



## **Garden City Runners 04 July 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)*

### **GCR's innovative week-long Welwyn 10K format a massive success**

**With thanks to the many volunteers who helped behind the scenes, without whom the event would not have happened - with particular thanks to the core organising team of Craig Stephenson, Sue Fletcher, Sharon Threlfall, Jane Molloy and Louise Smith.**

Taking part in so-called virtual events while improvising and adapting normal training schedules has become imbued into Garden City Runners since lockdown began. Scenarios where they would be competing solo against their own times, or simply running socially with friends, has necessarily replaced the adrenalin rush of taking part in massed organised events.

Seven years ago GCR established the Welwyn 10K to coincide with Welwyn Festival Week. This grew exponentially until 2020, when Covid forced it to be cancelled.

"After that disappointment we were determined the race would go ahead this year—but in a different format," explained race organiser, Louise Smith. "The race team worked hard to ensure this would happen. Since it was unprecedented, it required a lot of innovation, while still needing to conform to council requirements."

Hence for this year only, runners were invited to complete the course—starting as usual from Singlers Marsh—anytime between 6am and 8pm during the Festival week (June 25-July 3). "The reaction from runners was wholly positive," continued Smith. "Some were delighted to be able to run it quietly with a few friends, whilst others relished the opportunity of being able to run early or late in the day and take advantage of the long June days. In fact a number of PBs were recorded."

The event attracted well over 200 local runners, many of whom commented on how well the course had been signposted. The circular route itself took runners out of Singlers Marsh, through Welwyn village, up the notorious 1-in-9 gradient of Whitehill and out through the countryside around Ayot and Codicote, throwing in a second challenging hill before the end.

All runners received a unique 2021 high visibility T shirt in advance, which they were encouraged to wear, and could pose in a special 'Selfie Frame' at the finish. Results were logged and a leader board constantly updated during Welwyn Festival week.

Proceeds were again donated to the Welwyn Festival charities, with the event sponsored by HRJ Foreman Laws, Netherdown and Tarmac.

Topping the leader board for the men was NEIL HUME (37:55) and for the women KATIE TAMBLIN (45:24).

Summing up, Louise Smith said that the revised format had highlighted unanticipated benefits. "For example some of our newer runners said they would have found it too intimidating to enter an event like this in its conventional form, and that this presented them with a more relaxed setting. Also we were delighted with the favourable comments on social media, thanking us for staging such a professional event under extraordinary circumstances.

"However, there is no substitute for the excitement of a massed field setting off at the start of a race, and so we look forward to normal service being resumed next year."

Selected images from the selfie stand overleaf and full results available here - <https://race-nation.co.uk/register/welwyn-10k/welwyn-10k-2021/leaderboard>

If you took part in the Welwyn 10K and have yet to collect your t-shirt please contact [louise.smith0@icloud.com](mailto:louise.smith0@icloud.com) with your preferred size.

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## **GCRs bring it home at Ware 10s**

Not ones to be deterred or distracted by any football-related hangovers, GCR turned out en masse at Sunday's Ware Festival of Running (Ware 10s) event, in what was a first proper running event in a long time for many. With cooler and overcast conditions, and an incredibly well marshaled course, it was a great event- despite the hills – with many commenting on how great it was to be back running at an event and in a club vest.

Fredi Giliberti sent in this report – "I can finally contribute to the newsletter!! I completed the 10K today in 49:08 and am so happy with my time. I even broke my 5K PB en-route! The weather was overcast and cool – perfect race conditions – even with the slippery tarmac sections. This was the first race I took part in since Jan 2020, outside of club events. I am so looking forward to future races with lockdowns possibly lifting and parkruns resuming soon – fingers crossed!"



*Some of the GCRs running at Ware 10s*

Congratulations in particular to the award-winning GCRs:

Bruce Judge, 2<sup>nd</sup> overall finisher and 1<sup>st</sup> Mv50 (10 miles)

Peter Harvey, upgraded to 1<sup>st</sup> MV50 (10 miles)

Neil Hume, 1<sup>st</sup> MV40 (10 miles)

Bruce Judge, Neil Hume, Daniel Pudner, 1<sup>st</sup> Mens Team (10 miles)

Helen Stafford: 2<sup>nd</sup> FV35 (10K)

Carol Reid: 2<sup>nd</sup> in her age category

More photos and GCR results overleaf , full results available at [racesonline.uk](http://racesonline.uk)

**10K results**

16.	134	Lee MANSFIELD	MV50	3	14	Garden City Runners
28.	38	Helen STAFFORD	FV35	1	5	Garden City Runners
30.	105	Fredi GILIBERTI	MV40	8	24	Garden City Runners
56.	44	Emon MARTIN	MV50	10	41	Garden City Runners
84.	176	Richard DARLEY	MV50	16	58	Garden City Runners
92.	32	Caroline GRIFFIN	FV45	6	29	Garden City Runners
93.	30	Sharon THRELFALL	FV45	7	30	Garden City Runners
107.	185	Shena LANCASTER	FV65	3	39	Garden City Runners
108.	125	Carol REID	FV55	2	40	Garden City Runners
167.	142	Wayne AYLOTT	MV50	27	86	Garden City Runners
183.	102	Jane MOLLOY	FV65	4	95	Garden City Runners

