



## **Garden City Runners: News Release**

**31st May 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.

### **GCRs enjoy a sunny Bank Holiday weekend of running**

#### **ATW Bedfordshire Triathlon**



**Michael Paine** (*left*) took part in ATW's Bedfordshire Triathlon today at Priory Park. He completed the standard distance in just under 3 hours - not quite what he had hoped for but this was his first triathlon in 3 years. Congratulations Michael!

#### **Dave Heal's Biggest Haul in One Week**

GCR Superman **Dave Heal** clocked up his biggest haul of medals in one week, running six days out of seven, all at Phoenix Running at Walton-on-Thames.

Dave's first challenge was the Runderbirds series, which involved running as many laps as he

could for five days. Dave chose to run five half marathons in five days in his first multi day event. Dave ran four laps of a 3.28 mile trail course on each day beside the River Thames, some days heading to Hampton Court bridge, other days to Walton bridge, counting down "5-4-3-2-1 Runderbirds are go!" to the finish - the fabulous medals were themed on the Thunderbirds TV series, and Dave judged them his favourites of all Phoenix medals. The weather was erratic - some days sunny ,but mostly chilly overcast and windy.

Dave's times on countdown were: Day 1 start Runderbirds 5 -2:34.18; day 2 Runderbirds 4-2:33.05,day 3 Runderbirds 3-2:59.22,day 4 Runderbirds 2-2:21.41, and the last day blast off day 5 Runderbirds 1-2:28.42. Dave then had a day's rest and decided to give his body more punishment, so went back to Phoenix Running to run his 78th marathon towards Hampton Court bridge - eight laps of 3.28 miles trail beside the river Thames. Dave ran 26.2 miles in 5:34:53 and is wisely taking Sunday as a rest day after a total of 91.7 Miles in running races this week. *Below: Dave with his medal haul*



### **Boston (Lincs) Marathon**

GCRs **Dan Pudner** and **Steve Grout** took part in the Boston Lincolnshire marathon on Bank Holiday Monday, 31<sup>st</sup> May. Dan finished in a storming 2:56:22, 90<sup>th</sup> overall, and Steve ran a commendable 4:05:11, maintaining a steady pace the later stages of the race where the heat got to him and, as he reports, 'the wheels fell off'. We say well done to our hardy runners tackling a marathon distance in this heat.

### **Stu Races the Tide**

GCR's **Stuart Whitford** travelled down to Mothercombe in South Devon on Saturday for another go at 'Race the Tide Long Marathon', a testing 29.23 mile course around the Devon





coast. This time the course was run in the opposite direction to his first attempt in September 2020.

*(Left: part of the scenic but challenging coastal course)*

The start time was slightly later than usual at 11:30am, to allow runners to reach and wade

across the estuary at mile 20 safely. This meant that Stu was running in the heat of the day, on a tough course with multiple ups and downs along the coast meaning just under 5000ft of climb and loss. Just to make it harder still, the route featured a couple of miles' running across the sands to reach Burgh Island with a climb to the top before heading back across the sands to the coast path to continue westwards. In punishing conditions, Stu *(right)* finished in 6:18:37.



## **Beginners are Back**

Good news! We can run our beginners' courses again. Our next 10 week 'couch to 5k' course starts on Tuesday 25th May and ends with a celebratory parkrun on Saturday 31st July. Do you know anyone who doesn't run but is thinking of giving it a try? If so, they can start their running journey by booking onto our course. More details about the course and how to book will shortly be posted on the GCR website at

<https://www.gardencityrunners.org.uk/membership/beginner-course/>

## **Group Runs**

### **Group Runs Tuesday 1st June - 6.30pm**

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
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11/12k	Welwyn 10k course practice run. Meet just inside the gate to Singlers Marsh, Welwyn village end (Marsh located just off the Codicote Road). Parking on street in the village, car park in the High Street by Aqua or park in Grange Hill.	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	Moneyhole Playing Fields car park, AL7 2PY	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**

Submit your result before 23:50 on 6<sup>th</sup> June using this link:

[https://docs.google.com/forms/d/e/1FAIpQLSeYrnq3r-R4x6LGhnJgyO-DHVUKso1JQM7h\\_17dxvLz84g\\_nQ/viewform](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](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.

### **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.

Event	Date	Time	Online entry
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Fly 5K: self-timed 5K	Every Saturday	8am-12pm	Submit your result <a href="#">here</a>
Herts Half	6 <sup>th</sup> June 2021	9.00 am	<a href="#">Click here</a>
St Albans Half Marathon	13 <sup>th</sup> June 2021	10.00am	<a href="#">Click here</a>
Welwyn 10K (virtual)	25 <sup>th</sup> June-3 <sup>rd</sup> July 2021	Runner's choice	<a href="#">Click here</a>

### **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 <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	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 <sup>th</sup> June	St Albans Half Marathon £33	St Albans	<a href="https://www.stalbanshalfmarathon.com/">https://www.stalbanshalfmarathon.com/</a>
9	14 <sup>th</sup> June – 27 <sup>th</sup> 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 <sup>th</sup> June	Love WGC 10k £20	WGC	Places likely to sell fast – sign up quickly! <a href="https://activetrainingworld.co.uk/event/lwgc-10k-20th-june-2021/">https://activetrainingworld.co.uk/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://runfestleevalley.co.uk/">http://runfestleevalley.co.uk/</a>
#	22 <sup>nd</sup> August	WGC HM (£27)	WGC	ATW - <a href="https://activetrainingworld.co.uk/">https://activetrainingworld.co.uk/</a>

				<a href="#"><u>event/welwyn-half-marathon-sunday-22nd-august-2021/</u></a>
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### **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/)

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