



Garden City Runners 5th September 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 – Grumpies on tour

On Saturday morning some GCR members stayed local while others travelled further afield to complete parkrun.

Terry Tristram completed his first parkrun since lockdown, running the new course at Panshanger Park. He reports the course was tough but the downhill finish was better than the uphill finish on the old course. Terry came in to finish in a time of just over 38 minutes which he was very happy with.



Elsewhere, the Grumpies (pictured, left) went further afield this weekend to continue their recent run of parkrun sandwiches. Leaving WGC before 7am, they parked 4km from the start of the Southend course where they jogged to the event, ran the parkrun and then jogged along the seafront where seven of them ran to the end of the world's

longest pier and back, one even had a crafty swim before they all jogged back to apply named Grumpies Diner for a massive breakfast.

The winner of the Grumpy award this week was one **Mr R. Sidlin**.

Grumpies typically meet at Burnham Green at 09:00 on Saturday mornings. They usually run for about 90 minutes at a fairly modest pace. All welcome, and they even occasionally allow in the odd jolly person.

In other parkrun news, **Becky Cullers** was second lady at Markeaton parkrun in a time of 23:50 and **James Huish** was third overall at Chichester parkrun in 19:04. **Caroline Hale** was second lady at Stratford-upon-Avon parkrun in 20:32. Full results for GCRs taking part in Saturday's parkruns can be viewed [here](#).

St Albans Stampede

GCR fielded a strong team at the St Albans Stampede, a 12-hour endurance event that involves completing four-mile laps of a trail and woodland course around Heartwood Forest. Runners can enter as solo, or two, four or eight-person teams. The race starts at 9am and continues to 9pm, with runners sporting head torches after 7pm, and the magical sight of

glowing white and red lights moving around the course as runners aim to squeeze in another lap before the 9pm cut off. While not out on the course runners can enjoy relaxing in the race village or venture into the scout hut which serves as race HQ to sample some of the delicious refreshments on offer from the event's crack catering team, finishing with pizza and beer (non-alcoholic options available) at the end of the day.



Competing in the solo category were **Rachel Hickey** (pictured above) who ran seven laps in 6:00:54; **Kath Evans** who completed three laps in 2:27:08, and **Rebecca Lewis** who completed nine laps in 12:20:27. **Charlotte Jones** also took part in the solo



category (*Charlotte and Rebecca pictured above left*). GCR had four teams in the four-person category: TTTR Mambas, comprising **Neil Hume**, **Justin Hill** (*pictured above*), **Paul Guy** and **Steve Edwards**, put in an outstanding performance to beat off a strong challenge from a Striders' team on their home turf, completing a whopping 26 laps in 11:52:44, which was enough to win them second place out of 28 teams. GCR had two other teams in the top ten:



Above: Nikki Cowen and Hannah Frank out on the Stampede course

TTTR Bees, comprising **Rebecca Barden**, **Nikki Cowen**, **Hannah Frank** and **Stuart Whitford** came fifth having completed 21 laps in 11:52:44, and TTTR NATS, with team members **Nikki Donaghey**, **Anna Lillie**, **Terry Fowler** and **Sharon Threlfall** were sixth,



Above: team members Sharon Threlfall and Terry Fowler in action

also completing 21 runs in 11:52:41. Rebecca, tired but happy after completing six laps, including a final lap in the darkness with her team members joining her for the final mile, commented: "The Stampede is one of my favourite events and it was extra special to run it this year after the cancellation of last year's event. Hats off to the race directors and all the marshals and the catering team for a brilliantly-organised and very friendly event." *Right: Team TTTR Mambas celebrate their silver medal finish with the Stampede Race Directors.*



Team Three Tarts and a Spark made up of **Jane Molloy**, **Emma Dempster**, **Jane Molloy** and **John Warden** managed an impressive 16 laps of the four-mile course between them.

Jane and Emma finished with a very tidy four laps each with 16 miles under their belt.

Jacqueline managed three laps despite some serious health issues over the last two years and shielding all through the pandemic. But

the hero of the hour was the unstoppable John Warden who set off at 8.25pm for the last lap, and after a nail-biting wait for Emma, Jane and Jacqueline, John crossed the finish line at 20:59:30, with just thirty seconds to spare before the cut off at 9pm, to a rapturous welcome from the team and the assembled supporters. What a guy! *(Team Three Tarts and a Spark, left, and John 'Spark' Wardle, in action, below.)*





Dominic's debut half marathon

A recent new member since moving to Welwyn Garden City, **Dom Thomas** entered the Village Bakery Wrexham Half Marathon, representing the club for the first time.

In another first, it was also his first organised half marathon. Dom finished in an impressively speedy time of 01:32:29.

Tuesday club runs

Group Runs Tuesday 7 September - 6.30pm

We are meeting in multiple locations this week, see below:

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Stanborough Lakes, near Terranova restaurant. Parking charges apply at the lakes so you may want to park locally.	5 - 5:30	11 - 12	8 - 8:30	7
10k		5:40 - 6	10	9 - 9:30	6
9/10k	Digswell Viaduct. Park opposite Digswell Tennis Club, free parking. (Do not park in the tennis club.)	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	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			

For those that have pre-registered, the new Bridge to 10k programme starts on Thursday 9th September and the new beginners' group starts on 14th September.

As nights are drawing in and we all want to keep running more than once a week, we are planning a sociable 5-6 mile (11ish min/mile) group run on Thursday 9th September, starting at 6.45pm from Gosling Sports Park car park, AL8 6XE

When choosing to join a group run, please remember that your safety is important so please do not attend if you feel unwell. Please arrive in time to register with the Leader 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

#	17 th October TBC	Sunday League XC (free)	Cheshunt	Info. to be circulated via club email.
#	7 th November TBC	Sunday League XC (free)		Info. to be circulated via club email.
#	19TH December TBC	Sunday League XC (free)	Fairlands Park Stevenage	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.

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.

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/