



## **Garden City Runners News Release** **31st 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](mailto:results@gardencityrunners.org.uk)*

### **Becca, Ann and Barbara Run Lulworth Cove Marathon ++**

Only four weeks after their Loch Ness marathon, mother and daughter **Ann** and **Becca Hayden** were back on the marathon trail, this time with **Barbara Kubis-Labiak**, (*pictured below, left, with stunning coastal scenery*) travelling down to Dorset for the Lulworth Cove



marathon (and a bit extra) organised by Trail Events Co. The hardy trio stayed overnight at a hotel in Wareham on Friday and had an early breakfast on Saturday before heading to Durdle Door for the race start.

The weather first thing was pretty miserable, but just before the race started the clouds began to disperse and runners set off under welcome blue skies.

**Becca** comments "From the start we were welcomed with beautiful views, as we followed the coastal path towards Weymouth passing through Osmington Mills. We then left the coast path for a while before joining the upper coast path and heading back to Lulworth Cove, enjoying the views from a different direction and a slightly higher viewpoint. This is where we began the second leg of the challenge, heading in the other direction along the coast path towards St Alban's Head and Poole.

"One of my favourite bits was passing the iconic Durdle Door and we had stunning views of the Jurassic Coast as we ran along it. Along with our essential items that we had packed to run

with, a phone to take photos was the most important piece of kit as the views were absolutely stunning.

"It was very interesting running through M.O.D. land where we had to be careful to keep on the right path due to the danger of shots being fired! This was a particularly tough section but well worth it. I would describe it as running up and down lots of mini mountains with very steep ups and downs. We soon looped back away from the coast to then run back to Lulworth Cove to the finish line.

"Due to the elevation the total mileage was about 29 miles with a near 6000ft elevation.



"As I have found with many a race like this, the atmosphere made the whole thing even more enjoyable. People were so supportive of their fellow runners and the marshals and pit stops were a welcomed break to top up on fuel and have a quick friendly chat with the volunteers and other runners.

"All in all a wonderful weekend, even if I have got very tired legs!"

*Left: Becca, Ann, Barbara and friend Wendy celebrate at the finish*

Mum **Ann's** verdict on the run: "Lulworth Cove Marathon 29.27 miles, stunning views, great company but blooming tough!" **Barbara** commented: "Another stunning coastal run, this time along the Dorset coast, taking part in the Lulworth Cove marathon. The word marathon clearly doesn't always mean the same, since I somehow ended up doing 48km with 1,982 meters of elevation.

"Conditions varied, with some rather windy spells, but luckily it stopped raining just before the start. One big difference between a 50k and a 100k run with the same elevation: the 100k was easier because my legs had time to recover - here the hills relentlessly kept on coming!"

Becca (*right, at the finish*) ran an amazing time of approximately 5:46:00 and was fourth lady, with Ann finishing in a time of 8:58:00. Meanwhile Barbara loved the event so much that she went off-piste to run 29:83 miles in a time of 8:06:00.



## **Heal on the 100 Marathon Home Straight**

GCR's marathon ace **Dave Heal** is within touching distance of his 100<sup>th</sup> marathon goal. Dave writes: "I have finished my 97th and 98th marathons, both at Phoenix Running Events at Walton on Thames.. My 97th Marathon was the Medusa-Silver Gorgon, which I completed in 5:07:22, running eight laps of 3.28 miles beside the River Thames. My 98th was the Ghost Train Halloween special, which I completed in 5:21:11, again running eight laps of 3.28 miles beside the River Thames. Yesterday's 98<sup>th</sup> race was four laps in torrential rain, but it wasn't going to dampen my focus and determination! I'm now two races away from my ultimate running goal of joining the 100 Marathon Club UK. My next Race is known traditionally as the 99 Flake marathon, at which runners are presented with a Flake by the 100 Marathon Club UK. My Flake marathon will be on 14th November at the Remembrance Marathon at Phoenix Running, Walton on Thames, then my 100th will be at Phoenix Running's Riverside marathon on 21st November at Walton on Thames. When I join the 100 Marathon Club UK, my ceremony and presentation of the most expensive running vest in the world, medal and celebratory drinks will be in the heated marquee tent outside the Weir pub nearby. All are welcome to come and celebrate with me for free bar for the first round in the marquee tent with its own barman. There's free parking at the Xcel sports centre, Walton on Thames and a short five minute walk in the direction of Hampton Court to the race venue."



