



Garden City Runners: News Release

25th April 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

It's hard cheese for Heal on his 76th marathon

GCR ultra-running ace **David Heal** notched up his 76th Marathon on Sunday at Phoenix Running's Hard CHEESE and WHINE-Athon ultra event at Denbies wine estate. The event was designed to allow runners who'd lost out on a place in the London Marathon (that in normal times would have been run this weekend) to get the bad feelings out of their systems by



running as many laps as they could manage of a hilly 3.28 mile trail circuit. *(That is certainly one way to deal with rejection – Ed.)*

David *(left, with a fabulous Hard Cheese medal)* writes: "It was brutal today, running a very hilly circuit with 2906 feet of ascent and strong winds blowing me back on the downhill sections - those hills got the better of me! I completed the marathon distance, eight laps, in 6:31:18. It was the first time out of four visits to Denbies I'd not

managed an ultra nine laps - alas it is what it is! I'm happy to have finished another marathon distance especially on a brutal circuit like that has got to make me stronger again! Towards the end, every time I tried to set off a bit quicker my left calf muscle was tweaking as if it was going to go into a spasm! Well done to everybody for their support and kind words of encouragement – thanks to Phoenix and team for another great event and an awesome medal to treasure on my journey to 100 marathons."

GCR AGM

Chair **Jane Molloy** sends this report on GCR's Annual General Meeting:

The Club held its AGM on Monday 19th April; as last year, it was held on Zoom. The benefit of this is that far-flung members are able to attend, and long-standing member JOHN SCRIVENS duly logged in from the Lake District.

Following the introduction, Chair, JANE MOLLOY, delivered her report, reflecting on the challenges of the last year and looking forward to the promise of the new year. Last year has demonstrated how strong the GCR community is and how loyal, creative and supportive the members are. The Club has hosted a wide range of both real (when permitted) and virtual events for members, with particular acknowledgement given to RICHARD SOMERSET and PETER HARVEY, for organizing a full season of Midweek League and Cross-Country events, as well as other special one-off events. The flexibility of the virtual events led to unprecedented levels of participation. Members have also been superb in supporting each other, whether through buddy runs, checking in with others, or offering imaginative challenges for others to take on. Jane takes special pride in how speedily the club officials and run leaders have responded to changing circumstances, and their willingness to shoulder the additional responsibilities required to keep members safe and compliant.

Looking ahead, Jane emphasized two priorities

1. Rebuilding our face-to-face community, including (hopefully) a mass celebratory get-together in the Autumn, as well as planning for the Club's 40th birthday in 2022.
2. Revitalising our focus on performance development, with a more structured approach to be driven and co-ordinated by new Club Secretary, SEAN BOWEN, with the support of other coaches and run leaders in the club, as well as the Captains.

Retiring Treasurer, NIGEL CAVILL, provided the financial report and shared the company accounts. He commented on the positive financial health of the club, despite the fact that there has been no race income in the last 12 months. He attributed our financial stability to the loyalty and size of our membership, which has remained intact throughout the year. This was backed up SUE FLETCHER, Membership Secretary, who reported that the club currently has 370 members, which is about the same as last year. Some members have moved away, some are still in the process of renewing, and we have seen the addition of new members fairly regularly throughout the year, as the pandemic has seen a rise in running enthusiasts. Men's Captain's, JAMES HUIISH and TOM WACKETT, walked us through a month-by-month account of all the running and racing activity over the last year. Attendees at the meeting were delighted and surprised at just how much had been happening in a year when so many actual races had to be shelved. With HELEN PAINE stepping down as Women's Captain, we were pleased to welcome HANNAH FRANK into the role, stepping up from Vice Captain, and equally pleased that this latter role is now filled by REBECCA BARDEN.

The meeting concluded with the election of Officers and Committee Members as follows:

Post	Name
Chair	Jane Molloy
Vice Chair	Louise Smith
Hon. Secretary	Sean Bowen
Hon. Treasurer	VACANCY
Member (Membership Secretary)	Sue Fletcher
Member (Webmaster)	Tony Harden
Member (Men's' Captain)	James Huish
Member (Men's Captain)	Tom Wackett
Member (Women's' Captain)	Hannah Frank
Member (Welfare Officer)	Markus Allen
Member (Run Leader Coordinator)	Helen Harrison

If you would like to watch the presentations, you can access the Zoom recording using these log-in details.

