



Garden City Runners: News Release

11th July 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.

Race to the Stones 100K ultra

GCRs **Behzaad Ghouse** and **Sian Mitchell** both took on this weekend's Race to the Stones, a 100K race along the ancient Ridgeway, finishing at Avebury Stone Circle. Runners can complete the distance non-stop or with an overnight stop. Sian, an ultra veteran, who took her place only two weeks' ago, completed the non-stop race in 14:35:15. Behzaad, whose first ultra this was, and also opted for the all-day option, crossed the finish line in 18:20:30.

Behzaad (*pictured right*) sent this report:

"My first 100k ultra. Wow, what an event! The route, the participants, the camaraderie and the support from the crew and spectators!

"I was tested on all levels physical and mental and, one thing's for sure, I learned a lot about myself. It was all going according to plan till the 40th mile or so and then the body and mind gave up - the last 20 odd miles were agony. But DNF (did not finish) was not an option and so I ended up walking. It was tough but equally fun!"



Centurion Wendover Woods 50km night trail run

Becca Hayden was also in action on Saturday 10th, but taking on an overnight challenge at the Wendover Woods Night 50km. The race started at 10:30pm from Aston Hill and finished in the early hours of Sunday morning.

The route consisted of three times a 10 mile loop of forest trails, with a total elevation gain of 6200ft. Becca reports that it was a testing course: "the hills in some places were more of a scramble up on your hands and knees. Running in the woods at night is a completely different ball game but I thoroughly enjoyed it.



"I fell over at mile 23, tripping up on stumps and lost my confidence a bit after that, but with lots of mental talk I managed to get to the finish line in a time of 6 hours 10 mins coming in as third lady. The event staff and other runners were so friendly and caring, we all had to wear trackers so that we could be tracked at all times for our safety."

Congratulations Becca (*pictured left with her medal*) on an epic test of endurance!

Heal's 100 Club journey continues ...

GCR's ultra-running ace was in action again this weekend. Dave Heal ran his 84th Marathon smiling all the way around the Saxon-Vikings & Normans SVN Smileathon event at Gravesend Cyclo-park. Dave completed the course, which followed a multi terrain circuit of eight laps of 3.28 miles on country paths and roads outside the cyclo-park in a time of 5:28:58. He comments: "The circuit was testing, with many hilly sections and with 1332ft of ascent, and humidity was high once



again. The atmosphere was excellent, with runners supporting each other - many decided to drop down to shorter distances as it got very hot and sticky out there!"

Vitality 10k and Vitality Mile at Hatfield House

Several GCRs took part in the Vitality 10K and Vitality Mile, rescheduled from May and its usual central London location. Timing snafus mean we can't bring you the full results this week, but

Carol Reid has let us know that she ran the 10K race in 58:57.

Aylsham 5K



GCR's Helen Harrison (*pictured left, with her medal*) travelled east to run a 5k race on Friday night at Aylsham, near Norwich, and managed a PB of 25:53. Helen tells us that "it was a lovely course with a great atmosphere, starting and finishing in the market square."

Peter and Steve STOOP to Conquer

There was no Avery race to run on Saturday 10th, so for a change, **Steve Ellerd-Elliott** and **Peter Jasko** decided to take on the Stevenage Outer Orbital Path (STOOP), which is a 44km loop around the outskirts of Stevenage, created around 2007.

Peter sent this report: "We started at Old Knebworth and ran through St Pauls Walden, St Ippolyts, Gravelly, Weston, Walkern, Datchworth, Woolmer Green and back to Old Knebworth. We stopped for a drink and 30 minutes rest at The White Lion in Walkern.

"The ground was fairly firm in most places, with a few patches of slippy mud or water. Peter made it round fine with road shoes, but Steve's light trail shoes were best. STOOP is not well maintained with several sections being quite overgrown, with long grass (causing hay fever rashes) and in a few patches you had to feel for the ground. Nettles were constantly reminding us that we hadn't lost feeling in our legs.

"There are signs along the route; an acorn in the shape of a foot is the emblem; but not enough to safely guide one round. Furthermore, we found there are STOOP Link route signs for a different route, but unfortunately only after we had gone quite astray! This plus to and from

the car and pub nudged our total distance up to 48.50km, for both of us longest runs ever. Our legs survived, which we are thankful for, given we have four races this coming week!



“The nicest sections were through the Lytton Estate near Knebworth House, along the Beane valley and around Datchworth and Woolmer Green. The rest is a bit samey through fields. For interest, we definitely prefer the WGC Centenary 20.20 and Hitchin Outer Orbital Path (HOOP).”

Above: Steve and Peter pause to take in some STOOOP scenery

Congratulations Lizzie Bird

Lizzie Bird, daughter of long-standing former GCRs Virginia and Patrick Bird, ran an amazing 9:22:80 to set a new British record in the Women’s 3000m steeplechase. Congratulations Lizzie and proud parents!

Group Runs Tuesday 13th July - 6.30pm

Here are this Tuesday's start locations.

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
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	Moneyhole Playing Fields car park, AL7 2PY	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	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			

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.

MWL 2021

A reminder to complete your MWL 4 10K by 3:59 on 18th July and submit your individual time using the link below. 'Rules' are as per the previous races with at least a zero elevation over a distance of 10k.

<https://forms.gle/hN3qgsyFZHypBKVh9>

We will wait to see the outcome of the next government announcement and the subsequent MWRRRL committee meeting, and keep our fingers crossed that actual racing might return soon.

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

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	Completed
8	13 th June	St Albans Half Marathon £33	St Albans	Completed
9	14 th June – 27 th June	MWL – Race 2 (free)	Virtual 10k - Runner's own course	Completed
#	20 th June	Love WGC 10k £20	WGC	cancelled
#	25 th June – 3 rd July	Welwyn 10k (virtual) £10	Welwyn	Completed
#	4 th July	Ware 10 miles £18 OR 10k £16 (virtual option £8)	Ware	Completed

	18 th July	Herts Fast 10K		Click here
#	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/

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