**10 mile results**

2.	693	Bruce JUDGE	MV50	1	2	Garden City Runners
5.	688	Neil HUME	MV40	1	5	Garden City Runners
7.	606	Daniel PUDNER	MS	5	7	Garden City Runners
8.	692	Chris JONES	MV40	2	8	Garden City Runners
9.	686	Peter HARVEY	MV50	2	9	Garden City Runners
10.	730	Herbie HOPKINS	MV40	3	10	Garden City Runners
12.	690	Robert CASSERLEY	MV40	5	12	Garden City Runners

13.	691	Paul GUY	MV40	6	13	Garden City Runners
19.	629	Steve ELLERD-ELLIOTT	MV40	7	19	Garden City Runners
24.	694	Adam WADLEY	MV40	9	24	Garden City Runners
46.	627	Mark ASHWORTH	MS	20	44	Garden City Runners
50.	786	Hannah FRANK	FS	2	4	Garden City Runners
70.	738	Rebecca BARDEN	FV45	2	10	Garden City Runners
71.	737	Andrew NEWBURY	MV60	4	61	Garden City Runners
75.	741	Robert DILLEY	MV40	15	63	Garden City Runners
91.	601	Richard SOMERSET	MV50	19	76	Garden City Runners
117.	743	Brad SMITH	MV40	20	90	Garden City Runners
120.	584	Thomas PARMLEY	MS	41	92	Garden City Runners
153.	621	Maggie WRIGHT	FV55	5	45	Garden City Runners
173.	776	Louise SMITH	FV55	8	59	Garden City Runners
188.	749	Melanie KING	FV55	9	66	Garden City Runners
207.	626	Rachael EVERARD	FS	19	79	Garden City Runners
217.	773	Robert CARTWRIGHT	MV60	11	135	Garden City Runners
231.	579	Charlotte JONES	FV35	34	93	Garden City Runners
218.	628	Kath EVANS	FV45	22	83	Garden City Runners



## **Nuclear races**

On Saturday Becca Hayden and husband Alex took part in the Nuclear Races Muddy Obstacle Race at Brentwood, Essex.

Becca sent this report:

"Alex signed me up along with him as a surprise – maybe as a payback for the gift of a half marathon race I got him for our first wedding anniversary!

There was much more mud than I have ever experienced and at times we felt just like big kids! It was hilarious! There were over 90 obstacles on the course and some were a lot trickier than others. I overcame my fear of heights and tunnels to do a few of them! It was such a fun day out and a lovely atmosphere – definitely recommended!



## **Dave Heal runs 83rd marathon**

Dave Heal continues his journey to the 100 marathon club with his 83rd event this weekend, running the Hercules 2 night run at Redricks Lake, Sawbridgeworth. Dave ran 5hrs 28 mins and 59 seconds.

The course consisted of 8 laps of a mixed trail circuit through woodland and along the riverside tow path. Dave reports it was a test in more ways than one with very high humidity and an event that didn't start until 3pm.



## Tuesday club runs

Here are the locations for this Tuesday's group runs.

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Welwyn AL6 9RQ Park on Grange Hill just before the post box and meet o/s the last house at top of Grange Hill LHS (39 Carleton Rise)	5 - 5:30	11 - 12	8 - 8:30	7
10k		5:40 - 6	10	9 - 9:30	6
9/10k	Stanborough Green, Lemsford Lane/ Stanborough School end AL8 6YR, (on street parking ok after 6pm)	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Panshanger Golf Complex car park, AL7 2ED	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			

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**

Here is the latest events list for the Avery League, updated by the Race Committee to include the first two Mid Week League events (which are virtual), along with the Avery rules which have been updated to reflect changes to racing this year. 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
#	20 <sup>th</sup> June	Love WGC 10k £20	WGC	Cancelled – entrants moved to Herts Fast 10K

#	25 <sup>th</sup> June – 3 <sup>rd</sup> July	Welwyn 10k (virtual) £10	Welwyn	Completed
#	4 <sup>th</sup> 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 <a href="http://ware10s.co.uk/">http://ware10s.co.uk/</a> for details
#	8 <sup>th</sup> August	St Albans 10k (£20)	St Albans (Highfield Pk)	ATW - <a href="https://activetrainingworld.co.uk/event/st-albans-summer-10k-8th-august-2021/">https://activetrainingworld.co.uk/event/st-albans-summer-10k-8th-august-2021/</a>
#	15 <sup>th</sup> August	Lea Valley HM (£27)	Cheshunt	Rescheduled from March to August <a href="http://runfestlevalley.co.uk/">http://runfestlevalley.co.uk/</a>
#	22 <sup>nd</sup> August	WGC HM (£27)	WGC	ATW - <a href="https://activetrainingworld.co.uk/event/welwyn-half-marathon-sunday-22nd-august-2021/">https://activetrainingworld.co.uk/event/welwyn-half-marathon-sunday-22nd-august-2021/</a>

### **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

### **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>
Fairlands Valley Challenge Half, 18 miles, Full or ultra distance trail runs	18 <sup>th</sup> July	8.00-10.00 (no mass start)	Fvchallenge.org.uk
Herts Fast 10K & 5K	18 <sup>th</sup> July	9.00-2.00	ATW

### **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](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

## **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/)