Garden City Runners   News Release
10th October 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

GCRs Marathon Success continues

After last week's marathon success stories, more GCRs were in action this weekend in marathons across the UK.

Mother and Daughter take a Tor at the Eden Marathon

Sarah Halliday and daughter **Hannah Dickinson** *(left, at the finish)* conquered the Eden marathon together. The pair ran the very hard and hilly but beautiful marathon route, starting and finishing at the Eden Project. Sarah and Hannah completed the course, which encompassed running up a tor, wading through a stream and being serenaded by marshals playing sea shanties on a recorder, in a time of **04:54.**

GCRs mad for Manchester Marathon

Several GCRs travelled up north to run this weekend's Manchester Marathon, rescheduled from last April. **Katy Healy** reports: "It was a fabulous marathon with amazing support. Something went ping in my leg at mile 16, so I jogged the last 10 miles and enjoyed the atmosphere." Katy *(below right, looking strong)* finished in a very respectable **4:06.07**. We wish you a speedy recovery Katy!

Also running in Manchester were **Sally Laflin** who finished in 4:12:20; **Chris Poole** in 4:13:20, and **Sofie Marchant**, running her first marathon post baby in an impressive 04:16:52. Well done all!


Mark Ashworth Runs Royal Parks Half

Mark Ashworth travelled to central London to compete

in the Royal Parks Half Marathon. The race started at Admiralty Arch and finished in Hyde Park, with the flattish course taking runners past Big Ben and Buckingham Palace among other famous city sights. Mark *(pictured left)* finished in a time of **1:38:11** and was 564th overall, in a huge over 4 minute pb.
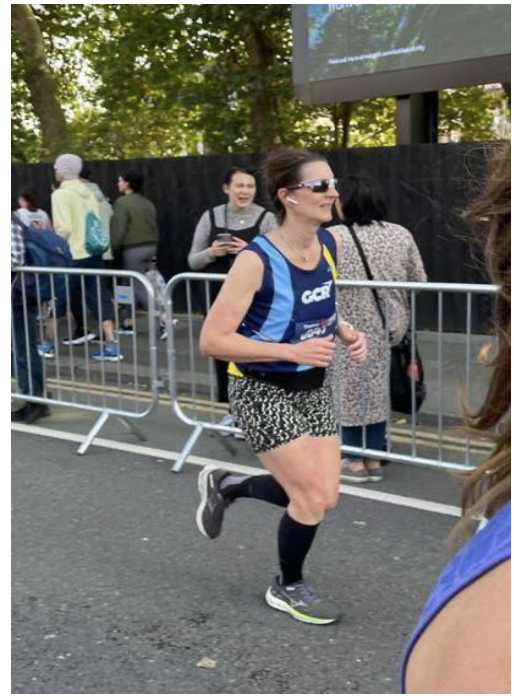
On Saturday **Mark** also ran the Crathes Castle parkrun just outside of Aberdeen. He reports "It was a particularly hilly course on a National Trust of Scotland Estate." Mark finished third in a time of **23:38** and then had to drive nine hours down the A1 back to WGC to get back in time for his half!

Heal has a roarrrrring time at Colchester Zoo

David Heal decided to take a scheduled marathon break to recharge his legs before he completes the final five countdown to his 100th marathon.
Heal traveled to Colchester Zoo to take part in the Colchester Zoo Stampede half. This is his 123rd half marathon and he finished in **02:57** on an undulating and testing multiple loop circuit which took Heal through the zoo and countryside lanes.

Dave (right) reports: "I was pleased that I wasn't eaten alive by the lions and tigers, but wished they had scared me a bit more, as I was so close to going under two hours - but it was still a personal best time for half marathons this year so I'm happy with that! After the race, we had free entrance to the zoo to meet and greet some of my new friends."

Mike and Kath Evans run Willow 10K

Mike and **Kath Evans** headed over to Hatfield where Kath bagged her tenth 10k of the month, raising funds for Cavell Nurses Trust which supports nurses and midwives when hardship strikes. Kath reports: "A 'high five' from Bob Wilson and a medal from Meg? It could only be the Willow Foundation 10k at Hatfield House, which was raising funds for young adults with long term and palliative conditions to enjoy a day out." The two finished together in 1:07 and are pictured left with their lovely wooden medals!

Any donations to the Cavell Nurses' Trust would be hugely appreciated.

