



## **Garden City Runners: News Release 13th 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](mailto:results@gardencityrunners.org.uk) by early Sunday evening to guarantee inclusion in that week's communique.

### **Garden City Runners run the St Albans Half**

Following last week's Knebworth Half, GCRs took part on the St Albans half marathon – on one of the hottest days this year. Well done all!

**James Dunmore** writes: 'A scorching hot St Alban's half. Finished in 1:36.52ish, I was pacing for a 1:33 but got zapped by the heat at 15k, recovered by 18k but too late to bring the time back in. Yet again great to see some many friendly GCR faces!'

**Steve Edwards** achieved a time of 1:38:58 following up from his 1:38:40 last week at Knebworth – two sub 1:40 half's on consecutive Sundays!

**Richard Robinson**, who finished in 1:42:30, commented: 'Two hot halves in two weeks both within 2 seconds of each other. Very hot and challenging route, but a great race and good to have some spectators cheering the runners in for the last mile or so'.

Well done to **Rebecca Cullers** for her half marathon debut, with 2:13:25!



GCR runners taking part in St Albans Half			
Rob LAWRENCE	01:17:52	Joseph PRICE	01:44:05
Juliet VINE	01:25:47	Lee MANSFIELD	01:47:23
Daniel PUDNER	01:25:53	Anna LILLIE	01:56:31
Russell CASEY	01:29:54	John APLING	02:03:27
Peter HARVEY	01:33:02	Thomas PARMLEY	02:05:09
Dean HARRIS	01:34:00	Rebecca CULLERS	02:13:25
Steve ELLERD-ELLIOTT	01:35:16	Sharon THRELFALL	02:13:25
James DUNMORE	01:36:52	Richard DARLEY	02:15:51
Peter JASKO	01:38:10	David SELWOOD	02:17:59
Steve EDWARDS	01:38:58	Kath EVANS	02:35:00
Mark ASHWORTH	01:42:28	Wayne AYLOTT	02:43:57
Richard ROBINSON	01:42:30	Charlotte JONES	02:57:19

### **Dave Heal runs 80th Marathon in blistering 29C heat**

Dave writes: 'I got to important milestone 80th Marathon today in my journey to 100 marathon club GB UK - I ran Phoenix running Remembrance run 2020 that was postponed in 2020 due to Covid 19 lockdown 3 restrictions. I ran 8x 3.28 mile laps beside the river Thames from the Weir pub Walton on Thames eastbound towards Hampton court bridge, which fortunately was partially shaded with canopy of trees, but alas it was blistering hot and wasn't ideal to run a marathon! Alas I suffered the heat discomfort ate the ice lollies given to me on each lap!! Ha! Ha! It was all about getting around safely today without heat exhaustion - I was pleased



with my time of 5 hrs 52mins 40 secs as I survived for another week of marathons and was awarded the 1kg Remembrance marathon which is 1" thick solid bling-got a bit of neck ache now'. Well done, Dave!

### **Stuart takes on the Dorset Marathon**

Stuart Whitford completed the Dorset Marathon today, in 5hrs 20 – great result, especially considering the temperatures today – well done, Stuart!

### **MWL – Race 1 – Mob Match**

Helen Paine writes: 'Congratulations GCR! Following virtual race 1, we sit top of the table in Division 2 in all categories. Thanks to a fantastic 103 results submitted over the 2 week period. Thanks to Tim for his help with collating and submitting the results'. **[Link to Results](#)**

The next virtual racing window is from Monday 14th June through to Sunday 27th June. Once again, your 10k run must have at least a zero elevation. Remember, you can submit results from other races you take part in during this time period, such as the Love Welwyn Garden City 10k or Virtual Welwyn 10k, or it could be a solo run or group training run. Just make sure you use the submission form - [click here to open the form](#).

As before, enter your time in HH:MM:SS. For this race you will also need to enter your club name - there's a drop-down list, so just select "Garden City Runners". This time there's also a drop-down list for age category. The deadline for results submission is 23:59 on Sunday 27th June.

If you didn't enter race 1, don't worry as you can still take part in race 2 following the instructions above.

Good luck everyone, and we look forward to seeing as many participants, if not more. Let's see if we can set a new record!

## **Group Runs Tuesday 15th June - 6.30pm**

<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	Campus West Car Park, AL8 6BX	5 - 5:30	11 - 12	8 - 8:30	7
10k		5:40 - 6	10	9 - 9:30	6
9/10k	Digswell Viaduct. Park opposite Digswell Tennis Club, free parking. (Do not park in the tennis club.)	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Moneyhole Playing Fields car park, AL7 2PY	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	King George V Playing Fields car park, AL7 4BP	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.

### **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>
Welwyn 10K (virtual)	25 <sup>th</sup> June-3 <sup>rd</sup> July 2021	Runner's choice	<a href="#">Click here</a>

### **Avery League 2021 - Update**

Please see the updated Avery Events List and Rules And Format documents below. The Race Committee are continuing to meet regularly to update the events list and discuss issues arising from having a mix of virtual and physical events in this year's Avery competition. We've updated the Rules And Format document to include guidance around tiebreaks where one event might double up for 2 Avery points (eg Love Welyn 10k could also be used for Race 2 of the MWRRL). The committee have agreed that a GCR can receive two or more Avery points if the events fall within the same time period, but the number of unique events run will be taken into

consideration as the first part of the tiebreaker. Full details are in the updated document below.

We'd also like to reassure everyone that we will be adding more free events as they're confirmed, trying to keep a good balance between free and paid-for events, and including a range of distances. The remaining MWRRL events, parkrun (once the start date is known) and the Sunday XC races in the autumn / winter will all be included once we have more details. We're also interested to hear if anyone would like GCR to hold more virtual events for club members this year, as externally organised events move to a physical format - please email Sarah at halliday.sarah@gmail.com if you'd like further virtual events.