*Dave, above, with his two marathon medals*

## **Sarah Comes Out Smiling at the Stort 30**



GCR's **Sarah**

**Halliday** (*pictured*

*left*) took on the Stort 30, a 30-mile out and back challenge along the

banks of the River Stort. Sarah ran with good friend

**Nuala Milbourn**,

who sends this

report: "Highlights were the friendly marshals, the range

of snacks, and the lovely scenery (when it was safe to look up). The wind and slippery mud and rain were tough – especially when it started to rain again four miles from the finish, just as we were drying off! Running a lap of the sports club field at the end, to make the distance up to 30 miles, felt a bit like a detention activity!"

## **A Fond Farewell from Gareth Fuller**

GCR Gareth Fuller is moving to France to be nearer family, and has written this lovely tribute:

"To ALL members of the GCR family,

I'm not usually the type of person to do this sort of thing but here it goes...

I consider myself quite late to the show when it comes to joining GCR. My family and I have been living in Welwyn Garden for six years and I only joined during lockdown in 2020! However, being an active member of a local junior Parkrun, I found joining seamless, considering I knew so many members already through their association with Parkrun. But, on reflection, I think I really lucked out in joining when I did as I discovered some amazing people pulling together during a time that most of us can easily say was a difficult period in all our lives.

We're hopefully seeing the back end of COVID now (he says with his fingers crossed) and like most people, my wife and I have spent time re-evaluating our life priorities. As a result we've decided to move across to France to be closer to family. A little town in Normandy called

Vimoutiers, for those of you wanting to search on Google maps. The rubbish part is that we're leaving a lovely community which we have called home and raised two kids from nursery. So, the first part of this note is to say farewell to everyone who welcomed me into the GCR family.

The second reason I wanted to write in is to say THANK YOU! Every member of the club is in the privileged position of being part of a community orientated club. Whether it's the tap of encouragement on the shoulder as you run up Woodland Rise during a hard intervals session, or getting lost for the umpteenth time on a group run because it's the signature move of a certain group leader - we love you for it, Chris! I've been able to meet and, ultimately, become good mates with so many of you. Your individual and collective contribution to my time in Welwyn Garden cannot go without saying a huge thanks to all of you! I'm leaving a better runner (some may challenge this point) but more importantly a better human being for having been part of this community.

So, I encourage you all to take stock of the wonderful people you share your walks/runs with. It's only once you say goodbye (hopefully not forever in my case) that you realise how special they all are."

Gareth

### **Ayots Solar Farm proposal**

GCR has been advised of a proposal to develop a Solar Farm on the land between Ayot St Lawrence and Ayot St Peter.

It is in the very early stages at the moment, but there will be two consultation sessions in November.

We know many GCRs use the footpaths around the Ayots as long run and training routes. It would be good for as many members to see the proposals, and make their comments directly to the developers.

Please see a flyer appended to the end of the News Release with more details of the proposals and consultation meetings.

## parkrun roundup

Congratulations to GCRs taking part in and volunteering at parkruns across Herts and beyond.

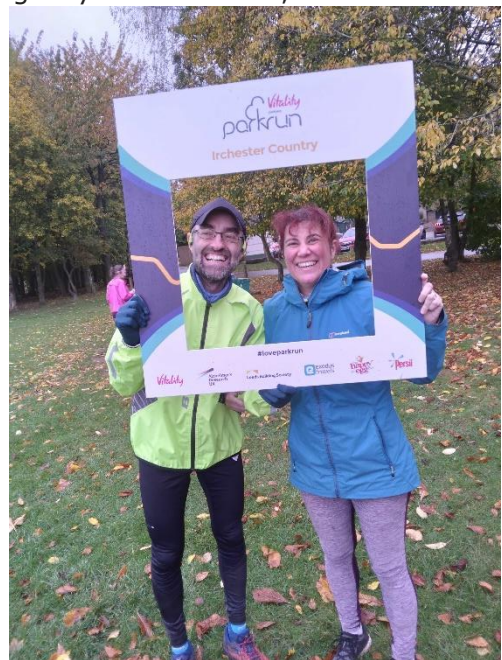


At Shipley parkrun, **Rebecca Cullers** was fifth lady in a time of 25:26. At Westmill, **Sharon Threlfall** was Race Director for the 50<sup>th</sup> time, and several GCRs joined her to celebrate and admire her manifestation as a fierce lady dinosaur. **Steve Ellerd-Elliott** was third overall in 21:11 with **Richard Somerset** not too far behind in fourth place in 21:35, while GCR ladies scored a one-two with **Hannah Frank** finishing as first lady

