



Garden City Runners: News Release from a Distance

4<sup>th</sup> 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](mailto:results@gardencityrunners.org.uk)*

### **Next Avery race – 18<sup>th</sup> April**

The next Avery race will be a one-off XC event taking place on **Sunday 18th April at 9:30am**. Venue is currently TBD but is very likely to be Cromer Hyde, more details to follow. 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](mailto:rich.somerset@ntlworld.com) if you would like to volunteer (Avery points will be given for volunteering).

### **Garden City runners take part in the first 10k race this year – St Albans 10k**

By Peter Harvey: Massive PB by **James Huish** to finish 23rd/540, **Hannah Frank** 36th female, **Peter Harvey** 5th over 50 – well done all!

<b>Name</b>	<b>Net Time</b>	<b>Category</b>	<b>Net Cat Pos</b>	<b>Gender</b>	<b>Net Gender Pos</b>
James Huish	00:34:26	Senior U40	14	Male	23
Thomas Wackett	00:37:12	Senior U40	33	Male	56
Peter Harvey	00:37:47	M50	5	Male	61
Hannah Frank	00:45:55	Lady U40	17	Female	36
Thomas Parmley	00:49:12	Senior U40	85	Male	213
Robert Saville	00:51:51	M50	51	Male	239
Matthew Hunt	00:52:32	Senior U40	97	Male	246

## **Denys and Stuart run the Dorney Lake Marathon**

On Saturday 3rd April **Denys Baudry** and **Stuart Mann** ran the Dorney Lake marathon, finishing 1st and 2nd in the M70 category in 3.43 and 3.51 respectively – very well done both!

## **Club running is back!!**

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 6th April**

<b>Group</b>	<b>Start Location</b>	<b>Pace (km)</b>	<b>Distance (km)</b>	<b>Pace (miles)</b>	<b>Distance (miles)</b>
11/12k	Moneyhole Playing Fields car park, AL7 2PY	5 - 5:30	11 - 12	8:30	7
9/10k	Moneyhole Playing Fields car park, AL7 2PY	6 - 7	9 - 10	10 - 11	5 - 6
7/8k	Welwyn AL6 9RQ - Park on Grange Hill just before the post box and meet o/s the last house at top of Grange Hill LHS (39 Carleton Rise)	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	Gosling Sports Park car park, AL8 6XE	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 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 29<sup>th</sup> March and 29<sup>th</sup> 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](http://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](mailto:karenatkinson@btinternet.com)) not later than Monday 5<sup>th</sup> 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 5<sup>th</sup> April with the email containing the following information:

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

### **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 29<sup>th</sup> 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](mailto:results@gardencityrunners.org.uk) about any others that might be of interest to members.

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

### 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 <sup>th</sup> to 17 <sup>th</sup> January	Virtual XC	Cole Green Way	Completed
2	end of January to start of February	Virtual 5k	Member's choice	Completed
3	25 <sup>th</sup> to 28 <sup>th</sup> February	Virtual XC	Member's choice	Completed
4	18 <sup>th</sup> to 21 <sup>st</sup> March	Virtual 1 hour challenge	Member's choice	See email from Richard Somerset on 8 <sup>th</sup> March
5	18 <sup>th</sup> or 25 <sup>th</sup> April	XC	Crooked Chimney	GCR event held according to the prevailing restrictions. Date to be confirmed after discussion with the venue.
6 V	9 <sup>th</sup> May	Centenary Challenge	WGC 20.20 route	GCR event held according to the prevailing restrictions. Volunteering points available.
	13 <sup>th</sup> June	St Albans Half Marathon	St Albans	<a href="https://www.stalbanshalfmarathon.com/">https://www.stalbanshalfmarathon.com/</a>
	25 <sup>th</sup> June to 3 <sup>rd</sup> July	Welwyn 10k (virtual)	Welwyn	Virtual race details available shortly.
	4 <sup>th</sup> July	Ware 10s or virtual	Ware	Places selling fast! Either distance will count towards the Avery competition. Virtual race will also count. See <a href="http://ware10s.co.uk/">http://ware10s.co.uk/</a> for details.
	15 <sup>th</sup> 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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](https://www.facebook.com/groups/gardencityrunners/)

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