



## **Garden City Runners 12<sup>th</sup> 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](mailto:results@gardencityrunners.org.uk)*

### **Trent Park Cross Country**

Well done to everyone who raced today at Trent Park, a great course with a mixture of grass and gravelly paths around a woodland loop. **Results to be circulated** next week and will be added to the newsletter, so watch this space! It was a well attended event, with some brilliantly muddy paths, and some runners have definitely shown some amazing balancing skills! The weather was perfect, with some sunny spells and overall just what you need on a race day.



Thank you to everyone who organised it and Martha Hall for taking the photos!

The third race at Stevenage will be taking place on Sunday, 19 December 2021 – including three laps, 99% grass, no big hills!

*Above: GCRs at Trent Park XC on Sunday 12th December*

## **Juliet Vine – Marathon Ranking**

Congratulations to Juliet Vine, whose 2:54:26 at the Newport marathon in October puts her 72nd in the UK overall women's rankings for 2021 - [Link](#) . Well done, Juliet!

67	2:53:47	+	Gillian McGrory	V40	29.12.78	St Peters	32	London	3 Oct 2021
68	2:53:55	+	Samantha Amend	V40	25.05.79	Belgrave	1	Dorney	3 Apr 2021
69	2:54:03	+	Lyndsey Eastman		14.04.87	Kimberworth	13	Manchester	10 Oct 2021
70	2:54:10	+	Vicky Fouhy		7.01.90	WSE&H	33	London	3 Oct 2021
71	2:54:15	+	Hazel Jackson		28.10.93	Fulham RC	34	London	3 Oct 2021
72	2:54:26	+	Juliet Vine		1.01.87	Garden City	5	Newport	24 Oct 2021
73	2:54:29	+	Rachel Hall	V35	14.06.82	Macclesfield	36	London	3 Oct 2021
74	2:54:29	+	Alexandra Cook	V40	24.05.80	Wycombe	14	Manchester	10 Oct 2021
75	2:54:39	+	Alex O'Brien	V40	22.09.81	Liverpool H	15	Manchester	10 Oct 2021

## **Parkrun roundup**

Another busy week of parkrunning for GCRs, across Herts and beyond. Stevenage was second most popular, with Daniel Pudner finishing 4th in 17:55. Some GCRs attended other parkruns, including Mile End, where James Huish finished 4th overall in 17:44. Others travelled to Princes parkrun in Liverpool, Harlow, Bideford, Letchworth, Pocket, Jersey Farm, Dunstable Downs, Woodgate Valley Country Park, and Henlow Bridle Lakes.

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

## **Group Runs next week Steady Group Runs 6.30pm Tuesday 14th and Thursday 16th December**

**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.

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**

**Update:** As the 2021 Avery Competition draws to a close with just two remaining events, the Race Committee has been finalising details of the 2022 competition and format. We're really grateful to the many GCR members who completed the recent consultation and have attempted to be guided by the responses and feedback when choosing and scheduling events. We'll be publishing the Avery events list and updated rules for 2022 very shortly - in the meantime, many thanks to all Avery participants and happy running in the final two events!

Please note also that the **2022 Avery League competition** will feature the Fred Hughes 10 on January 23<sup>rd</sup> - enter [here](#) - as well as the 4<sup>th</sup> and 5<sup>th</sup> 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 <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	Completed
24	28 <sup>th</sup> November	Hatfield 5	Hatfield	Completed
25 V	5 <sup>th</sup> December	Festive 5	WGC Stanborough	Completed
26	12 <sup>th</sup> December	Sunday League XC (free)	Trent Park	Completed
27	19 <sup>th</sup> 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](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/)