*Above: Dinosaur Lady RD Sharon with GCRs at Westmill*

in 24:11 and **Rebecca Barden**, despite going the wrong way several times, second in 25:59.

**Fredi Giliberti** and wife **Mati** travelled to Irchester, near Wellingborough, from where Fredi sent this report: "So chuffed to bag the "I" for my alphabet challenge and "34" Fibonacci series at Irchester yesterday... my finishing time is irrelevant (it was very wet and boggy) but I was pleased for my wife Mati to come along and complete the whole course running.... we enjoyed a well-deserved cake at the end to celebrate the parkrun's second anniversary too". *Right: Fredi and Mati at Irchester*



Meanwhile, **Sean Bowen** was eighth at Brockenhurst parkrun in 21:03; at Panshanger, GCRs had three in the top ten, with **Neil Hume** fifth in 19:24, **Adam Wadley** sixth in 19:26 and **Rob**

**Casserley** eighth in 19:36. At Broadwater parkrun, **Katherine Philp** was first lady in 22:26, and at Charlton, **Daniel Pudner** was second overall in 19:10. Full results for GCRs taking part in Saturday's parkruns can be found [here](#).

## Group Runs next week

**Steady Group Runs 6.30pm Tuesday 2<sup>nd</sup> and Thursday 4<sup>th</sup> November**

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

There will now also be steady group runs on a Thursday evening, meet at Ridgeway Academy at 6.15 for a 6.30pm start, distance of up to 10K – further details to follow on the GCR Facebook page.

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

### **Stay Safe – GCR Welfare Officers' tips for winter running**

Our GCR Welfare Officers have put together some helpful tips and advice for running safely in the winter.

“As the clocks change, it will be notably darker for our evening runs; during October, twilight runs have become dark runs. We have put together a few tips to help ensure safer running in the dark:

- Run with others or, if running solo, tell someone how long you will be gone for and the route you plan to take. The person you tell can be a friend who you can check in with afterwards, perhaps have a buddy system. If running solo, take your phone with you so you can contact friends or family should you have a problem.
- Leave your headphones or airpods at home – it's important that you're able to hear what's around you.
- If something happens which means you can't continue your run, you may not be able to make it home. When it's dark, it's likely to take longer for people to notice you. Smartphones have a tracking ability, so you can share your location using an app (search in the relevant App Store for free tracking apps which you can share with trusted friends or family) or go the old fashioned route and show someone your planned route on a map.
- Some smartphones or watches have an auto emergency call/SOS function. Ensure your emergency contacts are set, so should your device detect an incident such as a fall, then it will alert someone for you.
- We recommend installing “what3words” on your phone (it's free) - <https://what3words.com/products/what3words-app/> The app gives your position to 3 square meters anywhere in the world using a unique combination of 3 words. You can give these words to emergency services (or anyone else with the app) to help them come straight to you.

- Reflective, fluorescent or light-coloured clothing will help people to see you. If you want to take it one step further, some running clothing has built-in lights to help people see you.
- Take extra caution crossing roads, especially look out for bikes. Ensure you look -do not just rely on listening. This is especially important with the ever-increasing number of almost silent electric cars, scooters and cycles on the roads. We suggest caution over haste, save the PBs for the Sunday league and other races.
- Watch out for kerbs, holes, puddles and misaligned paving slabs, many of which can be hidden by fallen leaves this season. We suggest taking extra care with foot placement whilst running.
- Where possible, try to run where there are street lights. If running off road then try to avoid places with tree roots and uneven ground and wear a suitable head/body light to help light up your path (Ensure any lights are pointing down so not to blind others.)

