



Garden City Runners: News Release

18th July 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.

Club 3k relays: Thursday July 29th (Avery Race 14)



The next club race will be a 3k, four person relay, on a course starting at Woodhall (see the map), start time 7:30pm. As this is a team race we need pre-entries, please contact Richard Somerset with details of your team in starting order (only one of the team need to email), a team name would be good as well. Teams can be mixed gender.

If you can't form a team then just mail me to say you are entering and I will add you to a team with runners of similar ability. Entries on the day allowed but not encouraged, if you are doing this you will need to turn up early so we can sort you into a team. We need five marshalls and someone to help at the start and finish. More details and start list next week. Richard:

rich.somerset@ntlworld.com

Welwyn 10K Centenary Medal Winners

The club has been gifted 50 medals that were commissioned to celebrate the 100 year anniversary of Welwyn Garden City in 2020. This was in recognition of our support to their celebration of sport activities that were sadly not able to take place.

The Welwyn 10k Organising Team chose to award them to the first 50 club finishers by age grade ranking and the winners are listed below.

Congratulations to the winners and do come and collect your medal at the 3k relays on Thursday 29th July.



		Time	Age Grade			Time	Age Grade
1	Neil Hume	00:37:55	79	26	Jo Grant	00:55:57	61
2	SEAN BOWEN	00:42:23	75	27	Barbara Kubis-Lab	00:54:40	61
3	Herbie Hopkins	00:38:04	75	28	James Aitchison	00:54:25	60
4	Sarah Durston	00:51:36	70	29	Michael Grant	00:50:27	60
5	Steve Ellerd-Elliott	00:42:40	70	30	Caroline Griffin	00:55:51	60
6	Louise Smith	00:58:13	70	31	Richard Somerset	00:58:25	60
7	Andy Newbury	00:49:54	69	32	David Selwood	00:57:30	59
8	James Dunmore	00:40:50	69	33	John apling	00:51:38	58
9	Peter Jasko	00:42:24	69	34	Hannah Frank	00:52:49	58
10	Robert Dilley	00:46:29	68	35	Sophie Packman	00:56:07	58
11	Neil Matthews	00:51:32	65	36	Nick Portalski	00:51:10	58
12	Andrew Knight	00:41:55	64	37	Caroline ODwyer	01:06:32	57
13	Michael Paine	00:49:56	64	38	Sharon Threlfall	00:58:43	57
14	Helen Paine	00:51:21	64	39	John Matthews	00:52:17	56
15	Zoe Stephens	00:48:12	64	40	Sidney Valentine	00:52:02	56
16	Mattie Labiak	00:43:39	63	41	Mark Ashworth	00:48:17	55
17	Lee Mansfield	00:48:28	63	42	Richard Darley	00:56:42	55
18	Russell Morris	00:47:58	63	43	Sofie Marchant	00:54:38	55
19	Richard Robinson	00:44:07	63	44	Jane Molloy	01:17:22	55
20	Helen Stafford	00:49:10	63	45	Bruce Judge	00:55:03	54
21	Jennifer Williams	00:55:55	63	46	Melanie King	00:59:56	53
22	Maggie Wright	00:58:53	63	47	Brad Smith	00:52:52	53
23	Steve Edwards	00:44:06	62	48	Stuart Whitford	00:58:02	52
24	Paul Marchant	00:44:21	62	48	Kath Evans	01:07:22	51
25	Emon Martin	00:52:36	62	50	laura hosking	01:10:00	51

Fairlands Valley Challenge

Rebecca Barden and Hannah Frank ran the Fairlands Valley Challenge 18 (and a bit) mile trail run on Sunday morning. **Ann Hayden, Sam Males and Jo Grant** also braved the hot weather ran the half marathon distance, and **Stuart Wonfor** ran the marathon. Well done everyone!



