



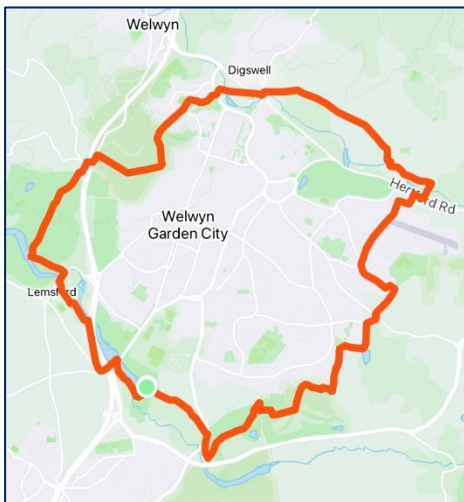
## Garden City Runners: News Release

**9th May 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](mailto:results@gardencityrunners.org.uk)*

### **Garden City runners take on the WGC Centenary route**

Sunday saw Garden City Runners complete the 20k Centenary route around Welwyn Garden City, on a beautiful sunny day which saw temperatures of up 20C degrees. Many found the



heat arduous but nevertheless pressed on with vigor and enthusiasm, cheered on by our amazing volunteers and marshals.

Big thank you to **Richard Somerset** and **Peter Harvey** for organising, **Sue Fletcher** for timekeeping, and of course all the marshals and volunteers (**Melanie King, Rachael Everard, James Benfold, Jess Miller, Jane Molloy and Sam Plummer**) for making it such a successful outing for everyone!

***Results to be added soon!***



## **Helen bests the Ely tri club duathlon**

Whilst most GCRs were running the centenary route, **Helen Harrison** was running and cycling in the Cambridgeshire Fens.



Helen writes: "The Ely tri club duathlon consisted of a 5k run, 25k cycle and 5k run. I completed the event in 2:06:42, much faster than my 2:25 estimate. It was lovely to be back racing with real humans although getting up at 4.30am for the 8am start was a bit harsh!"

Well done, Helen!

## **Jane Molloy completes the Wings for Life World Run challenge**

Jane writes: "After a lovely morning seeing all the GCRs out of the blocks on the Centenary Challenge, I went off for my own challenge – the Wings for Life World Run. Taking part alongside 184,000 others in more than 100 different countries, we all set off at 12 noon BST. The App provides encouraging messages each kilometer.

Then, 30 minutes later the virtual catcher car revs up to chase you down! Everyone's race is over when the car overtakes you. It starts at a gentle 5k per hour, gradually increasing its speed over the next 3 hours to reach a top speed of 26kph. So fast runners can get a very long way - slow runners like me, not so much. I was overtaken at 8.43k, a bit less than I managed last year. The male winner this year was Aron Anderson, a wheelchair athlete from Sweden, who completed 66.8k. The female winner was Nina Zarina, a Russian based in the USA – she ran 61.1k to win for the third successive time. As a result of generous sponsorship, particularly from Red Bull, every penny raised goes towards spinal cord research, and this year participants raised 4.1 million euros. I'm hoping it'll be back to a 'real' event in Cambridge again next year, being chased by a real car."

Well done, Jane!

## **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 11th May**

<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	Digswell Viaduct. Park opposite Digswell Tennis Club, free parking. (Do not park in the tennis club.)	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	Gosling Sports Park car park, AL8 6XE	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	Gosling Sports Park car park, AL8 6XE	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.

## **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](mailto: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.

## **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](mailto: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](mailto:results@gardencityrunners.org.uk) about any others that might be of interest to members.

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
Fly 5K: self-timed 5K	Every Saturday	8am-12pm	Submit your result <a href="#">here</a>
First parkrun	5 <sup>th</sup> June 2021	9.00 am	n/a
Herts Half	6 <sup>th</sup> June 2021	9.00 am	<a href="#">Click here</a>
St Albans Half Marathon	13 <sup>th</sup> June 2021	10.00am	<a href="#">Click here</a>
Welwyn 10K (virtual)	25 <sup>th</sup> June-3 <sup>rd</sup> July 2021	Runner's choice	<a href="#">Click here</a>

### **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](mailto: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**

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

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