



## **Garden City Runners 29<sup>th</sup> 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](mailto:results@gardencityrunners.org.uk)*

### **Sunday League XC - dates for the diary & volunteers**

After a season's absence, we'll hopefully be back to real life racing alongside our fellow Herts clubs, with the return of the Sunday League Cross Country (SLXC) series. The full calendar of races is still being finalised but we are likely to be kicking off with the usual CHESHUNT fixture on SUNDAY 17 OCTOBER 2021.

Full details for the fixture and the wider series will be circulated nearer the time. As you can imagine there are a few more hurdles in organising these events in the "post-COVID" world, so we currently have four events in the provisional calendar, with a potential fifth to be confirmed (although not guaranteed):

**17 Oct** - Cheshunt Park, Cheshunt\*

**?? Nov** - TBC or no event\*

**19 Dec** - Fairlands Park, Stevenage\*

**16 Jan** - Cassiobury Park, Watford\*

**13 Feb** - Therfield Park, Royston\*

(\*these could all be subject to change)

The Cheshunt race is organised by Broxbourne Runners. They're a small club and therefore, in order to host the event, they require extra volunteers. With no GCR organised race in the series, and as our closest fixture, we normally offer our assistance with marshals or at the finish line etc. We need to confirm how many helpers we can provide in advance so if you don't think you'll be running the event in 7 week's time, but are around to help out - your contribution to the race would be extremely appreciated!

I'd be grateful if you could email or text me (details below) to indicate your availability to marshal on the day (or any friends or family members!), so that I can confirm this to the run director. Race start is usually 11am.

We'll be in touch nearer the time to confirm full details of the race and series!

Many thanks!

James (OBO the GCR team captains!)

## **Colchester 10k**

STEVE EDWARDS took part in the Colchester 10km race on Saturday. Steve writes: *'In what should have been 3 x 3.3km laps, a last minute course change saw it change to 10 x 1km laps! Nice fast course round the cycle track at Northern Gateway Sports Park, I managed an official time of 42:00 bang on and finished 14th out of a field of 55'*.

Well done, Steve!

## **Lee Valley Velo Park half marathon**



DAVID HALE completed the Lee Valley Velo Park half marathon in 2:02:48 – well done, David – it looks like a very good event, with different distances to choose from.

## Hitchin 5K

TERRY FOWLER completed the Hitchin 5K today, 29<sup>th</sup> August. It was Terry's first official race for over 3 years due to illness.

Terry came 6th overall in 19 mins 45 secs – *'Big thanks to Richard Sidling and Craig Stephenson for the timing and entry!'*

Well done, Terry!



*Amazing effort!*

## RAF Spitfire 10K



*What beautiful medals!*

NICK and KAREN ATKINSON travelled to Shropshire for the RAF Cosford 10K finishing in 57.52 and 1.00.59, respectively. A flat one lap course with impressive finishers' medals!

More details about the race can be found [here](#)

## parkrun roundup

Link to the consolidated club report for all members of Garden City Runners who participated at a parkrun on the 28<sup>th</sup> - **76 members took part** on this date.

Highlights:

- STEVE WILLIAMS took part in the Plymvalley parkrun on Saturday, and came 33rd overall, 2nd VM60 in 23:16. Hope you enjoyed it, Steve!
- REBECCA BARDEN visited the Woodhouse Moor parkrun and completed the distance in 22:48 – well done!

- Harrow parkrun: REBECCA CULLERS was 3<sup>rd</sup> lady in 24:10, followed closely by SALLY LAFLIN in 26:15 – impressive!
- PAUL GUY came 3<sup>rd</sup> at the Sedgefield parkrun, in 18:46 – well done!

Overall, Garden City Runners took part in 25 different parkrun events this weekend!

