



Garden City Runners: News Release

26th 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)

A reminder that you have until Tuesday evening to submit your name and/or team details to Richard for Thursday's Club 3k Relay event.



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 Richard to say you're entering, and he 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. rich.somerset@ntlworld.com

Parkrun Returns!!

No doubt the highlight of many member's running week was the welcome return, after well over a year, of parkrun in England. A total of sixty-seven GCR runners, the length and breadth of the country, took part in sixteen different parkrun events on Saturday morning.

Of those who stayed local, Panshanger was not surprisingly the most popular event with 35 GCRs running the new course, which now incorporates a second hill but also a welcome downhill finish. It was also great to see so many GCRs volunteering to make the event such a great success. Even the rain turned up to say hello to the runners. DANIEL PUDNER was first Garden City Runner up the finish funnel, and fourth overall, in a new PB at Panshanger of 18:04. Personal Bests were also clocked up for HELEN STAFFORD, THOMAS PARMLEY, JOANNE GRANT and LOUISE O'DONNELL

At other locations, shout outs go to CAROLINE HALE who was first lady over the line at Stevenage in 21:16, SIMON BOSTOCK at ENNISKILLEN who was second over the line behind UNKNOWN in 19:10 and PAUL GUY who was third gentleman at Jersey Farm in 19:45.



ASICS 10k

CAROLINE O'DWYER ran the ASICS 10k, a close-road event around central London on Sunday. After a PB at Saturday's parkrun, Caroline clocked up a second PB, completing Sunday's distance in a time of 1:03:25. Caroline reports that although there weren't huge numbers of spectators there was still a great atmosphere and whole thing was well organized.

ALEX FAULKNER also completed the event, her first ever 10km race in a time of 51:41, clocking up a 5km PB over the second half of the event.

[Unfortunately, the results site doesn't allow searching by club so apologies for anyone else who participated.]

Endure 24



After a year's hiatus, two GCR teams headed to Henley-On-Thames this weekend for Endure 24, a 24-hour relay race where individuals run an 8km circular course before handing off to a team-mate. Repeat for 24 hours (!) with the team

who complete the most circuits winning.

In a new venue for the event, most decided to take advantage of the pretty town to "explore" the pubs on Friday night before camping to get a good night's sleep ahead of the running that started at 12:00 on Saturday on a route that was a mix of grass, trail and tarmac with one long-ish hill but the rest mostly flat.

The *GCR Trailblazers* made up of NIKKI COWEN, STUART WHITFORD, ROB JONES, JOHN WARDEN, PETER JASKO and STEVE EDWARDS finished the 8th best team out of 105, managing 35 laps with an average lap time of 41:27.



The *GCR Gits and Shiggles* was made up of ALEX YATES, HELEN HARRISON, KATH EVANS, EMMA DEMPSTER, ERICA GRAYSON, SUE HAMER and CHARLOTTE JONES came 61st with an average lap time of 54:48.



It was a cracking effort from all involved and a thoroughly enjoyable weekend in all aspects!

Mid-Week League Race 4

The next mid-week league race will be virtual event once again with the results window opening on Monday 2nd August and closing at midnight on Sunday 15th August. Runners should complete a 10k route with an overall zero elevation. A link to enable posting of results will be shared on 2nd August.

Volunteers For London Marathon Sunday 3rd October

Would you like to be part of the GCR team that reunites runners with their baggage at the final line on The Mall? You will also be part of the ballot for the guaranteed entry place for 2022 that the club receives for providing this support

Return transport from WGC will be provided plus jacket and lunch.

It's a great opportunity to part of one of the world's great sporting events and a chance to get to know more GCR members. If you would like to volunteer or have any questions, please drop Louise Smith a line on louise.smith0@icloud.com

Group Runs Tuesday 27th July - 6.30pm

Here are this Tuesday's start locations.

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	The Waggoners, Ayot Green, AL6 9AA	5 - 5:30	11 - 12	8 - 8:30	7
10k		5:40 - 6	10	9 - 9:30	6
9/10k	Panshanger Golf Complex car park, AL7 2ED	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Digswell Viaduct Car Park, AL7 1UB	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	Gosling Sports Park, AL8 7XE	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
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	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/

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