



Garden City Runners: News Release

Sunday 27th 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.

WELWYN 10K OFF TO A STINGING START; PAINE SMASHES THE CENTURION and PBs FOR EDWARDS AND JONES

Welwyn 10k gets underway!

Thank you to all those who helped to set up the course for this year's event - much fun was had setting up the route, particularly the selfie frame at the finish at Singlers Marsh.

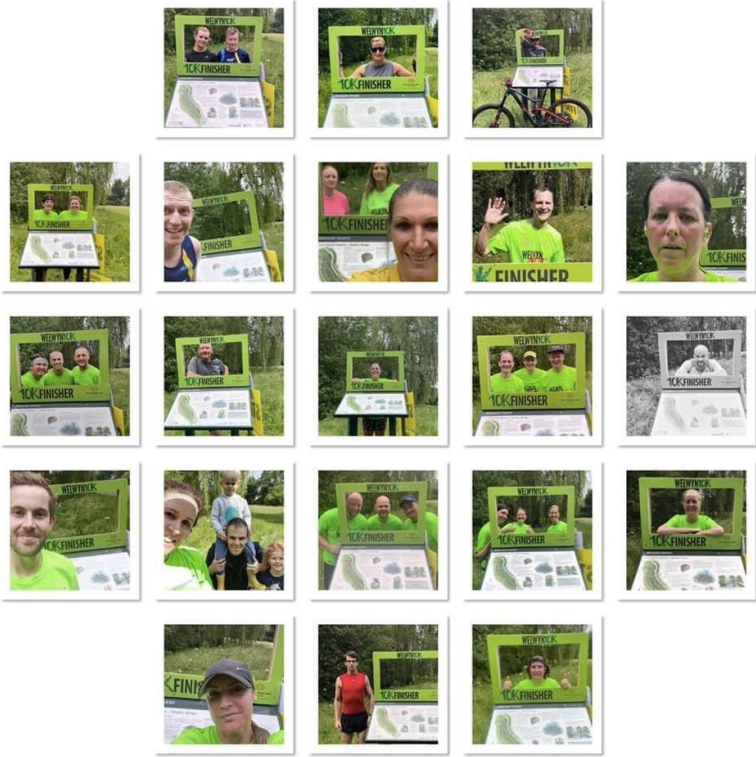
Over sixty runners have already raced and sent in results.

Topping the leaderboard for the men so far is **Neil Hume** in 37:55 and for the women **Helen Stafford** in 49:10.

We have had some great feedback from runners, particularly about how well the course is

signed. Runners can take part until 8pm next Saturday and entries are still accepted, although there is a limited number of T shirts still available.





Above: runners pose for selfies after completing their Welwyn 10k races

Steve Edwards takes on the Milton Keynes Half

Steve sent this report: "Unlike some recent half marathons I could mention, the race was run in pleasant weather conditions. One thing I hadn't appreciated was that there were no road



closures and therefore the course has changed since I last ran Milton Keynes! Lots of underpasses, bridges and little climbs in and out of the parks made it more undulating than expected, but it's still one of the flatter halves out there. Extremely well organised, not too crowded on the course and the start was a breeze with people given a start time on their race number and told to not turn up until just before, which meant for dramatically smaller crowds!" Steve (pictured left with daughter Lexi) ran a PB of 1:37:01, finishing 102nd out of a field of 1073.

Lizzie qualifies for Tokyo

Lizzie Bird (daughter of GCRs Patrick and Virginia) ran in the 3000m steeplechase on Saturday at the British Athletics championships in 9:35:38, thereby qualifying for Team GBR for the Tokyo Olympics. Well done Lizzie, you have the whole of GCR behind you!

Chris Jones Chases the Sun

Chris Jones travelled south of the river to Battersea Park on Thursday evening to run the Chase the Sun 10K. The course was 4 laps of the park main roads. Chris comments: "It was nice and flat with shallow curves so good for fast times. It was quite a muggy evening but I couldn't complain for late June!" Chris was 13th overall with an impressive time of 35:39 which was a 11 second PB – congratulations Chris!



Michael Paine upgrades to Imperial at the Centurion

Congratulations to GCR's **Michael Paine** who took part in the ATW Centurion at Stanborough Lakes today. Having completed the metric 100k distance in 2018, Michael stepped up to take on the imperial distance of 100 miles. After a 1.2 mile swim, the 83.75 mile bike course was

tough, with over 1300 metres of elevation. The event finished with a 15 mile run with wife **Helen Paine** joining Michael for 11 miles to help keep both mind and body going. Overall moving time for the 100 miles was 8 hours and 13 mins. *(Michael, right, celebrates Centurion-style at the finish.)*



GCR Grumpies Take On MWL2



This weekend's GCR informal Saturday Grumpy Run took runners down the Cole Green Way to do an out and back from the A14 to Hertford, and GCRs taking part took the opportunity to run the second race of the virtual Midweek League. As seen in this picture, it turns out that the Grumpies aren't grumpy all the time and have occasionally been known to crack a smile.

Heal Runs 82nd Marathon

On Sunday GCR's running machine **David Heal** travelled to the Thames to run his 82nd Marathon at the Saturn running event 'Run to Infinity & Beyond' at the Thames Side Brewery in Staines-upon-Thames.

The course consisted of six trail laps of 4.37 miles beside the picturesque River Thames.

Heal finished in 5:19:22 and reports: "It was a day of buckets of sweat with very humid cloudy conditions, friendly running faces and finishing medal and goody bag. The humid conditions did not faze me in continuing my journey to joining the 100 marathon club – I'm staying focused and determined as ever now!"

Dave, above, planning a quick visit to the Thames Side Brewery to get celebratory beers.



Group Runs Tuesday 29th June - 6.30pm

Group Runs Tuesday 29 June - 6.30pm

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Morrison's car park, petrol station end, AL7 1RY	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	Gosling Sports Park car park, AL8 6XE	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	Waggoners Pub, Ayot Green, AL6 9AA	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			

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
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	cancelled

#	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
	18 th July	Herts Fast 10K		Click here
#	8 th August	St Albans 10k (£20)	St Albans (Highfield Pk)	ATW - https://activetraining-world.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://activetraining-world.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