



Garden City Runners: News Release 6th June 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 Runners Tackle the heat and hills at the Knebworth Half Marathon and 10k

Lots of GCRs along with just over 1090 other runners travelled over to Knebworth House to take part in the Herts Half half marathon, on a slightly less sunny but still as humid day.

The undulating course took the runners through country lanes which were completely closed off to traffic for the event.

Chris Jones was first over the line for GCR in 13th place and overall 1st MV45 in a time of 79:32.

Jack Tann was 38th in a time of 86:33.

Peter Harvey was 40th and 2nd MV50 in a time of 86:42

Chris Eland completed the course in 93mins.

James Dunmore ran in a time of 1:37:54.

Mattie Labiak ran in a time of 1h 38.26.

Steve Edwards ran a half marathon PB in 1:38:42.

Richard Robinson ran in a time of 1:42:28.

Nick Sawyer ran in a time of 1:43:00.

Stuart Mann was the first MV70 and MV75 in a time of 1:46:34.

Paul Gatens ran in a time of 1:47:38.

Sofie Marchant finished in 1:58:06.

Robert Saville finished in 2:00:52.

Thomas Parmley finished in 2:02:03.

Matthew Hunt finished in 2:02:37.

Barbara Kubis-Labiak finished in 2:05:38.

Ann Hayden finished in 2:09:34.

Louise Smith finished in 2:17:33.

Kath Evans finished 2:37:09.

Michael Scutt also ran in the 10k in a time of 57:37.

Each finisher received a customised medal and T-shirt and all were very impressed by the organisation of the event. Comments included *'It's great to be at an event again;'* *'tough hills and muggy from 9am'* and *'It was lovely to see so many GCRS running as well as marshalling en route'.*





Heal runs 79th Marathon on 5th June 2021

On Saturday **David Heal** traveled to Walton on Thames to run his 79th marathon at the Phoenix God of Thunder event.

He completed the trail event in 5:34:22, which consisted of 8 laps of 3.28 miles. The route went eastbound from the Weir pub towards the direction of Hampton Court Bridge along the River Thames.

Heal comments *'It was a hot day to run a marathon, but I was not put off by the challenge -I got to six laps and the heat did start to take its toll on me. I had two ice lollies given to me during the marathon by race director Rik Vercoe which did help to cool things off. It was a test to stay hydrated, focused and determined to get to that finish line.'*



Future event: London Vitality 10000

New event for your diaries at Hatfield Park on Sunday 11th July 2021



Vitality London 10,000 at Hatfield Park
Sunday 11 July 2021



Enter the Vitality London 10,000 at Hatfield Park today!

After the success of our Reunion 5K event at Kempton Park in Surrey, we're feeling really excited about the return of mass participation running events – and hope you are too.

Group Runs Tuesday 8 June - 6.30pm

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Digswell Via-duct. 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 (be aware the end of the run crosses under a bridge and you might get wet feet!)	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.

MWL 2021

Don't forget to submit your result for the first MWL race before 23:50 on 6th June using this link:

https://docs.google.com/forms/d/e/1FAIpQLSeYrnq3r-R4x6LGhnJgyO-DHVUKso1JQM7h_17dxvLz84g_nQ/viewform

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
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

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)	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 th April	XC (free)	Crooked Chimney	Completed
6 V	9 th May	Centenary Challenge (free)	WGC 20.20 route	Completed
7	24 th May – 6 th 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	13 th June	St Albans Half Marathon £33	St Albans	https://www.stalbanshalfmarathon.com/

9	14 th June – 27 th 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.
#	20 th June	Love WGC 10k £20	WGC	Places likely to sell fast – sign up quickly! https://activetraining-world.co.uk/event/lwgc-10k-20th-june-2021/
#	25 th June – 3 rd 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/
#	4 th 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
#	8 th August	St Albans 10k (£20)	St Albans (Highfield Pk)	ATW - https://activetrainingworld.co.uk/event/st-albans-summer-10k-8th-august-2021/
#	15 th August	Lea Valley HM (£27)	Cheshunt	Rescheduled from March to August http://runfestleevalley.co.uk/
#	22 nd 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/

ENDS