



Garden City Runners News Release **24th 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 Cross-Country Results

The results of this year's first cross-country meet are available [here](#).

Congratulations to everyone who participated, especially those for whom this was their first cross-country race, or indeed their first time sporting a GCR vest. Fifty-seven members ran at Cheshunt and we were, by quite some margin, the most represented club present. Let's keep up the numbers throughout the season and bring home some silverware!

It's very close at the top of the combined table with GCR sitting fourth behind Watford, North Herts and Trent Park. The GCR ladies are in second place behind Trent Park with the chaps in third place. The next race on 12th December will be at Trent Park where, provided we have some rain, some serious mud is almost guaranteed! Trent Park are certain to have plenty of folk there so make sure you have the date in your diaries.

Bridge to 10k Programme Graduation

Congratulations to all those members who completed the club's first *Bridge to 10k* programme. The six-week programme, under the leadership of Helen Harrison, Rob Cartwright and Peter Laphorne culminated in a 'graduation' 10k on Thursday and finished with two laps of the Gosling Sports track. Demonstrating just what a fabulously supportive Club we are, other Club members, including some of the current beginners group turned out to cheer them over the finish line.

Members running on Thursday were TENDY ST-FRANCIS, VALERIE LEVISON, LAURA RULTON (all of whom completed the most recent Beginner's Course in July), MICK WISE, GILL SOL, CAROLINE O'DWYER, DEBBIE PIERSON, NATALIE McCURRY, JEWEL CARTWRIGHT, ROBIN

CARTWRIGHT and BECKY DAY all of whom have come back to running after the lockdowns or to get up their fitness levels.

LAURA HOSKING, who was on holiday in Scotland completed a solo graduation run with blustery winds blasting off the sea.

Shout outs also to LOUISE O'DONNELL and WILLOW GIBSON who completed the course but were unable to run on Thursday, and to CERI HUMPHRIES who sadly sustained an injury toward the end of the program.

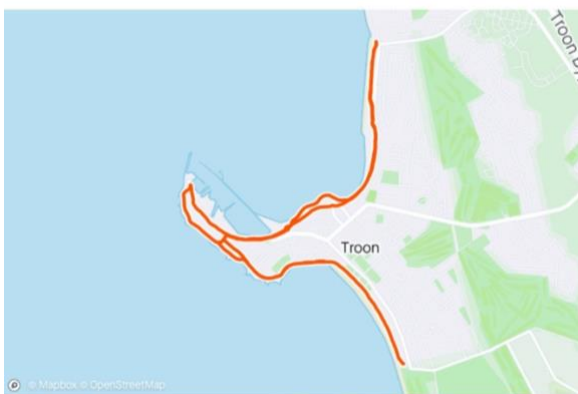


laura hosking

Today at 1:04 PM · South Ayrshire, Scotland

Over 'the bridge to 10k'!

Distance 10.79 km Pace 7:29 /km Time 1h 20m



NEWPORT MARATHON

LEE WOOD completed the Newport Marathon on Sunday after minimal training thanks to a year of illness and injury as well as no runs longer than 8 miles all year other than a single half marathon! Lee reports [that he] "felt good and kept the pace easy running to HR and somehow at halfway I was on pace for a 15-minute PB. Not unsurprisingly, the lack of miles caught up with me around 30km and I got progressively slower and could see that 15-minute buffer decreasing. The last 5km I was in a world of pain but held on for a 4-minute PB and am incredibly proud and more than a little overwhelmed by what I achieved yesterday."

Lee's partner and GCR 2nd claim member DONNA O'TOOLE ran the far more sensible option (Lee's words! - Ed.) of the 10km distance and was delighted to get round only a few months after starting to run again following a complete loss of running mojo over the last year.

Congratulations to Lee and Donna.



Lee model's quirky knitwear



Donna takes on important post-race nutrition

parkrun roundup

Ultra-Marathon aficionado ALEX YATES toned down the distance on Saturday, choosing to celebrate two significant milestones this weekend by going nuclear and visiting the Sizewell parkrun. The event marked Alex's 100th parkrun, which happened to fall on her 50th birthday. Alex describes the run as a beautiful location with a flat route, out and back with a loop, along the top of the dunes at Sizewell beach. Stunning views across countryside and out to sea as well as passing in front of Sizewell B Nuclear Power Station. Good for a PB on a non-windy day and a tea hut serving the world's best sautéed potatoes. [All I remember of Sizewell beach are the signs saying "Beware of the Adders" - Ed.]



There's always time for a selfie

Elsewhere, seventy-eight other club members ran the 5km distance at twenty-three separate locations throughout the country. MARTHA HALL was first lady over the line at Panshanger with DANIEL PUDNER, NEIL HUME, ADAM WADLEY and CHRIS ELAND all finishing in the top ten.

ANDREW HOLT was second up the funnel at Dunstable Downs in 20:10 and CAROLINE HALE was second lady finisher at Stevenage where a contingent of ten GCRs made an appearance.

TOM ROGERS and WAYNE AYLOTT collected the "Y" in their Parkrun alphabet with a trip to York, and ASA & STEVE GROUT went all Shakespearean with a visit to Stratford-upon-Avon.

A full run down of this week's runners and riders can be found [here](#)

Group Runs next week

Steady Group Runs 6.30pm Tuesday 26th October

Normal start point; Ridgeway Academy, Hems Lane, AL7 2AF. Please use the school entrance off Hems 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 League Competition and Sunday League XC

Here is the latest events list of events for the 2021 Avery League Competition, plus 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)	Stevenag	https://stevenagehalfmarathon.org.uk/

			e Ridlins Stadium	
24	28 th November	Hatfield 5	Hatfield	https://activetrainingworld.co.uk/event/hatfield-5-28thnov-2021/ (Herts County Senior championships)
25 V	5 th December	Festive 5	WGC Stanborough	https://www.racesonline.uk/race-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/