



Garden City Runners: News Release 20th 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.

MARATHONS & BEYOND

Lea Valley 50km Ultramarathon

Three GCR members, JAMES HUIISH, KATH EVANS and TOM WACKETT set off to tackle the Lea Valley 50km ultramarathon on Saturday morning. Described by James as (probably) the "easiest" ultramarathon to do, by which we presume he meant it's starting point rather than the distance, the event being a point to point from Gosling Sports Park to Hackney in Big London Town. The run also had an overall net loss of elevation (so no doubling up for the MWL #2 race in that case!)

It was a test of endurance for James who'd never run beyond 32km before but by maintaining a steady pace throughout he ensured he finished the distance in 4-hours 2-minutes and a 24th place overall, while *ultramarathon-supremo* Kath crossed the line in 6-hours 51-minutes.

Coming back from a recent illness, Tom completed 38km before bowing out with a very respectable time of 3-hours and 5 minutes.

An early opportunity for a cool down presented itself with a knee-deep navigation of the Cole Green Way underpass.



HUIISH & WACKETT get ready for the off. We predict wet feet in about 20 minutes!

Barbara's "Race to the King"

On Sunday BARBARA KUBIS-LABIAK completed her 6th ultra-race when, for a second time, she completed the iconic "Race to the King" event, an ultra of 86km (53.5 miles) along the South Downs. Barbara, who arrived on the doorstep of Winchester Cathedral in a chip time of 13:39:05, says it was "really nice being able to run along the South Downs chalk paths and its beautiful trails".



Barbara poses at a jaunty angle

No Rest for David Heal

Not content with completing his 81st marathon on Saturday at the Denbie's Wine Estate near Dorking, DAVID HEAL managed to stay off the chardonnay long enough to squeeze in his 112th half marathon on Sunday morning.

David completed Saturday's marathon, which consisted of multiple loops of a one mile or so circuit of undulating grass and mud in 5:35:24.

On Sunday Dave ventured to Horseheath Racecourse near Cambridge for a half marathon organized by Zig Zag Running Events on a great picturesque hilly trail circuit which was a mixture of rough stony paths and grass around outskirts of the racecourse. Dave completed 4 laps of 3.28 miles in 2:45:06 and was presented with a medal and large slice of Red Velvet cake.



Dave looking super cool!

MWL – Race 2

Members are reminded that they have until Sunday 27th June to complete and submit their times for the second Mid-Week League virtual race. Once again, your 10k run must have at least a zero elevation.

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 22nd June - 6.30pm

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	South Side of Stanborough Lakes. Walk/cycle or park at Stanborough Green if you want to avoid the pay and display car park at the lakes.	5 - 5:30	11 - 12	8 - 8:30	7
10k		5:40 - 6	10	9 - 9:30	6
9/10k	Campus West Car Park AL8 8BX	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Morrison's Car Park, near the petrol station AL7 1RY	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			

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 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
Welwyn 10K (virtual)	25 th June-3 rd July 2021	Runner's choice	Click here

Avery League 2021

With eight races now completed, and Event #9 underway, it's still all to play for in this year's Avery League. While there are now only two ladies, CHARLOTTE JONES and KATH EVANS, who have completed all events so far, the field is tighter in the men's competition with LEE MANSFIELD, MARK ASHWORTH, PETER HARVEY, PETER JASKO, STEVE EDWARDS, STEVE ELLERDELLIOTT and WAYNE AYLOTT all still on maximum points.

Remember that events 9 & 10 (the Virtual Welwyn 10k) overlap by three days so it's possible to get double points for half the effort if you so choose, although everyone should probably familiarize themselves with the labyrinthine rules detailed below in the case of a tie at the end of the year.

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	See club emails for entry and result reporting information. Course should have positive / zero elevation.
10	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/
11	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
12	18 th July	Herts Fast 10k	Hemel Hempstead	Herts Fast 10K & 5K - 18th July 2021 - Active Training World
#	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/
#	19 th September	Stevenage 10k (£17 for ARC affiliated clubs)	Stevenage	https://stevenagestridersrc.org.uk/stevenage-10k

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
- MWRRL 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 1st to 3rd place, small trophies for 4th to 6th 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 MWRRRL 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

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 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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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