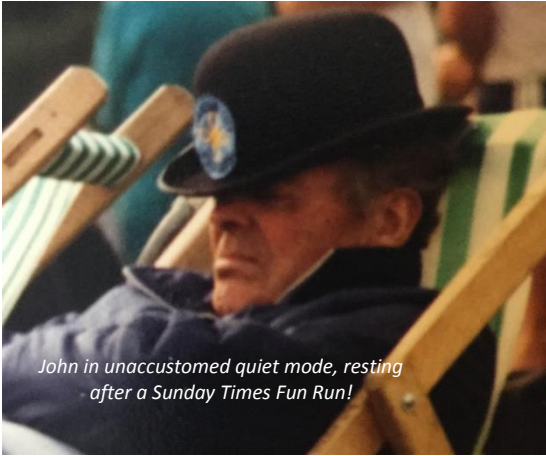
- Secretary
- Treasurer
- 1 x general committee member

Nominations for election should be sent to the Secretary via email not later than Monday 5th April with the email containing the following information:

- Name of person nominated
- Position nominated for
- Name of proposer
- Name of seconder

John Strafford obituary

GCR's first club chairman, John Strafford, very sadly passed away earlier in March. John Scrivens has provided these words for inclusion in the newsletter, with inputs from John's wife Joyce.



*John in unaccustomed quiet mode, resting
after a Sunday Times Fun Run!*

John Strafford 1928-2021

John Strafford ~ "Straff" ~ was born on 23rd January 1928 and died on 15th March 2021, in the care home where he had been looked after for three months, aged 93 years. We offer our condolences to Joyce, his wife and companion for seven decades.

I first met John when we responded to the far-reaching suggestion of friends Angie Curtis and Val Fieth that Welwyn Garden City needed a friendly club for like-minded folk who, caring nothing for Olympic fame or even running faster than the others, would enjoy a sociable approach to getting fit by the simple medium of running together.

Always active and keeping himself fit after leaving the Royal

Navy, where he had served in Singapore and witnessed the surrender which marked the end of the Second World War, John was a runner, rower and cyclist, founding the Royal Navy Cycling Association.

He was also around this time a race walker, a member of the Great Britain team who won the team cup in the World Vets Games in Puerto Rico.

The opportunity to be in at the ground floor of the new club came just at the right time, and John and Joyce were thus part of the small band who, after a few meetings in late 1981 in the old ski-slope hut at Gosling Stadium, became founder members of Garden City Joggers in 1982.

John was our first chairman and served for a number of years, a role he was proud of, as indeed he was of his Membership Number 1.

John set us on our way very well. Although we had all been inspired by the 1981 London Marathon, at the time seen as a daft event to be astonished at come Olympic year, this sociable runner soon latched onto the idea that mere distance, even running faster, was not the be-all and end-all of this running business, and that the Sunday club run and keeping fit were paramount; he was keen to promote the founders' driving motive of having fun with others in a very good cause!

The idea of encouraging slower runners became a key part of the club's ethos. During John's time at the helm, with all of the early members enthusiastically adopting Angie and Val's approach to this, it was not unknown for less speedy runners (members of clubs with A.C. in their name!) to approach the club. They were made welcome, more than one relieved to find they didn't have to qualify to join.

Indeed, the first name of the club was Garden City Joggers; whilst the name has changed, that spirit lives in the club's present approach.

John nevertheless ran several marathons, including a memorable trip with a select group of friends to New York, and always enjoyed the club's annual outing to the London ~ in the early years we sometimes filled three coaches ~ whether as runner or supporter.

Straff was always keen to promote the club's interests: ebullient and assertive once he'd adopted an idea or project, he was good at getting folk to 'do stuff'. Joyce says he has more than once been labelled a terrier, and that certainly strikes a chord!

Although he didn't publicise the fact, John put his own money into club affairs on more than one occasion, and provided the Runner of the Year trophy still awarded each year, as recently as 5th March at the 2021 'virtual' awards night.

Long distance runner, long distance marriage: John and Joyce were married for seventy years ~ quite an achievement these days ~ and he leaves Joyce, a daughter and two sons, eight grandchildren and ten great grandchildren, who will miss him enormously.

The couple ran their own business in the field of sales and marketing, and John was director of residential courses at the Chartered Institute of Marketing, who bestowed a full Fellowship to recognise his service, a rare gesture. Along the way, he wrote a best-selling book on sales management, much re-printed and translated.

John Strafford was a family man who got things done, and a friend of Garden City Joggers.

With his trade mark bowler hat (complete with GCJ badge!), John was an important part of the early years of the club, which owes him a debt of gratitude.

We send our love to Joyce and the family.

If you would like to make a donation in John's memory, or leave a message or have a memory of John, please visit johnstrafford.muchloved.com.
John Scrivens

Running motivation

Tuesday night club running is back and there is hope that races will soon be back! ATW has received the OK to go ahead with the St Albans 10k on Good Friday which will be the first real event in a long time for those lucky enough to get a place before it sold out.

For some extra motivation, try gameifying your run with apps like "Run an Empire" or the website "City Strides". How many local streets can you tick off? If you're a Strava premium member you can also generate your own heatmap, showing your most frequented routes – can you colour a new part of Welwyn Garden blue?

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.
- 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'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	Sold out
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 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 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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