



Garden City Runners: News Release

8 August 2021



Hayden triumphs on the Canterbury trail

GCR's very own wonder woman **Becca Hayden** set the ultra bar higher than ever on Saturday 7th August, running the Canterbury Trails Pilgrimage, following the path of Chaucer's pilgrims on a 67 mile route starting from London's Southwark Cathedral and finishing at Tower House in Canterbury.

Becca sent us this report on her epic feat: "I entered

the event only a few weeks ago, deciding I wanted a new challenge, although having only ever run 40 miles before I was a little worried that 67 may be a bit too far. My only aim was to enjoy the event and to try to finish within the 25 hour time limit.

"It was also quite a personal achievement making my way to London on my own leaving WGC at 5am.

"The race started just before 8am on Saturday morning from Southwark Cathedral, and right from the start there was such a lovely 'team' atmosphere, we all felt like we were in it together!

"We weaved in and out of the London back streets, following the Thames Path past the Cutty Sark and then through Greenwich Park. As soon as we started running the heavens opened and it rained for a good hour or so, but later on the sun came out for a bit and it was a welcome break from the rain.

"We soon passed some historic sites around Dartford and Rochester Cathedral. We had a bit of everything on this run, urban and rural, modern and historic, road and trail. We were soon in the Kentish countryside running through orchards and farms for miles, it was lovely! I think this was one of my favourite bits, there were lots of times I was running on my own but it was also nice to pair up with a fellow runner for a chat and everyone was so nice, checking if each other was all ok.

"There were lots of ascents and descents on this route, especially the beautiful woody ascent just before the final descent into Canterbury.

"I was surprised with myself as I crossed the finish line in 12 hours 34 minutes, and was pleased that I managed to keep a pretty constant pace throughout, and I was also surprised to have finished 2nd lady!

"I would thoroughly recommend Rat Race events - the staff were friendly from start to finish and the aid and checkpoint stations were stocked with so many choices of food and drinks. I'd particularly recommend the peanut butter sandwiches!"

St Albans Summer 10K



of 37:10, with **Craig Brown** not far behind in 37:14. Among GCRs running personal best times were **Peter Jasko** in 40:48 and **Alex Faulkner** (also first home for GCR ladies) in 48:51, an almost three minute PB from her last 10K race three weeks ago. Full results for GCR are available [here](#).

A stalwart band of GCRs made the journey to St Albans this week to run the St Albans 10K, a route that begins in Highfield Park before an out-and-back along the Alban Way. Despite wet conditions perhaps not readily associated with the race title, GCRs put in a strong performance. **Peter Harvey** was first GCR into the finish funnel in a time



St Neots Triathlon



Michael Paine (*left, in action*) completed this ATW event today in 3 hours and 6 mins. Although a standard distance, the cycle was a little longer at 45km and it was Michael's first river swimming experience.

Heal runs 87th marathon at Runnymede



Marathon ace **David Heal** took a step closer to the magic 100 with his 87th marathon at the Saturn Running event at Runnymede Pleasure Grounds. Dave ran six laps of 4.37 miles alongside the picturesque river Thames in 5:32:16 on a mixed day of weather – it was very humid, with clouds, wind, sun and scattered light showers to briefly cool runners off. Dave reports "I didn't find this trail marathon easy as I had both calf muscles going into spasms on lap 5. Ob-

viously I am not used too this marathon running malarkey! Somehow I managed to dig deep and pushed through after a pause at the aid station. It was great to get to the finish and get another awesome Saturn medal. Time for a much deserved Golden Champion ale!"

parkrun roundup

parkrun is back and it's great to see GCRs back in action at parkruns near and far. **Caroline Hale** was first lady at Stevenage parkrun in 21:13, and **Martha Hall** was first lady at Panshanger in 20:54. Also at Panshanger, **Chris Jones** was second overall in 18:25, **Neil Hume** fourth in 19:09 and **Paul Guy** fifth in 19:27. **Deborah Kirby** ran at Haisenheide parkrun in Berlin in 29:14. Other parkrun tourists included **Sharon Threlfall** who ran at

Somerdale Pavilion parkrun in 28:17 and **Hannah Frank** who ran at Princes parkrun, Liverpool in 23:52. Full GCR results for this Saturday's parkruns are available [here](#).

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.

This week (10th August) we will all meet at Campus West Car Park, AL8 6BX, 6.30pm start.

We would like to encourage members to try a longer distance over the next two weeks, so there are more leaders to enable everyone that wants to give it a try to have a go. The paces this week will therefore be at the lower end of the advertised paces.

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Campus West Car Park, AL8 6BX 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	Campus West Car Park, AL8 6BX	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
5/6k	Campus West Car Park, AL8 6BX	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			

Your safety is important, so please remember to only run if you feel well. Happy running everyone!

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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