



## **Garden City Runners: News Release from a Distance**

**04 May 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)*

### **Congratulations to new run leader Neal Brown**

Neal Brown (2nd from left) has been awarded his Leadership in Running Fitness (LiRF) qualification from England Athletics. He is the first GCR member and run leader to gain this qualification 'remotely' having completed a safeguarding qualification, four on-line modules, attending a virtual classroom session with an EA coach and submitting two videos of him leading a warm-up and training session (superbly filmed by Karen Atkinson on a sunny April evening at King George V playing fields). Thanks to Louise Smith, Stephanie and Roy Herbert for volunteering to be 'trained' by Neal. Helen Harrison is awaiting the verdict on her qualification that was filmed the same evening - watch this space!



## **Barbara and Paul tackle the STOOP**

Barbara Kubis-Labiak and Paul Gatens started the week on a high by completing the STOOP (Stevenage Outer Orbital Path) as the name suggests the route goes around the outside of Stevenage through some amazing countryside. The pair of trail runners decided to take a day off work to complete this 27 mile route. They plan to run some of the other orbital nearby routes this summer, including the Stort Valley Way (around Harlow) and the HOOP (Hitchin) having already completed the WGC 2020 route several times last year. If anyone is interested they are looking to setup Ultra whatsapp group, other members are welcome to join this group if interested in running Ultras.



## **Club centenary way challenge, 09 May – reminder to sign up**

You have until lunchtime Friday to sign up to the Centenary Challenge (clockwise) on Sunday May 9th, I'll issue the start sheet Friday evening

Enter here

[https://www.racesonline.uk/race-entry/gcr2020/index.php?id=1&fbclid=IwAR0vOwDypF\\_8JmLLqtdViHugoLrppfT3ZQZoN\\_nkN7Y-xaFi66\\_578mj3O4](https://www.racesonline.uk/race-entry/gcr2020/index.php?id=1&fbclid=IwAR0vOwDypF_8JmLLqtdViHugoLrppfT3ZQZoN_nkN7Y-xaFi66_578mj3O4)

Note that despite the recent dry weather it is still flooded under the bridge by the north lake. There are bricks you can use but it is a bit slippery.

If you want to avoid running 11 miles with wet feet you can use the alternative route via Great North Road.

### **Tonight's Group Runs**

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	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)	5 - 5:30	11 - 12	8 - 8:30	7
10k		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	Moneyhole Playing Fields car park, AL7 2PY	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5

5/6k	Moneyhole Playing Fields car park, AL7 2PY	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
------	--	--

Please make sure to arrive in plenty of time for the run leader briefing and Covid risk assessment.

**Interval groups have been assigned, see email and Facebook post from Martha**

### **Mid week league – reminder to sign up**

A reminder that if you would like to participate in this years MWL, the first few events of which will be held virtually, please submit your name to [Helen.paine@hotmail.co.uk](mailto:Helen.paine@hotmail.co.uk) by Friday 7<sup>th</sup> May.

### **Avery update from the Race Committee**

Here is the latest events list for the Avery League, updated by the Race Committee to include the first two Mid Week League events (which are virtual), along with the Avery rules which have been updated to reflect changes to racing this year. Please remember that you can run as many or as few races as you wish, and we'll be updating the race list at least monthly with free and paid for events, as details become available. Happy running!

Updated Avery league events table

Event number	Date	Event	Venue	Status / notes
1	14th - 17th January	Virtual XC: 5 miles (free)	Runner's own course	Completed
2	4th - 7th February	Virtual 5k (free)	Runner's own course	Completed
3	25th - 28th February	Virtual XC: 5 miles (free)	Runner's own course	Completed
4	18th - 21st March	The Hour Challenge (virtual) (free)	Runner's own course	Completed
5 V	18 <sup>th</sup> April	XC (free)	Crooked Chimney	Completed
6 V	9 <sup>th</sup> May	Centenary Challenge (free)	WGC 20.20 route	GCR event held according to the prevailing restrictions. Volunteering points available.
7	24 <sup>th</sup> May – 6 <sup>th</sup> June	MWL – Race 1 – Mob Match (free)	Virtual 10k - Runner's own course	See email from Helen Paine 25/04/21 to confirm entry details. Course should have positive / zero elevation. Details of result submission and race bibs to follow.

