# Garden City Runners: News Release

16th May 2021

We Want Your Results & Photos

With running events now being scheduled and re-scheduled on a weekly basis, the News Release editors want to remind you, especially if you're new to GCR, that we're always happy to take your stories (and especially photographs) of events, challenges and races you've undertaken over the course of the week. Please submit your stories and results to results@gardencityrunners.org.uk by early Sunday evening to guarantee inclusion in that week's communique.

Garden City Centenary Results
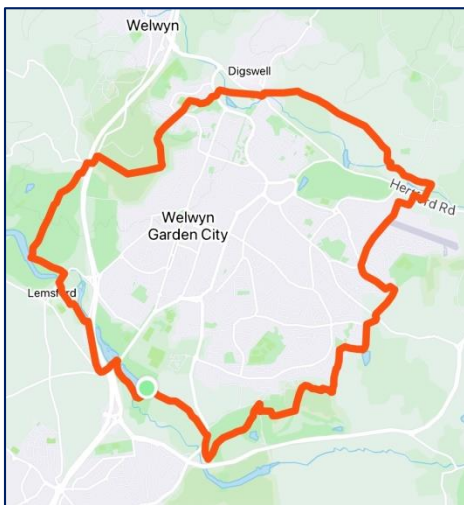
Results of last Sunday's jaunt around the 20:20 Centenary Route are now available.

Times were recorded in hours and minutes only. Some results have been updated based on Strava uploads for elapsed time but if that wasn't possible times will be in the format 1:35:00 etc.

If you want your time recorded more accurately or there's a then please mail rich.somerset@ntlworld.com with your corrections. Remember however that this was an Avery event so participation not performance counts in the results.

1	Bruce	Judge	1:21:54	34	Robert	Dilley	1:55:47
2	Chris	Jones	1:24:00	35	Stuart	Whitford	1:56:02
3	James	Huish	1:25:00	36	Rich	Sidlin	1:57:18
4	Thomas	Wackett	1:26:17	37	Steve	Grout	1:57:32
5	Robert	Casserley	1:27:36	38	Anna	Lillie	1:58:00
6	Pete	Harvey	1:27:44	39	Belinda	McGinley	1:58:00
7	Neil	Hume	1:28:00	40	Johan	Preis	1:58:03
8	Juliet	Vine	1:29:02	41	Michael	Tandy	2:02:00
9	Russell	Casey	1:30:40	42	Jo C	Grant	2:02:42
10	Paul	Guy	1:31:00	43	Michael	Grant	2:02:42
11	Simon	Bostock	1:33:31	44	Jim	Davis	2:03:00
12	Sean	Bowen	1:33:55	45	Brad	Smith	2:03:10
13	Steve	Ellerd-Elliot	1:34:56	46	Rebecca	Barden	2:03:10
14	Peter	Jasko	1:37:16	47	Barbara	Kubis-Labiak	2:04:51
15	Richard	Somerset	1:37:48	48	Peter	Sawko	2:07:00
16	Chris	Eland	1:38:42	49	Sofie	Marchant	2:07:47
17	Mark	Ashworth	1:39:51	50	Matthew	Hunt	2:09:49
18	Robert	Hughes	1:39:55	51	Robert	Saville	2:10:00
19	Steve	Edwards	1:39:58	52	Sharon	Threlfall	2:13:41
20	James	Dunmore	1:41:44	53	Rebecca	Cullers	2:13:41
21	Paul	Gatens	1:46:14	54	Yvonne	Jones	2:15:00
22	Rachel	Hickey	1:47:00	55	Jennifer	Willaims	2:18:00
23	Daniel	Pudner	1:47:09	56	Caroline	Griffin	2:25:13
24	Lee	Mansfield	1:48:00	57	Dai	Selwood	2:27:40
25	Lauren	Potter	1:50:00	58	Alida	Preis	2:28:23
26	Andy	Newbury	1:51:00	59	Kath	Evans	2:29:00
27	Krasimir	Stanoev	1:52:00	60	Emon	Martin	2:32:00
28	David	Edwards	1:53:00	61	Charlotte	Jones	2:42:13
29	John	Davis	1:53:19	62	Naz	Gezer-Clarke	2:43:00
30	Ali Riza	Eroglu	1:53:42	63	Zuzana	Ghouse	2:44:00
31	Cecilia	Darcy	1:53:56	64	Gemma	Sloan	2:44:00
32	Michael	Paine	1:55:00	65	Alison	Meaden	2:45:00
33	Chris	Loveys	1:55:15	66	Wayne	Aylott	2:57:00