## **Tuesday club runs**

We are all meeting together again this week, so why not try the next group up? On Tuesday 31<sup>th</sup> August we will all meet at for a 6.30pm start.

| <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       | Panshanger Golf                                 | 5 - 5:30   | 11 - 12              | 8 - 8:30            | 7                       |
| 10k          | Complex car park, AL7<br>2ED                    | 5:40 - 6   | 10                   | 9 - 9:30            | 6                       |
| 9/10k        | Panshanger Golf<br>Complex car park, AL7<br>2ED | 6:30 - 7   | 9 - 10               | 10 - 11             | 5 - 6                   |
| 7/8k         | Panshanger Golf<br>Complex car park, AL7<br>2ED | 7:30 - 8:30  | 7 - 8                | 11 - 12             | 4 - 5.5                 |
| 5/6k         | Panshanger Golf<br>Complex car park, AL7<br>2ED | A gentle-paced run that would suit those 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 Competition**

Here is the latest events list of events for the 2021 Avery League Competition.

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                   | Completed      |
| 7            | 24 <sup>th</sup> May – 6 <sup>th</sup> June   | MWL – Race 1 – Mob Match (free)     | Virtual 10k - Runner's own course | Completed      |
| 8            | 13 <sup>th</sup> June                         | St Albans Half Marathon £33         | St Albans                         | Completed      |
| 9            | 14 <sup>th</sup> June – 27 <sup>th</sup> June | MWL – Race 2 (free)                 | Virtual 10k - Runner's own course | Completed      |
| 10           | 25 <sup>th</sup> June – 3 <sup>rd</sup> July  | Welwyn 10k (virtual) £10            | Welwyn                            | Completed      |

|      |   |  |                                   |   |
|------|---|--|-----------------------------------|---|
| 11   | 4 <sup>th</sup> July                      | Ware 10 miles £18<br>OR 10k £16<br>(virtual option £8) | Ware                              | Completed   |
| 12   | 5 <sup>th</sup> – 18 <sup>th</sup> July   | MWL – Race 3<br>(free)                                 | Virtual 10k – Runner's own course | Completed   |
| 13   | 18 <sup>th</sup> July                     | Herts Fast 10k (£20)                                   | Bovingdon                         | Completed   |
| 14 V | 29 <sup>th</sup> July                     | GCR club 3k relays<br>(free)                           | Woodhall, WGC                     | Completed   |
| 15   | 2 <sup>nd</sup> – 15 <sup>th</sup> August | MWL – Race 4<br>(free)                                 | Virtual 10k – Runner's own course | Completed   |
| 16   | 8 <sup>th</sup> August                    | St Albans 10k (£20)                                    | St Albans (Highfield Pk)          | Completed   |
| 17   | 15 <sup>th</sup> August                   | Lea Valley HM (£27)                                    | Cheshunt                          | Completed   |
| 18   | 21 <sup>st</sup> August                   | Panshanger parkrun<br>(free)                           | Panshanger Park                   | Completed   |
| 19   | 12 <sup>th</sup> September                | GCR Centenary Loop event<br>(free)                     | Stanborough Park                  | 9.30am mass start at Stanborough Park. Entry info. to be circulated via club email.                             |
| 20   | 19 <sup>th</sup> September                | Stevenage 10k (£17 for ARC affiliated clubs)           | Stevenage                         | <a href="https://stevenagestridersrc.org.uk/stevenage-10k">https://stevenagestridersrc.org.uk/stevenage-10k</a> |
| 21   | 26 <sup>th</sup> September                | Standalone 10k (£tbc)                                  | Standalone Farm, Letchworth       | <a href="http://www.nhrr.org.uk/standalone-10k.html">http://www.nhrr.org.uk/standalone-10k.html</a>             |
| #    | 10 <sup>th</sup> October<br>TBC           | Sunday League XC<br>(free)                             | Venue tbc                         | Info. to be circulated via club email.  |
| #    | 7 <sup>th</sup> November<br>TBC           | Sunday League XC<br>(free)                             |                                   | Info. to be circulated via club email.  |
| #    | 12 <sup>th</sup> December<br>TBC          | Sunday League XC<br>(free)                             |                                   | Info. to be circulated via club email.  |

**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

## **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/)