8	13 <sup>th</sup> June	St Albans Half Marathon £33	St Albans	<a href="https://www.stalbanshalfmarathon.com/">https://www.stalbanshalfmarathon.com/</a>
9	14 <sup>th</sup> June – 27 <sup>th</sup> June	MWL – Race 2 (free)	Virtual 10k - Runner's own course	See email from Helen Paine 25/04/21 to confirm entry details. Course should have positive / zero elevation. Details of result submission and race bibs to follow.
#	20 <sup>th</sup> June	Love WGC 10k £20	WGC	Places likely to sell fast – sign up quickly! <a href="https://activetrainingworld.co.uk/event/lwgc-10k-20th-june-2021/">https://activetrainingworld.co.uk/event/lwgc-10k-20th-june-2021/</a>
#	25 <sup>th</sup> June – 3 <sup>rd</sup> July	Welwyn 10k (virtual) £10	Welwyn	Virtual format this year - complete the course from Singlers Marsh as many times as you wish during the Welwyn Festival 25 June – 3 July. The course will be signposted and a map is provided. Sign up at <a href="https://www.welwyn10k.org.uk/">https://www.welwyn10k.org.uk/</a>
#	4 <sup>th</sup> July	Ware 10 miles £18 OR 10k £16 (virtual option £8)	Ware	Either physical/virtual distance will count towards the Avery competition (10 mile physical entries now sold out, 10k physical entries and all virtual distances still available). See <a href="http://ware10s.co.uk/">http://ware10s.co.uk/</a> for details
#	8 <sup>th</sup> August	St Albans 10k (£20)	St Albans (Highfield Pk)	ATW - <a href="https://activetrainingworld.co.uk/event/st-albans-summer-10k-8th-august-2021/">https://activetrainingworld.co.uk/event/st-albans-summer-10k-8th-august-2021/</a>
#	15 <sup>th</sup> August	Lea Valley HM (£27)	Cheshunt	Rescheduled from March to August <a href="http://runfestlevalley.co.uk/">http://runfestlevalley.co.uk/</a>
#	22 <sup>nd</sup> August	WGC HM (£27)	WGC	ATW - <a href="https://activetrainingworld.co.uk/event/welwyn-half-marathon-sunday-22nd-august-2021/">https://activetrainingworld.co.uk/event/welwyn-half-marathon-sunday-22nd-august-2021/</a>

### **Avery Competition 2021 - format and rules**

#### **GCR Race Committee, updated March 2021**

The Race Committee is taking a flexible approach to the Avery format for 2021 due to the ongoing Coronavirus pandemic, whilst aiming to follow the established format as closely as possible. The competition principles will be subject to amendment due to availability of events but will remain, as far as possible, that:

- Number of scoring races will be up to 26 (depending on availability of suitable events) – members can run as many or as few races as they choose, with points awarded for participation (or volunteering where this is an option – see below)
- A range of low/no cost races will be included
- MWRRRL and Sunday XC races will be included if the events are running
- Participation is encouraged over performance
- There will be an option to gain Avery points for volunteering / marshalling at specified races where the volunteer role precludes a point being gained from running
- A wide range of distances is included

Scoring is designed to encourage participation:

- For each race run / volunteered at, a GCR member will score one point (highest total possible if all races are participated in = 26, or the total number of scoring races included in the competition)
- Participants will be ranked according to these points
- Where there is a tie for the highest number of points it will be decided according to the race ranking criteria in Appendix B
- This year there will be more prizes available for participants to keep – large trophies for 1<sup>st</sup> to 3<sup>rd</sup> place, small trophies for 4<sup>th</sup> to 6<sup>th</sup> place, medals for everyone in the top 10.

Due to the current situation it is impossible to produce a final list of races for the whole year at this stage. The Race Committee will meet monthly to decide on events to include within the Avery events list. Avery scoring races for 2021, with details of the races where Volunteer points are available, will be updated at least monthly by the Race Committee in response to current and forecast restrictions, loaded onto the GCR website and Facebook page, and circulated to members via email and the newsletter.

The 2021 competition will by necessity include a number of virtual and physical GCR club events – details of these, including the method of notifying the results, will be circulated by the race director in advance of the event. The Race Committee will endeavour to give as much notice as possible of externally organised events to allow members to sign up, as it is anticipated that many events will be in high demand.

1 point will be awarded per race (even if the volunteer role allows running). Volunteering includes support roles at the discretion of the Race Committee. For GCR hosted races, the Race Director will forward details of GCR volunteers to the Avery Results Co-Ordinator.

### **Appendix A**

Due to the ongoing Coronavirus, ad hoc additions and amendments to the Avery Competition rules will be listed here and circulated via the channels detailed above.

#### **Amendment 1 (17/01/21):**

For a virtual GCR hosted Avery event, as long as the law requires people to remain in isolation when contacted, the following extension applies:

- if you are required to self-isolate, you can request an extension of the deadline for completing your run by notifying Richard Somerset (rich.somerset@ntlworld.com) before the end of the original event period
- the race is run within 1 week of the end of the isolation period
- individual results must be sent to Richard Somerset (email above) as soon as you have completed the event

### **Appendix B**

In the event of a tied number of points, participation in certain events would be ranked over others, for example the mid-week leagues would have 'increased value'. For example:

Person A has 15 points in total from running 15 events, which includes the Welwyn 10k

Person B has 15 points in total from running 15 events, which includes some MWRRLs but not the Welwyn 10k.

**Winner: Person A**

### **Tiebreaker ranking for Avery Competition, amended for 2021:**

Participation favoured as per the list of the following events providing, they appear on the Avery List, with GCR events first:

1. Total of **open GCR events** such as the Welwyn 10k, Festive 5, 5k Series, etc...
2. Total of **open MWRRL** events
3. Total of **open XC League** events
4. Total of **open events** such as the St Albans 10k, ATW Hatfield 5
5. Total of **closed GCR MWRRL League** events
6. Total of **closed GCR XC League** events
7. Total of **other closed GCR events longer than 5k** such as the Centenary Route, Welwyn 10k, self navigation challenges, etc...
8. Total of **open parkruns**
9. Total of **other closed GCR events 5k or less** such as the Panshanger 5k or parkrun

**Note:** The Race Committee reserve the right to amend the tiebreaker ranking dependent on events included within the Avery. Application of the tiebreaker and awarding of prizes will be at the discretion of the Race Committee.

### **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

### **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/](http://www.facebook.com/groups/gardencityrunners/)