Barbara K-L takes to the water and much else besides

Barbara Kubis-Labiak braved the (late) April showers on Sunday to complete the Dorney Lake Triathlon part of the Eton Sprint Weekend.

Barbara, who described the event, her 6th triathlon, as a tough challenge, but was glad she'd taken part.

The event was described as a "sprint"; 750 lake-swim followed by a 21km bike ride and finally a 5k run.

Barbara completed the swim in 25:06, the bike ride in 47:50 and the run in 27:53.

Well done, Barbara!

Beginners are Back

Good news! We can run our beginners' courses again. Our next 10 week 'couch to 5k' course starts on Tuesday 25th May and ends with a celebratory parkrun on Saturday 31st July. Do you know anyone who doesn't run but is thinking of giving it a try? If so, they can start their running journey by booking onto our course. More details about the course and how to book will shortly be posted on the GCR website at
https://www.gardencityrunners.org.uk/membership/beginner-course/

Group Runs Tuesday 18th May

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	Morrison's Car Park, petrol station end, AL7 1RY	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Campus West Car Park, AL8 6BX	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	Campus West Car Park, AL8 6BX	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			

*Please arrive in time to register with the Leader for the Risk Assessment and listen carefully to the briefing.

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.

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	5th June 2021	9.00 am	n/a
Herts Half	6th June 2021	9.00 am	Click here
St Albans Half Marathon	13th June 2021	10.00am	Click here
Welwyn 10K (virtual)	25th June-3rd 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

Please see the latest events list for the Avery League, updated by the Race Committee to include the first two Mid-Week League events. 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.

Event number	Date	Event	Venue	Status / notes
1	14th - 17th January	Virtual XC: 5 miles (free)	Members Choice	Completed
2	4th - 7th February	Virtual 5k (free)	Members Choice	Completed
3	25th - 28th February	Virtual XC: 5 miles (free)	Members Choice	Completed
4	18th - 21st March	The Hour Challenge (virtual) (free)	Members Choice	Completed
5 V	18th April	XC (free)	Crooked Chimney	Completed
6 V	9th May	Centenary Challenge (free)	WGC 20.20 route	Completed
7	24th May – 6th June	MWL – Race 1 – Mob Match (free)	Virtual 10k - Runner's own course	Look out for a suggested 10k course and opportunities to run with other GCRs – to be circulated soon. Course should have positive / zero elevation. Details of result submission and race bibs to follow.
8	13th June	St Albans Half Marathon £33	St Albans	https://www.stalbanshalfmarathon.com/
9	14th June – 27th June	MWL – Race 2 (free)	Virtual 10k - Runner's own course	Look out for a suggested 10k course and opportunities to run with other GCRs – to be circulated soon. Course should have positive / zero elevation. Details of result submission and race bibs to follow.
#	20th June	Love WGC 10k £20	WGC	Places likely to sell fast – sign up quickly! https://activetrainingworld.co.uk/event/lwgc-10k-20th-june-2021/
#	25th June – 3rd 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 https://www.welwyn10k.org.uk/
#	4th 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 http://ware10s.co.uk/ for details
#	8th August	St Albans 10k (£20)	St Albans (Highfield Pk)	ATW - https://activetrainingworld.co.uk/event/st-albans-summer-10k-8th-august-2021/
#	15th August	Lea Valley HM (£27)	Cheshunt	Rescheduled from March to August http://runfestleevalley.co.uk/
#	22nd August	WGC HM (£27)	WGC	ATW - https://activetrainingworld.co.uk/event/welwyn-half-marathon-sunday-22nd-august-2021/

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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