



## Garden City Runners 9<sup>th</sup> January 2022

*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)*

### **Herts County XC Champs**

Sunday morning saw Garden City Runners join the Herts County XC Champs at Stanborough Lakes. GCRs commented that running conditions were very good, mainly grass with some muddy sections, and definitely not as muddy as anticipated. The women's race started at 12:30pm running the 8k distance and the men kicked off at 1:15pm running 12.7k.

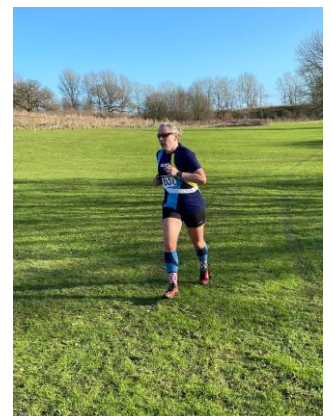
Well done everyone who took part!

Results sent by Sean Bowen below:

Women	Time	Position
Juliet Vine	33:45:00	4
Martha Hall	36:41:00	16
Rebecca Barden	40:33:00	41
Hannah Frank	41:09:00	44
Elaine Moore	42:26:00	49
Sophie Packman	43:59:00	54
Sharon Threlfall	46:48:00	61
Katharine Farrell	47:10:00	62
Sharon Stephens	56:32:00	72

Men	Time	Position
James Huish	48:33:00	24
Herbie Hopkins	51:34:00	41
Chris Jones	51:35:00	42
Chris Eland	51:57:00	43
Bruce Judge	52:02:00	44
Rob Casserley	52:08:00	46
Peter Harvey	53:33:00	56
Steve Ellerd-Elliott	54:16:00	62
Dom Thomas	54:27:00	65
Neil Hume	55:10:00	68
Richard Somerset	57:02:00	78
Sean Bowen	58:38:00	88
Mike Russell	59:12:00	91
Peter Jasko	60:13:00	100
Lee Mansfield	65:40:00	116
Brad Smith	70:51:00	122





Photos from the top left: James Huish, Rebecca Barden, Chris Jones, Sophie Packman and Sharon Threlfall



## **Upcoming races (details sent out via email)**

- Sunday League Race #4 - Watford - 16 Jan (10:30)
- National XC Champs - Parliament Hill - Sat 26 Feb (PM)

## **Mud bath marathon in Essex – Stansted Stagger**

For members of GCR (Colin GRACE, Stuart WONFOR, Glen DOBSON, Stuart WHITFORD and Paul GATENS) took on the mud and sunshine of Essex and took part in the Long Distance Walkers Association (LDWA) **Stansted Stagger** (26 miles from Stansted Mount-fitchit out to Thaxted and back).

Paul Gatens writes: 'Weather was fantastic and the recent rain made for some serious amounts of mud based fun!'

*Photos: Stuart Wonfor and Paul Gatens*



## **Parkrun roundup**

Seventy seven GCR members ran at different parkruns on Saturday morning.

At Stevenage, CAROLINE HALE was second lady in a time of 21:18. TOM WACKETT was third finisher at Panshanger in 19:44, with HELEN STAFFORD first lady home in 25:11 And REBECCA BARDEN second lady in 25:23.

DANIEL PUDNER was second GCR across the line at Cassiobury, finishing in a time of 18:00

Full results for GCRs taking part in Saturday's parkruns can be found [here](#).

## **Steady Group Runs 6.30pm Tuesday 11th January**

Club Runs are back at Ridgeway Academy, 6.30pm, Tuesday 11th January.

Head/body torches and hi viz are highly recommended.

**Update:** Following recent changes to Covid restrictions, please note that **face coverings must be worn again in indoor facilities** - and this includes Ridgeway Academy. Even if you want to wait outside, rather than coming into the hall, please wear a mask before/after your actual run. This applies to all unless you are exempt from having to wear a mask.

## **Avery League Competition**

The Race Committee are pleased to be able to share the updated Avery Event Table for 2022, the updated Format and Rules, and the exciting new GCR Club Championship competition, based on feedback from the consultation in the autumn.

Please find the events table below.

