



Garden City Runners 15th August 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

Lea Valley half and 10K

Thank you to Peter Harvey for sending in this race report from the Lea Valley Run Fest

This was a flat fast romp starting at the white water rapid, home to the Olympic Games in 2021, near Waltham Abbey. The route was on the dirt tracks and tarmac of the Lea Valley Park, with lots of bends. The conditions were good, if a little humid.

Peter Harvey was the first GCR in 81:58, which was good for 5th place and first MV50. His pace was faster than the winner of the 10K and a master's personal best. Peter also helped fellow GCR Andrew Knight home.

5	225	<u>Peter HARVEY</u>	01:21:58	Ages 50 - 59	1	Male	5	GARDEN CITY RUNNERS	09:15:1 1
24	189	<u>Steve ELLERD- ELLIOTT</u>	01:34:04	Ages 40 - 49	9	Male	23	GARDEN CITY RUNNERS	09:15:14
32	187	<u>Steve EDWARDS</u>	01:37:32	Ages 30 - 39	13	Male	30	GARDEN CITY RUNNERS	09:15:15
44	250	<u>Andrew KNIGHT</u>	01:40:39	Ages 20 - 29	6	Male	40	GARDEN CITY RUNNERS	09:15:17
48	388	<u>Robert DILLEY</u>	01:41:11	Ages 40 - 49	18	Male	44	GARDEN CITY RUNNERS	09:15:16
181	336	<u>David</u>	02:16:29	Ages	8	Male	126	GARDEN CITY	09:15:43

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60 - 69

RUNNERS

184	249	<u>Melanie KING</u>	02:16:36	Ages 50 - 59	11 Female	57	GARDEN CITY RUNNERS	09:15:53
206	194	<u>Kath EVANS</u>	02:30:10	Ages 50 - 59	16 Female	73	GARDEN CITY RUNNERS	09:15:53
209	114	<u>Wayne AYLOTT</u>	02:32:35	Ages 50 - 59	30 Male	134	GARDEN CITY RUNNERS	09:15:44
	244	<u>Charlotte JONES</u>	02:50:52					
220	Ali Eroglu	10k	49.13 2nd MV60					

Greensand Ridge relays

Two teams of GCR completed The Greensand Ridge Relays this weekend. The event, first run in 1987, is a Handicap Relay Race for teams of six people who run on foot consecutive legs from Waterside Park, Leighton Buzzard to Northill Church. The "way-marked" long distance footpath known as the Greensand Ridge Walk governs the majority of the route.

The two GCR teams, Wayne's Wonders and Dave's Dunces, finished in 21st and 25th position respectively from a field of 34 teams. Well done to all runners!

6	GCR	Wayne's Wonders	Category	Open
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Leg	Runner Name	Age Group	Clock Time		H'cap Posn	Team Time	
			Start	Finish		Time	Posn
1	Martin Jones	M60	11:18:00	12:07:18	3	00:49:18	20
2	Wayne Aylott	M50	12:07:18	12:49:24	5	01:31:24	24
3	Stuart Mann	M70	12:49:24	14:09:17	5	02:51:17	23
4	Elaine Giles	W45	14:09:17	15:23:16	14	04:05:16	30
5	Barry Osborn	M70	15:23:16	16:08:30	12	04:50:30	29
6	Nick Atkinson	M60	16:08:30	16:51:20	16	05:33:20	25

15	GCR	Dave's Dunces	Category	Open
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Leg	Runner Name	Age Group	Clock Time		H'cap Posn	Team Time	
			Start	Finish		Time	Posn
1	Richard Sidlin	M60	11:49:00	12:34:24	13	00:45:24	12
2	Steve Williams	M60	12:34:24	13:06:44	12	01:17:44	12
3	Daniel Pudner	M21	13:06:44	14:27:45	14	02:38:45	13
4	Angela Woods	W55	14:27:45	15:38:31	26	03:49:31	25
5	Johan Preis	M50	15:38:31	16:24:19	21	04:35:19	21
6	Tim Cooke	M60	16:24:19	17:08:35	23	05:19:35	21

Dave Heal runs 88th marathon

Dave Heal continues his journey to the 100 marathon club with his 88th event on Friday, running the Solar series – Earth run at Redricks lake, Sawbridgeworth. The course consisted of 8 laps of trail paths around the River Stort. Dave completed the marathon run in 5hrs, 22 minutes and reported “I was glad to finish without falling over as the muddy trails were quite testing underfoot after the recent rain”.

