



Garden City Runners News Release **19th 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

Pride 10k Race

Richard Darley took part in the annual Pride 10k race on Saturday morning at Victoria Park in darkest Hackney.



Richard writes: 'While three laps of the park may not be the most exciting race route, the pancake-flat terrain makes for some speedy times. Organised by London Frontrunners, an LGBT+ running group, the race raises money for Micro Rainbow Foundation a global charity which supports LGBTI communities throughout the world. The sun shone on Saturday morning and as ever the rainbow tutus, running unicorns and glittery rainbows made the event as camp as a Barbra Streisand concert'.

Richard ran the route in an unconfirmed time of 55:24.

Richard commented: *'Annoyingly the phased start meant I didn't even get around one circuit before being lapped by the race leaders'.*

Photo: Richard celebrating, with a shiny new medal

Leighton Buzzard 10 miles

Chris Jones ran the Leighton Buzzard 10 miles as part of a 16 mile run with objective of running it at marathon pace as part of peaking for London in 2 weeks' time. Chris writes: *'It*

was a very friendly, well organised running club event on a beautiful course in the Vale of Aylesbury with 3 big hills including the last mile. My time for the 10 mile race segment was 1:03:46 and was 11th overall'. Amazing time, well done, Chris!

Stevenage 10k

While some GCRs went to London, others decided to travel to Stevenage, to take part in the Stevenage 10k!



Congratulations to our runners and their achievements - Herts County Silver medal for the ladies – **Helen Paine, Becky Cullers** and **Carol Reid** and also Silver for the men’s team of **Justin Hill, Peter Harvey, Steve Ellerd-Elliott and Leinad Rendup** (aka ‘please read in reverse order’) – well done all!

Michael Paine also took part in the Stevenage 10k entry, following his 2 mile swim in the Serpentine yesterday (and last week’s Brighton marathon). Michael has now completed two thirds towards his Classics medal - having touched one at the event yesterday, he is determined to get into London somehow in 2022 – well done and good luck, Michael!

The Faulkner family was also taking part – **Alex Faulkner** writes: ‘*Daughter Alex and father Dave, ran their first road race together. Alex was the first GCR woman back in a chip time of 50.14 and 3rd in the FS age group. This was Dave’s first road race in 5 years and was 24 seconds outside the hour! There was great team spirit all round and celebratory cake for all finishers!*’ Well done everyone in your family, Alex - very inspiring!

Dave Heal runs 93rd Marathon

Dave Heal completed his 93rd Marathon at Phoenix running event Zeus & Thunderbolts vs the Gods at Denbies Wine Estate near Dorking in 5 hrs 40 mins 48secs – well done, Dave (the wine estate looks great, worth a visit!)



Dave commented: *'I chose to run 8 laps of 3.28 miles trail of a Hilly/undulating circuit of 2706ft ascent. The day started dry, but after 6 laps the torrential rain started which made the chalky path underfoot slippery & hazardous (alas the grape vines did need a drink).*

Upon being awarded the medal I was warned don't wear it when driving home, cause it has some very pointed ends that could cause serious injury!'

Photo on the left: Dave with his hazardous medal.

I hope you were being careful placing it somewhere safe at home, Dave!

2021 Round Norfolk Relay

GCRs completed the 2021, running at the weekend, finishing in 24th out of 53 teams. Full report and photos to follow next week!

parkrun roundup

Many GCRs were in action this weekend in parkruns in Herts and beyond. Helen Stafford was first lady at Westmill in 24:24; Rebecca Cullers was third lady at Rosliston parkrun in 24:09; Also, Sharon Threlfall ran Blickling parkrun and Steve Williams took part in Plymvalley parkrun. For full GCR results for Saturday's parkruns, click [here](#).

Also, **Rachael Everard** reported that **'Mark Ashworth** ran the Rothay parkrun, in Ambleside, Lake District, on Saturday morning before our wedding. He finished in 46th, in 26:26 exactly, with a sprint finish to make sure he beat the best man - not too bad after a few beers the night before!'

Mark even earned a shout out from the race director, who on learning it was his wedding morning advised he “kept on running” – Congratulations and well done on the running!

Below: a photo of Mark and friends after the finish.



Hampton Court Half Marathon

Ricardo Neto took part in the Hampton Court Half Marathon on Sunday, and completed it in 1h36m35, well done, Ricardo! Amazing time!

RunFest event

Michael Scutt would like to bring everyone’s attention to the RunFest event, being run on 26 September from Campus West.

There are three routes to choose from 2k for families, then 5 and 10k - the latter through the Ayots. The event is raising money for Riding for the Disabled and Welwyn Hatfield Women’s Refuge.

For anyone not doing the Standalone 10k – sounds like a great event, thank you Michael!

A yellow poster for 'THE RUNFEST' event. At the top left, it says 'THE WELWYN GARDEN CITY Satellite Group' and 'Rotary' with the Rotary logo. The main title 'RUNFEST' is in large red letters. Below that, there are two columns of text: 'START TIMES' and 'CIRCULAR RUN/WALK'. The start times are: 10K 9.30 am, 5K 9.40 am 1st wave, 9.50 am 2nd wave, and 2k 10.00 am onwards. The circular run/walk route starts at 'Starting Point CAMPUS WEST CAR PARK' and then passes through 'SHERRARDSWOOD & AYOTS' with 'Marshals on route'. On the right side, there is a vertical banner that says '26TH SEPTEMBER 2021'. At the bottom, there are three silhouettes of runners in green, blue, and orange. Below the silhouettes, it says 'ALL AGES WELCOME' and 'Children must be with an Adult'. There is a 'SIGN UP AT' section with the URL 'https://bit.ly/3g1eY29' and a QR code. On the far right, it says 'HELP US SUPPORT LOCAL CHARITIES WHILST ENJOYING OUR WONDERFUL WOODS' and lists 'Riding For The Disabled Digswell' and 'Welwyn Hatfield Women's Refuge'.

Tuesday club runs: 21th September

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

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Moneyhole Playing	5 - 5:30	11 - 12	8 - 8:30	7
10k	Fields car park, AL7 2PY	5:40 - 6	10	9 - 9:30	6
9/10k	Gosling Sports Park car park, AL8 6XE	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Moneyhole Playing Fields car park, AL7 2PY	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	King George V Playing Fields car park, AL7 4BP	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			

*please note that due to leader holidays, the pace for the 9/10 group this week may be slower than previous weeks.

As the runs will be partially in the dark, please where a head/body torch and wear bright clothing.

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.

Happy running!

Avery League Competition and Sunday League XC

Here is the latest events list of events for the 2021 Avery League Competition, plus provisional dates for the 2021-2022 Sunday League XC.

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	25 th - 28 th February	Virtual XC: 5 miles (free)	Runner's own course	Completed
4	18 th - 21 st 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	Completed
20	19 th September	Stevenage 10k (£17 for ARC affiliated clubs)	Stevenage	Completed
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 Park, Cheshunt	Info. to be circulated via club email.
#	** November TBC	Sunday League XC (free)		Info. to be circulated via club email.
#	19 th December TBC	Sunday League XC (free)	Fairlands Valley Park, Stevenage	Info. to be circulated via club email.
	16 Jan 2022 TBC	Sunday League XC (free)	Cassiobury Park, Watford	Info to be circulated via club email.
	13 Feb 2022 TBC	Sunday League XC (free)	Therfield, nr Royston	Info to be circulated via club email

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/