



## **Garden City Runners 25 May 2021**

*With running events and races back on, please remember to share your running accolades and anecdotes with the news editors for inclusion in the weekly news round up. Please send any content for future releases, before early Sunday evening for (almost) guaranteed inclusion, to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)*

### **Apologies for the lateness of this weeks newsletter – a scheduling error on my part (editor: Rachael)**

### **Mid week league is back!**

The two week window has now opening for the virtual Mid Week League Mob Match. All paid members of GCR are welcome and encouraged to participate – we had fantastic levels of participation in our own GCR series last summer, lets try replicate that!

The race rules and a bib number which can be printed at home have been emailed out. As yet we have not received information about how to log your results so please keep an eye out for that.

If you would like to replicate some of the real MWL feeling, Richard and Pete have marked our a 10k course at Panshanger and **there will be a casual mass start event this Sunday at 9.30 – just turn up, run your race and record your time.**

### **Peterborough marathon**

Lorenzo Franchi completed the Peterborough marathon on Sunday in an excellent time of 03:27:11 – Lorenzo was very happy to bag his first marathon of 2021!

### **Ultra X Spring Trails – 50km Ultra Marathon**

New club member Behzaad Ghouse completed his first ultra marathon this weekend – the 50km Spring Trails near Haslemere, Surrey. As his first Ultra, Behzaad reports “my goal was just to cross the finish line without having to worry about the time and I was absolutely happy with the outcome. The course was absolutely muddy, technical in places and had an elevation of 4,347 feet!”

Behzaad, who is also training for the Run to the Stone 100km Ultra, completed the 50km/ 31 mile route in 6 hours 52 minutes.

Well done and welcome to the club Behzaad!!



Behzaad at the start of his ultra run

### **Open invite: Run all or part of the New River Path, Sunday 30<sup>th</sup> May**

A small group of GCR members, and a few friends, are running the 45km from Islington to Hertford along the New River Path next Sunday. Anyone is welcome to join for all or part of the distance – there are regular train stations along the route to easily get the train back to Hertford.

For all the details, including the route map and the train details, see Paul's blog

[www.tinyurl.com/newriverrun](http://www.tinyurl.com/newriverrun)

To join please contact Paul Gatens on [pgatens@gmail.com](mailto:pgatens@gmail.com) .

### **Grumpys on tour at Kimpton**

A group of GCR who affectionately call themselves “the grumpies” sent in this report from their most recent outing to Kimpton this weekend: “We were back on the road again, this time over to Kimpton, for the usual 8m Saturday morning social run. Conditions were pretty tough after the recent rain, with sticky mud and deep puddles to negotiate.”

Next Saturday the group are back and meeting again at Burnham Green at 9am, Saturday. All GCR members welcome and please be assured you don't have to be grumpy!





The Grumpy GCRs having fun in the mud at Kimpton

### **Memorial walk for Garry Grey**

Several GCR members and friends turned out on Thursday for a memorial walk in memory of our dear departed friend and fellow GCR member Garry Grey who died a year ago to the day. Three of the walkers covered 21 miles in a loop from Chapmore end to Much Hadham and back, which was fitting tribute to Garry.



## **Fancy yourself as a track star this week?**

Sean is away this week, and has delegated track co-ordination duties to Sharon.

Something a little different this week; Bruce Judge is celebrating a rather special birthday by running 50 laps of the track, and is looking for fellow GCR to join him.

Obviously not everyone will be able to complete 50 laps (20km) by the time we need to vacate the track (9.45pm) so the coaches have come up with a few different options.

1. 50 laps of the track - or 20km
2. 25 laps of the track - or 10km which could be submitted for the MWL
3. 5km time trial
4. Coopers Test; a 12 minute test of aerobic fitness

Or you might just want to come and experience what it is like to run on the track if you haven't done so before; start time is 8pm for warm up and drills before you start your run.

Numbers are limited to 30, to comply with Covid restrictions, and runners are reminded that spitting is strictly forbidden.

If you'd like to join us, please email me at paulandsharon@me.com or WhatsApp me on 07976 410957

## **London Marathon charity places available**

Hertfordshire Community Foundation has contacted GCR to see if any members are interested in one of their charity marathon places for this years London Marathon.

HCF is a county wide charity which seeks to tackle need and deprivation by providing grants to vital small charities, community organisations and to families and children living in crisis in Hertfordshire. We request for HCF runners of the traditional London Marathon undertake to raise at least £1,500 and for Virtual London Marathon runners undertake to raise at least £500, although Simone mentions in her email that the charity do appreciate that under the current climate that full fundraising commitment may not be met. Anyone interested can apply via our website <https://www.hertscf.org.uk/london-marathon-2020> or contact [simone.deans@hertscf.org.uk](mailto:simone.deans@hertscf.org.uk)

## **Invitation to test the new Panshanger parkrun route**

An invite has gone out to all GCRs who may be interested in running or volunteering at the new Panshanger parkrun route on Saturday 12th June. This is a test event to help the park prepare for the return of parkrun events in the future. Please contact Panshanger park directly to sign up.



## **Avery league**

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://runfestleevalley.co.uk/">http://runfestleevalley.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>

### **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>
First parkrun	Postponed	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>
Fairlands Valley Challenge Half, 18 miles, Full or ultra distance trail runs	18 <sup>th</sup> July	8.00-10.00 (no mass start)	<a href="http://Fvchallenge.org.uk">Fvchallenge.org.uk</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/)