### **Safe running at club training sessions:**

Run leaders and coaches work to ensure the safety and wellbeing of all athletes attending training sessions, as well as offering advice for training outside of formal club sessions. We stress that you should only exert yourself within your own capabilities. People should tell their run leader or coach, at the start of a session, if there is a health issue the run leader or coach should know about ahead of that session (this is on the understanding this information will not be shared). If you feel unwell at training, then tell those around you; these people can get help and alert others such as the run leader or coach should your condition worsen. Ensure you wear appropriate clothing and equipment for the conditions.

The run leaders are aware of the protocols they should follow to manage risks and respond to any rare incidents. We ask you to help the run leaders by making them aware of any incidents they may not be aware of as soon as possible.

Additionally if you feel that there are gaps in the clubs protocols, feel free to make suggestions or ask questions and we will get back to you. The suggested contact to use for this is [welfare@gardencityrunners.org.uk](mailto:welfare@gardencityrunners.org.uk) (the address is also on the website under Contact). Please also get in touch with Welfare as soon as possible if you have concerns about any issues, incidents or behaviours you notice whilst taking part in club activities such as training and races that you feel should be noted.

### **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 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 <sup>th</sup> April	XC (free)	Crooked Chimney	Completed
6 V	9 <sup>th</sup> May	Centenary Challenge (free)	WGC 20.20 route	Completed
7	24 <sup>th</sup> May – 6 <sup>th</sup> June	MWL – Race 1 – Mob Match (free)	Virtual 10k - Runner's own course	Completed
8	13 <sup>th</sup> June	St Albans Half Marathon £33	St Albans	Completed
9	14 <sup>th</sup> June – 27 <sup>th</sup> June	MWL – Race 2 (free)	Virtual 10k - Runner's own course	Completed

10	25 <sup>th</sup> June – 3 <sup>rd</sup> July	Welwyn 10k (virtual) £10	Welwyn	Completed
11	4 <sup>th</sup> July	Ware 10 miles £18 OR 10k £16 (virtual option £8)	Ware	Completed
12	5 <sup>th</sup> – 18 <sup>th</sup> July	MWL – Race 3 (free)	Virtual 10k - Runner's own course	Completed
13	18 <sup>th</sup> July	Herts Fast 10k £20	WGC	Completed (Replaced the cancelled Love WGC 10k )
14 V	29 <sup>th</sup> July	GCR club 3k relays (free)	Woodhall, WGC	Completed
15	2 <sup>nd</sup> – 15 <sup>th</sup> August	MWL - Race 4 (free)	Virtual 10k - Runner's own course	Completed
16	8 <sup>th</sup> August	St Albans 10k (£20)	St Albans (Highfield Pk)	Completed
17	15 <sup>th</sup> August	Lea Valley HM (£27)	Cheshunt	Completed
18	21 <sup>st</sup> August	Panshanger parkrun (free)	Panshanger Park	Completed
19 V	12 <sup>th</sup> September	GCR Centenary Loop event (free)	Stanborough Park	Completed
20	19 <sup>th</sup> September	Stevenage 10k (£17 for ARC affiliated clubs)	Stevenage	Completed
21	26 <sup>th</sup> September	Standalone 10k (£tbc)	Standalone Farm, Letchworth	Completed
22	17 <sup>th</sup> October	Sunday League XC (free)	Cheshunt	Completed
23	21 <sup>st</sup> November	Stevenage Half marathon (£26 UKA /£28)	Stevenage Ridlins Stadium	<a href="https://stevenagehalfmarathon.co.uk/">https://stevenagehalfmarathon.co.uk/</a>
24	28 <sup>th</sup> November	Hatfield 5	Hatfield	<a href="https://activetrainingworld.com/hatfield-5-28thnov-2021/">https://activetrainingworld.com/hatfield-5-28thnov-2021/</a> (Herts County Senior championships)
25 V	5 <sup>th</sup> December	Festive 5	WGC Stanborough	<a href="https://www.racesonline.uk/races/entry/festive5/">https://www.racesonline.uk/races/entry/festive5/</a>
26	12 <sup>th</sup> December	Sunday League XC (free)	Trent Park	Details to follow

27	19 <sup>th</sup> December	Sunday League XC (free)	Stevenage (Fairlands Valley)	Details to follow
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### **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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)