



Garden City Runners 22nd August 2021

With running events and races back on, please remember to share your running accolades and anecdotes with the news editors for inclusion in the weekly news round up. Please send any content for future releases, before early Sunday evening for (almost) guaranteed inclusion, to results@gardencityrunners.org.uk

Parkrun Report



On Saturday morning 86 GCR members gathered up their bar-codes and headed off to one of 23 different parkrun events.

Unsurprisingly, with this week's Panshanger parkrun also doubling as event 18 in this year's Avery League competition, the largest contingent of runners headed to this event. Of the 44 GCR runners at Panshanger, JACK TANN was the first GCR and second overall to mosey on up the finish

funnel in a time of 19:32, just a second behind the first placed runner. REBECCA BARDEN was first GCR lady, and second lady overall, in a time of 25:07. Overall, GCR made up almost a fifth of the field at Saturday's event. Well done to everyone and thank you to the GCR members who also volunteered at the event.

Elsewhere, in Minehead RICHARD SOMERSET came in 5th in 19:58, NEIL HUME (18:35) was second over the line at Lymington Woodside, MARTHA HALL was 2nd lady at Brentwood in 22:13

Prize for funniest sounding parkrun of the week goes to Conkers in Leicestershire, where LOUISE O'DONNELL completed the course in 35:03, while MICHAEL SCUTT went all nuclear with a run around Sizewell in Suffolk. ROB and BETH CASSERLEY almost certainly travelled the furthest to their start line at the Torvean parkrun near Inverness: ROB finished in a time of 19:26 while Beth checked in at 37:26

Six regular "Grumpys" made a morning of it by including the Stevenage parkrun as part of their regular Grump-a-thon. Proving the importance of always warming up properly before a race (or even a parkrun), after running from Knebworth to the start line JOHAN PREIS (22:43), PAUL GATENS (22:27), STEVE WILLIAMS (22:56) and ANDY NEWBURY (23:21) all broke their course PBs. ALI EROGLU (23:15) and COLIN GRACE (23:09) were both first timers at Stevenage but the times of all six suggests there was some serious competitive grumpy running going on. Shout out also for JOY ALLEN who, while being far from grumpy, also clocked a PB at Stevenage of 39:02 knocking almost a minute and a half from her PB set the previous Saturday.



**The Grumpys meet every Saturday morning and cover about 8 miles. You don't have to be old, male or grumpy to join in the fun*

The Big Half - 22nd August

Sunday morning saw a busload of GCR members head to Greenwich to join many other gangs of volunteers who helped to reunite weary runners of The Big Half with their luggage.



Several GCR runners participated in this relatively new half marathon which starts near the Tower of London before heading east through Canary Wharf, back via Wapping over Tower Bridge, through Bermondsey, Rotherhithe, and Surrey Quays before the finish by the Thames in Greenwich.



Peter Jasko looking chuffed!

CHRIS JONES was in blistering form, coming 214th in the race overall and 13th in his 45-49 age category. He achieved a new Half Marathon PB in a time of 1:18:39.

Also knocking out a new PB for the distance was PETER JASKO who took over two minutes off his previous time coming in at 1:31:14. Peter was well chuffed with his negative split: 47:17 for the first half and 43:57 for the second.

LEE WOOD was incredibly pleased with his fastest half marathon time in six years, having come back from recent injuries. He crossed the line after 1:50:15.



Lee Wood looking incredibly CALM

CAROLINE O'DYWER (2:27:02), ROB CARTWRIGHT (2:34:42), WILLOW GIBSON (2:48:19) and EMILY HAMMOND (2:41:20) also proudly flew the flag for GCR.



Before shot: Caroline, Rob, Willow and Emily



After shot: Rob looks like he needs a sit down!

Street-O Report - 19th August

More than 11 GCRs took part in a special Street-O event on Thursday, organised in conjunction with David Dixon of Hertfordshire Orienteering Club (also known as Happy Herts). Street-O combines running, in urban areas, with using a map to find things along the way.

After a 10-minute introduction, the GCR gang set off to track down as many checkpoints (letterboxes, streetlamps, height restriction bars, thickets of trees and more) as they could.

It was a great way to combine a run with using your brain to route plan and find the best route to find as many checkpoints as you could within the 45-minute time limit.

If you fancy giving it a go yourself, Happy Herts will be running a few more events this year - see their website at <https://www.herts-orienteering.club/fixtures/street-o-2021/>.

You can also download previous routes and events to give it a go yourself.

Results for the GCR event are available [here](#).

Tuesday club runs

Meeting in one place to start all group runs over the past two weeks has been very successful. On Tuesday 24th August we will all meet at for a 6.30pm start.

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	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
5/6k	Campus West Car Park, AL8 6BX	A gentle-paced run that would suit those 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.

Avery League Competition

Here is the latest events list of events for the 2021 Avery League Competition.

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. Happy running!

Updated Avery league events table

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
14 V	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	Completed
16	8 th August	St Albans 10k (£20)	St Albans (Highfield Pk)	Completed
17	15 th August	Lea Valley HM (£27)	Cheshunt	Completed
18	21 st August	Panshanger parkrun (free)	Panshanger Park	Completed
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	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)		Info. to be circulated via club email.
#	12 th December TBC	Sunday League XC (free)		Info. to be circulated via club email.

Covid 19 – All GCRs Please Read the Following:

The advice and guidelines about Covid-19 continue to change. The club is affiliated to England Athletics and the Association of Running Clubs and we follow their guidelines to help reduce

the risk of spreading Covid-19.

From Monday 29th March the Rule of Six applies, which means you can exercise in an outside public space with a maximum of five other people from other households.

Please always follow the following advice for your own and others' safety:

- do not run if: you are feeling unwell; if you have any Covid-19 symptoms or have had a positive test; if you are self-isolating for any reason. Always follow any medical guidance you may have received.
- maintain social distancing at all times including at the start and end of the session.
- No spitting
- Try to avoid touching anything eg a gate or stile but if this is unavoidable use hand sanitiser and avoid touching your face afterwards.
- look out for pedestrians, horse-riders, cyclists etc and move to one side to let them pass and maintain social distancing.
- Particularly on longer runs, take your phone with you, and when running after dark, wear a head or chest torch and reflective clothing.
- Run in your local area

Route planning

Struggling to find a suitable route without your run leaders' guidance? Check out the GCR Strava members group for inspiration from your fellow GCRs! Strava have also just realised a route planning feature for Summit members. The following apps and websites also come recommended by club members:

- Footpath (app)/ MapAMeter (online): Editors' recommendation! Footpaths and distances across the UK and Europe with a handy "snap to path" feature for the less-diligent route planners amongst us;
- OS Map app – basic version free; if you buy printed maps you can upload them to the app for full features
- Map My Run: Also has others saved nearby routes for inspiration.
- Plot A Route: Same as above.

Happy and safe running everyone!

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 Karen Atkinson (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/