Rebecca and Hannah at the finish

Rebecca writes: *'Fairlands Valley Spartans put on a great event, with very friendly marshals at the start and finish and at the rest stations around the course. I was a bit sad that Covid regulations meant that Haribos and crisps had replaced the legendary Datchworth bread & butter pudding, but Hannah and I enjoyed views over the beautiful Herts countryside following the self-guided route out of Stevenage down to Watton-at-Stone and Tewin, and back up via Burnham Green and Datchworth, and were pleased that we managed not to get lost, not even in the notoriously tricky final section from Fairlands Valley Park back into Marriotts School.*

The 30-degree heat combined with over 1200 feet of elevation made for a particularly challenging Challenge, and, unlike many a reluctant child, we were very glad to see the school gates appearing before us

like a wonderful mirage'.

Ultra: 5k challenge

Steve Edwards, Nikki Cowen, and Annabelle Lee entered as a team ('Annabelle's Army') of five, taking on the 5 x 5k challenge, and came 1st in the team event – even more of a challenge considering the temperatures today! Richard Darley and James McGeehan ran solo Steve writes: *'James McGeehan finished 2nd overall, Steve Edwards finished 10th, Annabelle Lee 15th overall and 3rd female. Nikki Cowen finished 25th and Richard Darley 41st. Steve also ignored the medic's advice not to run the 5th lap because of heatstroke and insisted on completing the race!.*

Well done, all (Steve, we hope you got well hydrated after the run and you listen to the medic next time!)

Herts Fast 10k

What a busy Sunday for Garden City Runners! Some joined the Herts Fast 10k - an Avery event in place of the cancelled Love Welwyn 10k. Sharon Threlfall writes: *'It was a hot 5 lap*



Top Scores - results.everchiponline.com		
+	3	Bruce JUDGE #143 00:36:19
+	7	Herbie HOPKINS #146 00:38:28
+	10	Peter HARVEY #147 00:39:33
+	13	Juliet VINE #97 00:40:00
+	18	Steve ELLERD-ELLIOTT #107 00:40:44
+	26	Peter JASKO #151 00:42:34
+	29	Richard SOMERSET #156 00:44:23
+	48	Jim DAVIS #122 00:54:49
+	53	Carol REID #190 00:58:46
+	56	Sharon THRELFALL #179 00:59:18
+	67	David SELWOOD #183 01:00:21
+	65	Kath EVANS #199 01:07:49
+	69	Wayne AYLOTT #200 01:10:59

course, and there was no wind at all during the event. I was so pleased I had the foresight to leave a cool box at the corner of the course to collect a fresh ice pack and water on each lap. Peter Harvey and Peter Jasko took the short shorts option to cool down (photo below). Bruce Judge was third overall, Juliet Vine was 13th overall and second lady, Carol Reid and I both won our categories'.

Thanks to Martha for coming to support!

Well done all, and thank you for sharing the photos!



Peter Harvey and Peter Jasko took the short shorts option to cool down.



Richard, Steve and Peter



Kath Evans – lovely photo, well done Kath!

Group Runs Tuesday 20th July - 6.30pm

Here are this Tuesday's start locations.

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Moneyhole Playing Fields car park, AL7 2PY	5 - 5:30	11 - 12	8 - 8:30	7
10k		5:40 - 6	10	9 - 9:30	6
9/10k	The Commons, just off the junction of Howlands and Queen's Avenue, park in Queen's Ave, AL7 4BZ	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			

Your safety is important so please do not attend if you feel unwell. Please arrive in time to register with the Leader for the Risk Assessment and listen carefully to the briefing.

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

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	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
#	20 th June	Love WGC 10k £20	WGC	Cancelled
#	25 th June – 3 rd July	Welwyn 10k (virtual) £10	Welwyn	Completed
#	4 th July	Ware 10 miles £18 OR 10k £16 (virtual option £8)	Ware	Completed
	18 th July	Herts Fast 10K		Completed
#	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/
---	-------------------------	--------------	-----	--

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