## **Avery League 2022 event table**

Event number	Date	Event	Venue	Cost	Status / notes
1	16/01/2022	XC 4	Cassiobury Park,	free	Club will send out details via email
2	23/01/2022	Fred Hughes 10	St Albans	£21.20 affiliated	<a href="https://stalbansstriders.com/racing/fred-hughes-10">https://stalbansstriders.com/racing/fred-hughes-10</a>
3	13/02/2022	XC 5	Therfield Heath,	free	Club will send out details via email
4	27/02/ 2022	Welwyn Half	Gosling Stadium WGC	£28.62 affiliated	<a href="https://activetrainingworld.co.uk/event/welwyn-half-marathon-2022/">https://activetrainingworld.co.uk/event/welwyn-half-marathon-2022/</a>
5 V	12/03/2022	Panshanger parkrun	Panshanger Park	free	<a href="https://www.parkrun.org.uk/panshanger/">https://www.parkrun.org.uk/panshanger/</a>
6	15/04/2022	St Albans Easter 10k	St Albans	£22.36	<a href="https://activetrainingworld.co.uk/event/st-albans-easter-10k-15th-april-2022/">https://activetrainingworld.co.uk/event/st-albans-easter-10k-15th-april-2022/</a>
7V	24/04/2022	GCR Centenary 20.2k	WGC Centenary Route	free	Club will send out details via email
8	02/05/2022	Kimpton Fun Run	Kimpton	Entry cost tbc	<a href="http://www.kimptonmayfestival.co.uk/">http://www.kimptonmayfestival.co.uk/</a>
9	May tbc	MWRRL 1	tbc	free	Club will send out details via email
10	June tbc	MWRRL 2	tbc	free	Club will send out details via email
11	June tbc	MWRRL 3	tbc	free	Club will send out details via email
12	June/July tbc	MWRRL 4	tbc	free	Club will send out details via

					email
13 V	03/07/2022	Welwyn 10k	Singlers Marsh, Welwyn	Entry cost tbc	<a href="https://www.welwyn10k.org.uk/">https://www.welwyn10k.org.uk/</a>
14 V	July tbc	MWRRL Mob Match	tbc	free	Club will send out details via email
15	July	Fairlands Valley Relays	Fairlands Valley, Stevenage	free	Club will send out details via email
16 V	August	Leila's Run	Wheathampstead	tbc	Details tbc
17 V	September	Hatfield 5k Race 2	Hatfield	tbc	Details tbc
18	18/09/2022	Stevenage 10k	Stevenage	£18.00 affiliated	<a href="https://stevenagestridersrc.org.uk/stevenage-10k">https://stevenagestridersrc.org.uk/stevenage-10k</a>
19 V	October tbc	parkrun	Westmill	free	<a href="https://www.parkrun.org.uk/westmill/">https://www.parkrun.org.uk/westmill/</a>
20 V	October tbc	XC 1	Cheshunt tbc	free	Club will send out details via email
21	November tbc	XC 2	Trent Park tbc	free	Club will send out details via email
22	November tbc	Stevenage Half Marathon	Stevenage	Tbc (£28 2021)	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
23	December tbc	XC 3	Stevenage tbc	free	Club will send out details via email
24V	December tbc	Festive 5	Welwyn Garden City	Tbc (£6.50 2021)	Club will send out details via email

### **Avery Competition 2022 - format and rules**

The Race Committee is continuing to take a flexible approach to the Avery competition for 2022 due to potential restrictions caused by the ongoing Coronavirus pandemic, whilst aiming to follow the established format as closely as possible. The competition principles are subject to the availability of events but, following consultation with members in autumn 2021, will as far as possible be the following:

- A maximum of 24 scoring races – members can run as many or as few races as they choose, with points awarded for participation (or volunteering where this is an option – see below)
- At least half the races will be low/no cost
- MWRRL and Sunday XC races will be included
- Participation encouraged over performance
- An option to gain Avery points for volunteering / marshalling at specified races where the volunteer role precludes a point being gained from running
- A wide range of distances will be included
- Races will be spaced evenly throughout the year (where event availability permits this)
- Prizes - 10 each for the male and female competition (large trophies for the 1st 3, small trophies for 4th-6th place, medals for 7th – 10th place). If any competitor completes all 24 races, there will be a special award.

Scoring is designed to encourage participation:

- For each race run / volunteered at, a GCR member will score one point (highest total possible if all races are participated in = 24, or the total number of scoring races included in the competition)
- Participants will be ranked according to these points
- Where there is a tie for the highest number of points it will be decided according to the race ranking criteria in Appendix B

The Race Committee will produce a proposed list of events before the start of the year and meet as needed to review the list should changes need to be made. A very scoring races for 2022, with details of the races where Volunteer points are available, will be loaded onto the GCR website and Facebook page, and circulated to members via email and the newsletter.

1 point will be awarded per race (even if the volunteer role allows running). Volunteering includes support roles at the discretion of the Race Committee. For GCR hosted races, the Race Director will forward details of GCR volunteers to the Avery Results Co-Ordinator.

Should the 2022 competition need to include any physical or virtual replacement events (due to race cancellations or Coronavirus restrictions) details of these, including the method of notifying the results, will be circulated by the race director in advance of the event. The Race Committee will endeavour to give as much notice as possible of externally organised events to allow members to sign up, as it is anticipated that many events will be in high demand.

### **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](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/)