



Garden City Runners 5th December 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

GCR Festive 5



GCRS came together to organise, marshal and run in today's annual GCR Festive 5, returning after a two year gap. The race follows a five mile course starting and finishing at Stanborough Green opposite Gosling Sports Park, with a two lap circuit around the West

Side of WGC. There was a superb turnout from GCR with many from the club finishing top in the field. **Juliet Vine** was First Lady and fifth overall and GCR teams won both the men's and women's team prizes.



Juliet Vine was First Lady in a time of 30:39. Juliet made up the winning GCR women's team with **Hannah Frank** and **Helen Stafford** (pictured left, with RD **Martha Hall**) in times of 35:31 (fourth lady, and a three minute pb for Hannah) and 37:33 respectively.

Adam Wadley was the first to finish from GCR in a time of 30:03 and came 3rd overall. Also

scoring highly in the winning men's team were **Chris Eland** in 30:10 and **Neil Hume** in 30:56.

Not far behind and also in the top ten were **Andrew Knight** in 31:33, **Richard Somerset** in 31:37 and and **Rob Casserley** in 31:55.

Right: men's team winners Chris Eland and Adam Wadley, with race organiser Dan Pudner and first lady Juliet Vine



Full results are available [here](#) and Graham Smith's fantastic race photos are available [here](#). Well done to everyone who ran and special thanks to Race Director **Martha Hall**, **Craig** and **Nikki** from racesonline for timing and **Daniel Pudner** for all his work before and after the event; **Peter Harvey** for marking the course even with a sore ankle and **Sean Bowen** for Chief Marshal duties, and to all the cake bakers and marshals.



Above: GCRs at the finish; below: Alex Faulkner (left); Tenny St Francis and Charlotte Croft (right)



One for the Diary.....

CHRISTMAS DRINKS WEDNESDAY 8 DECEMBER

An informal GCR get together at the Attimore Hall Pub, The Ridgeway, WGC, AL7 2AD from 7pm. An opportunity to see fellow runners out of running gear and maybe there will be some Christmas jumpers? First drink on the club. Put the date in your diary!

Group Runs next week Steady Group Runs 6.30pm Tuesday 7th and Thursday 9th December

Tuesday group runs, meet in the Dance Studio at Ridgeway Academy, 6.15 for 6.30pm start.

High Vis clothing/ tabbards and head/ body torches to be worn please.

Thursday Group Runs, meet in the Dance Studio at Ridgeway Academy at 6.15pm ready to run at 6.30pm. There are two steady groups; a social 5k and an 8-10k, and a '10k pace training' for anyone who's pace is currently steadier than 10min/mile. So, if you can already run 10k and would like to get faster but feel a bit daunted by the track sessions, why not give it a try?

Avery League Competition

Here is the latest events list of events for the 2021 Avery League Competition.

Please note also that the **2022 Avery League competition** will feature the Fred Hughes 10 on January 23rd – enter [here](#) - as well as the 4th and 5th XC races of the 2021-2022 season, in Stevenage and Royston.

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	Completed

			Ridlins Stadium	
24	28 th November	Hatfield 5	Hatfield	Completed
25 V	5 th December	Festive 5	WGC Stanborough	Completed
26	12 th December	Sunday League XC (free)	Trent Park	Details circulated by email
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.

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/