Kath is aiming to do 31 x 10ks, one for every day of October, to raise funds for this great charity - https://cavellnursestrust.enthuse.com/pf/kath-evans-10d15

parkrun roundup

Congratulations to all GCRs taking part in parkruns near and far this weekend. **James Huish** was third at Ormeau parkrun in 18:06; **Neil Hume** was fifth at Panshanger in 19:27 and

Justin Hill sixth in 19:44; **Andrew Holt** was fifth at Dunstable Downs in 20:19. Full results for GCR participation in Saturday's parkruns can be viewed here.

Cross Country Sunday League – a note from your team captains

Next Sunday, October 17th sees the first race in the Sunday XC League, at Cheshunt Park at 11.00 am. We are keen to have a strong GCR presence and encourage all GCRs to participate if you are able. If you need a lift or don't have a club vest, please post on the GCR Facebook or email your men's club captain **James Huish** james.huish247@btinternet.com or women's vice-captain **Rebecca Barden** rebbarden@gmail.com and we can put you in touch with someone who can help. The more GCRs who take part, the better, so do not worry that you'll be 'too slow'. The race doesn't finish until the last runner runs into the finish funnel so you'll never be left behind.

Group Runs next week

Steady Group Runs 6.30pm Tuesday 12th October

To enable some of the Run Leaders to participate in the second EA Coaching Session, there may not be as many groups as normal. Pace and distance will depend on who attends, but as a minimum there will be a steady group running between 6-8k (3-5 miles) and a slightly faster group running 10k ish/6ish miles.

Normal start point; Ridgeway Academy, Herns Lane, AL7 2AF. Please use the school entrance off Herns Lane where there is plenty of parking, then walk through the school towards the floodlit pitches where you will find the entrance. Meet at 6.15pm for a 6.30pm start.

Please wear bright clothing and wear a head/ body torch.

Leaders Required

Do you enjoy running with a group? If so we need you! Each Tuesday and Thursday evening we want to be able to offer group runs for our members. By becoming a run leader, you can help ensure we can do that. We are particularly short of leaders for Thursday evenings.

As a leader you will need to plan a route of the appropriate distance beforehand, then maintain an appropriate pace for the group making sure everyone gets back to the start.

If you are interested in the role, please contact **Helen Harrison**, the co-ordinator, via the Club Facebook page. You can always chat to one of the leaders at Tuesday's training session to find out more.

Avery Competition - consultation

As promised previously, we're consulting GCR members about the format of the Avery Competition via an online form. We're keen to hear from you whether you're an Avery veteran or have never participated, and there are lots of opportunities to add comments. It should only take a few minutes to complete - no sections are compulsory so please answer as much or as little as you wish.

The deadline for submission is the end of **Sunday 24th October**. We'll then review the responses and use them to help us put together the Avery event list for 2022 and beyond (but we'd like to give everyone a heads up that the Fred Hughes 10 and remaining Sunday League Cross Country races for this season will definitely be included, so you can enter / make plans for those dates now).

Link to the consultation:

https://forms.gle/wx57ZsJqgLnfb2XZ6

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	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	18th April	XC (free)	Crooked Chimney	Completed
6 V	9th May	Centenary Challenge (free)	WGC 20.20 route	Completed
7	24th May – 6th June	MWL – Race 1 – Mob Match (free)	Virtual 10k - Runner's own course	Completed
8	13th June	St Albans Half Marathon £33	St Albans	Completed
9	14th June – 27th June	MWL – Race 2 (free)	Virtual 10k - Runner's own course	Completed
10	25th June – 3rd July	Welwyn 10k (virtual) £10	Welwyn	Completed
11	4th July	Ware 10 miles £18 OR 10k £16 (virtual option £8)	Ware	Completed
12	5th – 18th July	MWL – Race 3 (free)	Virtual 10k – Runner's own course	Completed
13	18th July	Herts Fast 10k (£20)	Bovingdon	Completed
14 V	29th July	GCR club 3k relays (free)	Woodhall, WGC	Completed
15	2nd – 15th August	MWL – Race 4 (free)	Virtual 10k – Runner's own course	Completed
16	8th August	St Albans 10k (£20)	St Albans (Highfield Pk)	Completed

17	15th August	Lea Valley HM (£27)	Cheshunt	Completed
18	21st August	Panshanger parkrun (free)	Panshanger Park	Completed
19	12th September	GCR Centenary Loop event (free)	Stanborough Park	Completed
20	19th September	Stevenage 10k (£17 for ARC affiliated clubs)	Stevenage	https://stevenagestridersrc.org.uk/stevenage-10k
21	26th September	Standalone 10k (£tbc)	Standalone Farm, Letchworth	http://www.nhrr.org.uk/standalone-10k.html
#	17th 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.
#	19th 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/