



Garden City Runners: News Release 1 August 2021

GCR 3K Relays

On Thursday 29th June over 80 GCRs took to the streets to run the GCR 3km relays in teams of 4. Well done to everyone who took part! And well done to **Anna Ward** - the fastest female in 10:39 and **Daniel Pudner** for the men in a time of 9:49. Team Trackstars (pictured, below centre) comprising **Simon Bostock, Adam Wadley, Aidan Wadley** (making his debut for GCR) and **Jack Tann** scooped the gold in a cumulative time of 42.57. The fastest women's team was Run Girls Run (left, below) of speedy ladies **Anna Ward, Zoe Stephens, Martha Hall** and **Lizzie Parry**. Please see full results below.





sprint up Downing Street. There were some fabulous drumming bands, choirs and sound systems to cheer runners on along the way, as well as plenty of enthusiastic support from charities and spectators. It was great to be back racing at a large-scale event, particularly one that goes through the heart of London”.

Rebecca (pictured left at the finish with friends from St Albans Striders and a Pearly Queen) finished in a time of 1:43:21 and was 12th in her age group, and 142nd out of 5,690 women taking part.

Zoe Stephens also ran for GCR in 1:37:44 and was 6th in her age group.

Heal Runs 86th marathon

On Saturday 31st July **David Heal** ran his 86th marathon at the Phoenix Running Walton-on-Thames six hour trail challenge. David chose to run eight laps, completing the marathon in 5:33:58. *(Below, David with his medal)*



Heal reports: “Most of the marathon was dry, sunny and humid, and then the torrential monsoon fell upon us! There was no need for a shower after race as i got a soaking through to my briefs.”

“A notification and invitation to all within the club to my 99th marathon which will be on Sunday 14th November 2021 at the Walton-on-Thames Phoenix Running - Remembrance Day marathon & half marathon event.

“My 100th marathon will be on Sunday 21st November 2021 at the Phoenix Running -Riverside marathon at Walton-on-Thames. As some of you may be aware, my journey started when our very own Garden City Runners’ **Denys Baudry** inspired me to take up the challenge of running 100 marathons. At first I thought “you must be joking”, but then, after a few more successful marathons at Walton-on-Thames, and after a further prompt by Denys I decided, as I was already in the 100 Half Marathon club, why not try to run 100 marathons? So I took up the challenge and never doubted myself ever again. Special thanks to Denys for your confidence in me.

“Along my journey I have gained a lot of confidence and been accepted in the Marathon family on many circuits and met some truly phenomenal marathon runners. Denys is one of these world class marathon runners - he still holds the record for the most amount of marathons run by a French athlete. He is truly a remarkable runner, who in his 70s, consistently knocks out sub four hour marathons. I have beaten him only once, when he was injured - what an inspiration.

“Denys is always a humble man - he deserves recognition for outstanding dedication to our sport and flying the Garden City Runners’ flag. Denys will be running with me on my 100th and I invite you all to join me - there will be cake, beer, and celebrations.”

Mid Week League: Details of Race 4

The next virtual racing window is from Monday 2nd August through to Sunday 15th August. Whilst there will be no MWRRL promotions or relegations this year, it would be good to see another good turnout from GCR and to finish high up in the overall results. There might yet be a final Mob Match to close the season, but that would not contribute to divisional placings.

The rules for Race 4 are as before - 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, 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 15th August.

If you didn't enter any or all of the previous races, don't worry as you can still take part in race 4 following the instructions above.

Avery Update

Avery League 2021 event table – updated 28-07-21

The Race Committee have updated the Avery event table to include the latest Mid Week League Race (race period starts Monday 2nd August), Standalone 10k (entries open 1st August - this usually sells out quickly), provisional dates for the Sunday League Cross Country races, a new GCR Centenary Loop Challenge and a parkrun.

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
10	25 th June – 3 rd July	Welwyn 10k (virtual) £10	Welwyn	Completed
11	4 th July	Ware 10 miles £18 OR 10k £16 (virtual option £8)	Ware	Completed
12	5 th – 18 th July	MWL – Race 3 (free)	Virtual 10k - Runner's own course	Completed
13	18 th July	Herts Fast 10k £20	Bovingdon	Completed (Replaced the cancelled Love WGC 10k)
14	29 th July	GCR club 3k relays (free)	Woodhall, WGC	Completed
15	2 nd – 15 th August	MWL - Race 4 (free)	Virtual 10k - Runner's own course	See club emails for entry and result reporting information. Course should have positive / zero elevation.

16	8 th August	St Albans 10k (£20)	St Albans (Highfield Pk)	ATW - https://activetrainingworld.co.uk/event/st-albans-summer-10k-8th-august-2021/
17	15 th August	Lea Valley HM (£27)	Cheshunt	Rescheduled from March to August http://runfestlevalley.co.uk/
18	21 st August	Panshanger parkrun (free)	Panshanger Park	https://www.parkrun.org.uk/panshanger/
19	12 th September	GCR Centenary Loop event (free)	Stanborough Park	9.30am mass start at Stanborough Park. Entry info. to be circulated via club email.
20	19 th September	Stevenage 10k (£17 for ARC affiliated clubs)	Stevenage	https://stevenagestridersrc.org.uk/stevenage-10k
21	26 th September	Standalone 10k (£tbc)	Standalone Farm, Letchworth	Entries open Sunday 1 st August. http://www.nhrr.org.uk/standalone-10k.html
#	10 th October (tbc)	Sunday League XC (free)	Venue tbc	Info. to be circulated via club email.
#	7 th November (tbc)	Sunday League XC (free)	Venue tbc	Info. to be circulated via club email.
#	12 th December (tbc)	Sunday League XC (free)	Venue tbc	Info. to be circulated via club email.

Group Runs for the coming Tuesday

Please see below the locations for this week's group runs, please do not attend if you feel unwell and please arrive in time to register with the run leader.

Group Runs Tuesday 3 August - 6.30pm

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Panshanger Golf Complex car park, AL7 2ED	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	Panshanger Golf Complex car park, AL7 2ED	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			

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.

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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