



Garden City Runners 19th 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

Stevenage Cross-Country

Sunday morning saw a contingent of sixty-four runners make the short journey up the motorway to a misty Fairlands Valley Park in Stevenage to run the middle-meet of this year's cross-country fixture list and the last opportunity of the year to notch up an Avery point. With memories of the infamous "Mud Bath of 2019" in many members' memories, the conditions were thankfully much firmer under foot if a degree or two cooler than the last outing at this venue.



The GCR Gang ready for the off



Shena and Sharon take on Tom and Rob



Rob & Lee jockey for position



Sophie stops for a quick selfie with Rob.



"Let me get my breath back before you get the phone out" says Caroline

Timings should be available later in the week and will be posted on www.runherts.com

Trent Park Cross-Country



There was a strong showing of GCRs at last Sunday's meet at Trent Park and we are now placed third overall behind hosts on the day, Trent Park, and second Watford Joggers.

GCR A & B teams placed third on the day in the ladies race with the men's A team finishing fourth on the day.

JULIET VINE was first GCR lady over the line, and third lady overall in 31:13 with Ellie Hume second GCR in 36:29 and HANNAH FRANK in 37:05. JAMES HUIISH was first over the line for GCR, 18th overall, in a time of 28:28 followed by HERBIE HOPKINS in 29:51 and BRUCE JUDGE in 30:41. Congratulations to everyone who took part in this event. A full set of timings is available at www.runherts.com

SEAA Southern Vets' Cross-Country Championships

A handful of GCRs made it across to the other side of London for the SEAA Southern Vets' cross country championships last Saturday. Lloyd Park, Croydon hosted the event for the first time in many years. Light showers, a chilly wind, and several narrow sections where the grass had been churned up to form cold wet muddy puddles made the course challenging at times, but this was a high-quality field. TIM COOKE, running for his first-claim club South London Harriers advised us to "wear the longest spikes you've got". That was a good call, reports Sean Bowen.

In the women's race late morning, MARTHA HALL had a great run. She completed the 6-ish km in 28:30; good enough for 14th of 130 overall, and 5th in her age group. Blackheath won the women's team gold.



Justin, Chris and Sean fly the GCR flag in Croydon

In the men's race, after lunch - almost 10km - CHRIS JONES finished 83rd of 233 overall in 41:06, JUSTIN HILL 89th in 41:32 and SEAN BOWEN 148th in 45:07. Chris was 27th of 50 in

his age group, while Justin and Sean were 18th and 27th of 48 MV55s. The V40s team gold went to Herne Hill, and the MV50s to Southampton AC.

Broxbourne Santa Dash

On a chilly Sunday morning TERRY TRISTRAM ran the Santa Dash at Broxbourne in aid of Teens Unite, the children fighting cancer charity. Over 270 runners dressed as Santa ran from Broxbourne Sports Ground to Hoddesdon Clock Tower, a distance of roughly 5k. Terry reports that he completed the distance in 36 minutes.

Waterside 10

HELEN PAINE reports that she and MICHAEL took part in ATWs Waterside 10 at Graffham Water today. An out and back at the start along the dam lead to a 9 mile circular route around the water (which they couldn't see due to the mist/fog).

Michael was pleased to come in under 1 hour 20 minutes with a time of 1:19:31 and Helen was very pleased with a new 10-mile PB of 1:22:36 taking over 3 minutes off her 2018 Fred Hughes time.



Portsmouth Running

LEE WOOD reports that he and DONNA O'TOOLE ran at Portsmouth today. "I'd planned to run the marathon which is one of my favourite events (it was my first ever marathon back in 2014) but I'm nursing a calf strain so dropped down to the half, after a strong first 5 miles my calf made it clear that I was asking too much of it so I eased up and finished on 2:02:46.

Donna as ever chose the far more sensible 'shortest distance available' option and completed the 10km option and continued her return to fitness and running mojo with her first continual 10km in a long time and her fastest time of the year.

Portsmouth marathon is an excellent event with mulled wine and mince pies at the feed stations and a choice of free beers on the finish line!"



Finished at last



Essential fluid replacements

Parkrun roundup

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

At Stevenage, CAROLINE HALE picked up the Glitterball Trophy for first lady in a time of 21:27. ANDREW KNIGHT was second finisher at South Oxhey in 20:20. Former Panshanger regular JACKY O'LEARY made a trip to Brooklands and finished in 26:20.

NEIL HUME was first GCR across the line at Panshanger, finishing his 251st parkrun in a time of 19:49 (Did we miss acknowledging the 250th milestone?)

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

Steady Group Runs 6.30pm Tuesday 21st December

Tuesday sees the last official group run of 2021. As Ridgeway Academy is now closed until new year, we will be starting group runs from the Campus West Car Park.

Festive outfits much encouraged but not essential, although head/body torches and hi viz are highly recommended.

We start 2022 at Ridgeway Academy Tuesday 4th January.

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

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 23rd - enter [here](#) - as well as the 4th and 5th XC races of the 2021-2022 season, in Watford 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)	Steven- age Ridlins Stadium	Completed
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	Completed
27	19 th December	Sunday League XC (free)	Stevenage (Fairlands Valley)	Completed

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/