<https://us02web.zoom.us/rec/share/7hRPCbUSk2bWAO7Z6k3ymYLLQfZ1B6K6XjdIcTVQgSnobf5JyKpUmsTc3uB7Os2d.e3LCIvi5k4pYacVR>

Passcode: y^9QRC5=

If anyone is interested in the role of Treasurer, do have a word with Nigel Cavill about what it entails, or let JANE MOLLOY know at chair@gardencityrunners.org.uk

Membership Reminder – stay connected!

A reminder that GCR subs are now due for the year April to March 2021-2022. If you have not yet renewed and would like to remain a member, check your email inbox for a message from GCR sent via Membership Mojo in early March. If you didn't receive this message or have any queries, please contact Sue Fletcher at gardencityrunners.membership@gmail.com

There is an option to pay your England Athletics subscription at the same time as your GCR membership, which means that you will be able to tick the 'affiliated' box for discounted race entries and also see your running stats on the Run Britain Leaderboard.

Tuesday Group Run Locations this week:

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Morrisons car park, petrol station end, Black Fan Road, AL7 1RY	5 - 5:30	11 - 12	8 - 8:30	7
10k	Morrisons car park, petrol station end, Black Fan Road, AL7 1RY	5:40 - 6	10	9 - 9:30	6
9/10k	Moneyhole Playing Fields car park, AL7 2PY	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Volvo Garage, 57 Great North Road, AL8 7TL	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			

Midweek League 2021

Please check your email inboxes for a message from **Helen Paine** via GCR about plans for this year's Midweek League. The message includes a spreadsheet listing GCRs who competed in the 2019 MWL competition. If you are interested in running in this year's competition, which is likely to be a mixture of virtual and in person events, please let Helen know by emailing helenpaine@hotmail.co.uk if you need to update the details on the spreadsheet or if your name is not on the spreadsheet. If your name is on the list and you would like to take part, no further action is needed.

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 about any others that might be of interest to members.

Event	Date	Time	Online entry
Fly 5K: self-timed 5K	Every Saturday	8am-12pm	Submit your result here
First parkrun	5 th June 2021	9.00 am	n/a
Herts Half	6 th June 2021	9.00 am	Click here

St Albans Half Marathon	13 th June 2021	10.00am	Click here
Welwyn 10K (virtual)	25 th June-3 rd July 2021	Runner's choice	Click here

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

Avery League 2021

The Avery League is back with races to be confirmed as soon as possible, depending on current restrictions. Points are for participation, whatever your time or position. Details [here](#).

Garden City Runners

Avery Calendar 2021 – Jan to July

Event number	Date	Event	Venue	Status / Notes
1	14 th to 17 th January	Virtual XC	Cole Green Way	Completed
2	end of January to start of February	Virtual 5k	Member's choice	Completed
3	25 th to 28 th February	Virtual XC	Member's choice	Completed
4	18 th to 21 st March	Virtual 1 hour challenge	Member's choice	See email from Richard Somerset on 8 th March
5	18 th or 25 th April	XC	Crooked Chimney	GCR event held according to the prevailing restrictions. Date to be confirmed after discussion with the venue.
6 V	9 th May	Centenary Challenge	WGC 20.20 route	GCR event held according to the prevailing restrictions. Volunteering points available.
	13 th June	St Albans Half Marathon	St Albans	https://www.stalbanshalfmarathon.com/
	25 th June to 3 rd July	Welwyn 10k (virtual)	Welwyn	Virtual race details available shortly.
	4 th July	Ware 10s or virtual	Ware	Places selling fast! Either distance will count towards the Avery competition. Virtual race will also count. See http://ware10s.co.uk/ for details.
	15 th August	Lea Valley HM	Cheshunt	

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 Sean Bowen (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/

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