And finally, we'll be holding a review of the Avery competition in the autumn, as promised when we changed the format back in 2018. Please look out for a survey that we'll be sending out in September - your responses will help us compile the 2022 event list.

Happy running!

The Race Committee

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	See club emails for entry and result reporting information. Course should have positive / zero elevation.
#	20 <sup>th</sup> June	Love WGC 10k £20	WGC	Places likely to sell fast – sign up quickly! <a href="https://activetrainingworld.co.uk/">https://activetrainingworld.co.uk/</a>

				<a href="https://www.welwyn10k.org.uk/event/lwgc-10k-20th-june-2021/">event/lwgc-10k-20th-june-2021/</a>
#	25 <sup>th</sup> June – 3 <sup>rd</sup> 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 <a href="https://www.welwyn10k.org.uk/">https://www.welwyn10k.org.uk/</a>
#	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://runfestleeevalley.co.uk/">http://runfestleeevalley.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>
#	19 <sup>th</sup> September	Stevenage 10k (£17 for ARC affiliated clubs)	Stevenage	<a href="https://stevenagestridersrc.org.uk/stevenage-10k">https://stevenagestridersrc.org.uk/stevenage-10k</a>

## **Avery Competition 2021 - format and rules**

### **GCR Race Committee, updated March 2021; updated June 2021**

The Race Committee is taking a flexible approach to the Avery format for 2021 due to the ongoing Coronavirus pandemic, whilst aiming to follow the established format as closely as possible. The competition principles will be subject to amendment due to availability of events but will remain, as far as possible, that:

- We will aim for 26 scoring races (depending on availability of suitable events) – members can run as many or as few races as they choose, with points awarded for participation (or volunteering where this is an option – see below)
- A range of low/no cost races will be included
- MWRR and Sunday XC races will be included if the events are running
- Participation is encouraged over performance
- There will be an option to gain Avery points for volunteering / marshalling at specified races where the volunteer role precludes a point being gained from running
- A wide range of distances is included

Scoring is designed to encourage participation:

- For each race run / volunteered at, a GCR member will score one point (highest total possible if all races are participated in = 26, or the total number of scoring races included in the competition)
- Participants will be ranked according to these points
- Where there is a tie for the highest number of points it will be decided according to the race ranking criteria in Appendix B
- This year there will be more prizes available for participants to keep – large trophies for 1<sup>st</sup> to 3<sup>rd</sup> place, small trophies for 4<sup>th</sup> to 6<sup>th</sup> place, medals for everyone in the top 10.

Due to the current situation it is impossible to produce a final list of races for the whole year at this stage. The Race Committee will meet monthly to decide on events to include within the Avery events list. Avery scoring races for 2021, with details of the races where Volunteer points are available, will be updated at least monthly by the Race Committee in response to current and forecast restrictions, loaded onto the GCR website and Facebook page, and circulated to members via email and the newsletter.

The 2021 competition will by necessity include a number of virtual and physical GCR club events – details of these, including the method of notifying the results, will be circulated by the race director in advance of the event. The Race Committee will endeavour to give as much notice as possible of externally organised events to allow members to sign up, as it is anticipated that many events will be in high demand.

1 point will be awarded per race (even if the volunteer role allows running). Volunteering includes support roles at the discretion of the Race Committee. For GCR hosted races, the Race Director will forward details of GCR volunteers to the Avery Results Co-Ordinator.

### **Appendix A - Amendments**

Due to the ongoing Coronavirus, ad hoc additions and amendments to the Avery Competition rules will be listed here and circulated via the channels detailed above.

#### **Amendment 1 (17/01/21):**

For a virtual GCR hosted Avery event, as long as the law requires people to remain in isolation when contacted, the following extension applies:

- if you are required to self-isolate, you can request an extension of the deadline for completing your run by notifying Richard Somerset (rich.somerset@ntlworld.com) before the end of the original event period
- the race is run within 1 week of the end of the isolation period
- individual results must be sent to Richard Somerset (email above) as soon as you have completed the event

#### **Amendment 2 (10/06/21):**

The number of Avery Points determines the order of finishing. If people have the same amount of points then the initial tiebreaker is decided by who has done the most unique races, given an Avery point can apply to more than one race (eg the Love Welwyn 10k can also be submitted as a virtual MWRRL event).

### **Appendix B – Tiebreaker information**

If there is still a tie after Amendment 2 is taken into account, then participation in certain events would be ranked over others, for example the mid-week leagues would have 'increased value'. For example:

Person A has 15 points in total from running 15 events, which includes the Welwyn 10k

Person B has 15 points in total from running 15 events, which includes some MWRRLs but not the Welwyn 10k.

**Winner: Person A**

## **Tiebreaker ranking for Avery Competition, amended for 2021:**

Participation favoured as per the list of the following events providing, they appear on the Avery List, with GCR events first:

1. Total of **open GCR events** such as the Welwyn 10k, Festive 5, 5k Series, etc...
2. Total of **open MWRRL** events
3. Total of **open XC League** events
4. Total of **open events** such as the St Albans 10k, ATW Hatfield 5
5. Total of **closed GCR MWRRL** League events
6. Total of **closed GCR XC League** events
7. Total of **other closed GCR events longer than 5k** such as the Centenary Route, Welwyn 10k, self navigation challenges, etc...
8. Total of **open parkruns**
9. Total of **other closed GCR events 5k or less** such as the Panshanger 5k or parkrun

**Note:** The Race Committee reserve the right to amend the tiebreaker ranking dependent on events included within the Avery. Application of the tiebreaker and awarding of prizes will be at the discretion of the Race Committee.

## **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.

## **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 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/)

**ENDS**