



## **Garden City Runners News Release**

### **14<sup>th</sup> November 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)*

### **Dirt Running Half**

**Lee Wood** (*photo below*) ran the Dirt Running Half on Saturday. Lee comments: "It's a race I absolutely love and I've done 4 or 5 times previously but have never got close to getting a sub 2 hour time. It's a brilliant course with the first 10km on the Grand Union canal heading North



from Leighton Buzzard, before leaving the canal for a long climb in to Great Brickhill which is rewarded with some stunning woodland trails and muddy fields, before rejoining the canal for the last few miles back in to Leighton Buzzard.

I was pretty amazed to finish in 1.51.36 (just a couple of minutes off my PB) and think this was one of my strongest ever runs having paced my effort perfectly ". Well done, Lee!

## **Parkrun roundup**

Well done to all GCRs running and volunteering at parkruns across the country and abroad! **James Huish** was 4th at Harrow parkrun in 19:30, **Robert Casserley** was also 4th at the Luton Wardown parkrun in 19:35, followed by **Beth Casserley** in 35:06. A number of GCRs attended Gunpowder, including **Steve Williams, Johan Preis, Ali Eroglu, Andrew Newbury** and **Emon Martin**.

At Panshanger parkrun, **Jack Tann** was second in 19:38, **Neil Hume** third in 19:53 and **Rebecca Barden** was 4th lady in 25:09, followed closely by **Anne-Sophie Packman** in 25:31. Elsewhere, **Andrew Knight** came second at Sheffield Castle in 19:31, **Paul Guy** came 3rd at Jersey Farm in 20:20, **Richard Somerset** was also 3rd at Henlow Bridge Lakes in 20:48.

Some GCRs chose to travel even further – **Sharon Threlfall** took part in Tøyen parkrun in Norway, finishing in 29:03, and **Chris Poole** ran Aachener Weiher parkrun in Germany, in 24:13.

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

## **Contributions from events needed**

News of any events that GCR members have participated in would be gratefully received by **Michael Bowe** who keeps club scrapbooks going back since the beginning of the club. And we will be 40 years old next year! Please email [michaelbowe1942@gmail.com](mailto:michaelbowe1942@gmail.com) with any items which would be of interest to our club members. Thank you in advance!

## **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 16th and Thursday 18th November**

Normal start point; Ridgeway Academy, HERNS LANE, AL7 2AF. Please use the school entrance off HERNS 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. Please wear **bright clothing and wear a head/ body torch.**

### **Thursday Group Runs are back!**

Meet in the Dance Studio at Ridgeway Academy at 6.15pm ready to run at 6.30pm. There will be two steady groups, a social 5k and 8-10k. There is also a new offering of some training for anyone whos pace is currently steadier than 10min/mile. 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 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)	Steven- age Ridlins Stadium	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
24	28 <sup>th</sup> November	Hatfield 5	Hatfield	<a href="https://activetrainingworld.co.uk/event/hatfield-5-28th-nov-2021/">https://activetrainingworld.co.uk/event/hatfield-5-28th-nov-2021/</a>
25 V	5 <sup>th</sup> December	Festive 5	WGC Stanborough	<a href="https://www.racesonline.uk/race-entry/festive5/">https://www.racesonline.uk/race-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
----	---------------------------	-------------------------	------------------------------	-------------------

## **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/](https://www.facebook.com/groups/gardencityrunners/)