



Garden City Runners News Release **17th 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 Back in XC Action



After an almost two-year gap in official XC races (although GCRs have been fortunate to enjoy club XCs organized by our race committee) GCRs were out in force for the first race of the Sunday XC League, at Cheshunt, organized by Broxbourne Runners with marshalling support from GCRs. The Cheshunt course features three laps of an undulating route over grass, mud and trail. Official results are not

yet available, but will be circulated separately. Congratulations to all GCRs who ran and volunteered around the course and at the finish. *Above: GCR ladies at the start*



Above: Lizzie Parry (left); Kath Evans (right); GCRs at the finish



Above: more happy GCRs at the XC finish

Oxford and Cambridge Half Marathons



It was a half marathon Boat Race challenge for GCRs as some travelled west to the City of Dreaming Spires, (or should it be Perspiring Dreams? – Ed.) while others ventured east to Oxford’s light blue rival. In Oxford, **Zoe Stephens** ran a smashing new PB time of 1:31:13, to finish 3rd in her age group and 29th woman overall, while **Caroline O’Dwyer** (*pictured left*) who reported “a chilly start but perfect running conditions”, ran in 2:31:07. Meanwhile, in Cambridge, **Helen Stafford** ran in 1:45:46, Grumpy **Steve Williams** in 1:46:03; **Ali Riza Eroglu** in 1:47:45; **Vicky Dodman** in 1:52:01; **Rebecca Cullers** in 2:01:29 and **Carol Reid** 2:07:14.

Zut alors! Jean a couru le marathon de Paris!

Écoutez et répétez! (BEEP!) (Or was that just me who suffered through the 1980s ‘language lab’ – Ed.). Anyway, félicitations to **Jean Cole** who travelled across le Channel to ran the Paris Marathon in a redoubtable 6:24.

Heal on the 100 Marathon Home Straight

GCR's marathon ace **David Heal** (*below, with his medal*) sends this report hot from the finish of his 96th marathon: "The final leg - the final push to 100 marathons - today I ran my 96th marathon at Saturn Running Events' The Run of Witchcraft & Wizardry at Wokingham Waterside centre, Thames valley park. The event was a seven-hour challenge to run as many



laps as you could in that time. I chose to run eight laps of a 3.28 mile trail circuit of uneven grass and stony trails alongside the River Thames and through parkland. My official time was 5:20:16. It rained for two laps, making the trails and especially the grass slippery underfoot, and then the sun came out to warm up the circuit! Alas, I got another medal in my already very heavy marathon bag of bling! I was pleased to reach the finish line as this circuit played havoc with my left hip & ankle today!" Congratulations

Dave, only four more to go!

Great South Run

Our Leader **Jane Molloy** sends this report from Portsmouth's Great South Run: "Today was my third outing at the 10m Great South Run and perfect proof that I didn't train properly for it! As usual, it was a brilliantly-organised run, with loads of support on the way round, helped by the warm sunny weather. Eilish McColgan smashed the women's 10m record with a time of 50:44. At around 1k, as I was wearing club colours, I was greeted by new GCR member, **Mark Westley**. For the reputation of the club, he should have been wearing the colours and I should have been wearing his jumpsuit - I finished in 2:08:16, while Mark clocked 1:40:53."

parkrun roundup

Congratulations to GCRs taking part in and volunteering at parkruns across Herts and beyond. In North London, **Daniel Pudner** finished fourth in Highbury Fields parkrun in a time of 17:46. **Caroline Hale** was third lady at Stevenage in 21:15. **Chris Jones** was eighth at Telford in 19:18. At Panshanger, **Neil Hume** came in second behind 'Unknown' in 19:18, and **Rob Casserley** fourth in 19:35, while GCR ladies scored a one-two with **Hannah Frank** finishing as first lady in 22:48 and **Rebecca Barden** second in 24:13. Meanwhile, at Aldenham parkrun, Andrew Holt was seventh in 21:52 and in the far reaches of North Herts Richard Somerset was sixth at Letchworth parkrun in 20:54. Full results for GCRs taking part in Saturday's parkruns are [here](#).

Group Runs next week

Steady Group Runs 6.30pm Tuesday 19th October

Normal start point; Ridgeway Academy, Herts Lane, AL7 2AF. Please use the school entrance off Herts 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 reminder

Thanks to everyone who has filled in the Avery survey so far - there's been a great response.

If you haven't done it yet, there's still time - the deadline is the end of **Sunday 24th October**. We'd love to hear your views about the format for next year's competition.

Link to the consultation: <https://forms.gle/wx57ZsJqqLnfb2XZ6>

With many thanks from the Race Committee

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!

Avery League 2021 event 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	WGC	Completed (Replaced the cancelled Love WGC 10k)
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 V	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	Completed
22	17 th October	Sunday League XC (free)	Cheshunt	Completed
23	21 st November	Stevenage Half marathon (£26 UKA /£28)	Stevenage Ridlins Stadium	https://stevenagehalfmarathon.co.uk/
24	28 th November	Hatfield 5	Hatfield	https://activetrainingworld.com/hatfield-5-28thnov-2021/ (Herts County Senior championships)
25 V	5 th December	Festive 5	WGC Stanborough	https://www.racesonline.uk/races/entry/festive5/
26	12 th December	Sunday League XC (free)	Trent Park	Details to follow
27	19 th December	Sunday League XC (free)	Stevenage (Fairlands Valley)	Details to follow

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/