Burnham Beeches half marathon

Richard Darley flew the GCR flag this weekend at the Burnham Beeches half marathon, finishing in a time of 2:06:13.

Richard sent this run report “Organised by Burnham Joggers, the 40th running of the half marathon (there’s also a 10K option) started and ended at the Caldicott School in Farnham Common and consisted of two circuits of the shady roads of the Burnham Beeches National Nature Reserve. This years event was in the reverse direction to my two previous experiences of the event, which had the advantage of turning the 2km up hill at the beginning of the race to a very welcome 2km downhill at the end. The event was well marshaled and there was plenty of cheering support.”

River Lea to Thames

Last weekend three intrepid GCR trail runners, Paul Gatens, Stuart Wonfer and Colin Grace, ran the 27 mile length of the River Lea from Hertford to the Thames in London.

Street orienteering invite – 19th August

Last week, a handful of intrepid runners skipped their usual Tuesday night training commitments and joined members of Happy Herts Orienteering Club to try out Street O (<https://www.herts-orienteering.club/fixtures/street-o-2021/>)

For the uninitiated, this is orienteering with a twist: a short, sharp, 45 minute point-scoring event where you gain 20 points for each checkpoint you find and lose points the later you're back after that 45 minutes. And unlike normal orienteering, you don't need to be a whizz with taking bearings or being able to set a compass (though you probably don't have to do the latter too much on 'proper' orienteering either.

Those of us that were there enjoyed some navigational-fun, taking in familiar terrain in a novel way. Yours truly discovered cut throughs in WGC he never knew existed.

Happy Herts have offered to run a taster session for interested GCR members on Wednesday 19th August. So if you're keen, please let Brad know by close of play Monday by emailing brad@notanyother.co.uk

Tuesday club runs

All Tuesday club runs will meet at Panshanger Golf Complex, AL7 2ED. Please arrive ready for a 6.30pm start.

This is the second of two weeks where the run leaders are encouraging members to try a longer distance. There are more leaders organized to enable everyone that wants to give it a try. The paces and distances this week will therefore be at the lower end of the advertised paces.

If you tried a longer run last week – well done! If not, why not give it a go this week ☺

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Panshanger Golf Complex car park, AL7 2ED)	5 - 5:30	11 - 12	8 - 8:30	7
10k		5:40 - 6	10	9 - 9:30	6
9/10k	Panshanger Golf Complex car park, AL7 2ED	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Panshanger Golf Complex car park, AL7 2ED	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	Panshanger Golf Complex car park, AL7 2ED	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			

Your safety is important so please do not attend if you feel unwell. Please arrive in time to register with the Leader for the Risk Assessment and listen carefully to the briefing.

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 th April	XC (free)	Crooked Chimney	Completed
6 V	9 th May	Centenary Challenge (free)	WGC 20.20 route	Completed
7	24 th May – 6 th June	MWL – Race 1 – Mob Match (free)	Virtual 10k - Runner's own course	Completed
8	13 th June	St Albans Half Marathon £33	St Albans	Completed
9	14 th June – 27 th June	MWL – Race 2 (free)	Virtual 10k - Runner's own course	Completed
#	20 th June	Love WGC 10k £20	WGC	Cancelled – entrants moved to Herts Fast 10K

#	25 th June – 3 rd July	Welwyn 10k (virtual) £10	Welwyn	Completed
#	4 th July	Ware 10 miles £18 OR 10k £16 (virtual option £8)	Ware	Completed
#	8 th August	St Albans 10k (£20)	St Albans (Highfield Pk)	Completed
#	15 th August	Lea Valley HM (£27)	Cheshunt	Completed
#	22 nd August	WGC HM (£27)	WGC	ATW - https://activetrainingworld.co.uk/event/welwyn-half-marathon-sunday-22nd-august-2021/

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

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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/