

The Avery competition – a history, an update and a request for help!

The Avery competition was started in 2001 with the generous donation of the Ted Avery Trophy (for men) and the Jan Avery Trophy (for women) by their namesakes, long standing club members Ted and Jan Avery. The competition consists of participation in a series of races spread throughout the year, with points relating to race position being awarded to each GCR member competing (effectively a race within a race). Over the 16 year history of the competition, the number and type of eligible races has varied considerably, from 22 races at the inception of the competition (including ALL the Sunday Cross Country and Mid Week League Races) to its current format of 12 local races, roughly 1 per month, with the best 8 results counting towards each GCR member's points total.

Each year the Race Committee discusses the format of the Avery Competition and makes changes if needed. We have decided to keep it broadly the same as last year for the 2018 competition, with the only change being the removal of the St Albans Half Marathon in June, and the inclusion of a June parkrun instead (exact date / location to be confirmed), as we felt this would help balance the range of distances in the competition, and might be a more accessible option for some members.

We'll be meeting again this Spring to confirm the format for 2019 and would be really keen to hear the thoughts of GCR members – are you happy with the inclusion of a parkrun? Should we include some of the running club only events (like XC or MWL)? Would you like to see a marathon or even an ultra included? Does the current format get the balance right between participation and performance? We'll start a discussion on the Facebook page to gather opinions, or if you prefer you can email me at halliday.sarah@gmail.com and I'll collate the responses for the committee. All opinions will be gratefully received, especially if you think it's working well and doesn't need any changes. We want to ensure that the Avery competition reflects the wishes of GCR members, so let us know what you think!

Avery races for 2018

Remember – your best 8 results from any of these 12 races make up your Avery score. Good luck!

Race	Distance	Date	Entry details
Fred Hughes 10	10 miles	21/01/18	Official results
Watford Half Marathon	13.1 miles	04/02/18	Enter the Watford Half
ATW WGC Half Marathon	13.1 miles	04/03/18	Enter the Welwyn Half
Kimpton May Festival Run	5.6 miles	07/05/18	Event website (entries not yet open)
Wheathampstead 10k	10k	20/05/18	Enter Wheathampstead 10k
parkrun	5k	16/06/18	To follow
Ware 10	10 miles	08/07/18	Event website (entries not yet open)
Fairlands 3k relays	3k	26/07/18 (tbc)	To follow
Hitchin 5k	5k	30/09/18	Enter the Hitchin 5k
Standalone 10k	10k	October - tbc	Event website (entries not yet open)
Stevenage Half Marathon	13.1 miles	04/11/18 (tbc)	Event website (entries not yet open)
Hatfield 5	5 miles	November - tbc	Event website (entries not yet open)