



Garden City Runners News Release

20 February 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

For the diaries: GCR 40th Anniversary Family Fun Day - 10th July

An exciting date for your diaries! We are planning a family fun day at Gosling Track on Sunday 10 July to celebrate the Club's 40th anniversary. Lots of fun and games planned for all ages and abilities, with more details in due course. If you fancy getting involved in making it happen, drop a note to chair@gardencityrunners.org.uk

Be sure to keep the date!

Camino Ultra: Dollis Valley Greenwalk run

Ann Hayden, Becca Windsor Hayden and **Barbara Kubis-Labiak** are continuing with their monthly challenge of exploring London Greenways. February challenge went along the Dollis Valley, and was 10 miles (16km) in total. The name Dollis is thought to be derived from the British dylif (a flood) or the Anglo-Saxon dwllice (erratic) - while the run was definitely not erratic, there was some flooding on the fields, the aftermath of storm Eunice the night before.

The route started in Moat Mount Local Nature Reserve, going through Totteridge Fields, along Dollis Brook and under Mill Hill Viaduct (built in the early 1860s with a total of 13 arches) into Hampstead Heath. **Becca** writes: "*Lovely route following from Dollis Brook all the way towards London. It's amazing how much green space is so close to London! Muddy trails to start with, although we were so lucky with the weather as we only caught the rain on the last bit getting back to the car. Thanks to Barbara for organising the lift and excellent route checking!*"

Ann Hayden reports: "*I found the thought of running from Mill Hill to Hampstead Heath quite daunting. However, the weather was good and the route varied from muddy fields to tarmac paths, as we followed the Dollis Valley towards London. We treated it as an adventure, explor-*

ing parts that we wouldn't normally see, it was great fun, lots of laughs and we even had a go on the children's zip wire, although I've no idea who suggested that!(Barbara?)”



Above: Ann, Becca and Barbara

Herts Vets XC Champs - Sunday 27 March at Trent Park

This is perhaps the last XC fixture for the winter season and a great opportunity for GCR to reclaim lots of the medals that we collected in 2020. Details here and the entry fee is covered by the GCR race budget – [Link here](#)

The races start with the Vets Men (40-59) running at 11am (6M) and the Vets Women (35+) and Men (60+) running at 12pm (4M). You'll need to have been born or live in Herts, be EA registered and if you would like to run, please send **James** your Name, DOB and EA number.

GCR Awards Night – Snap up your ticket now!

Move over Golden Globes and BAFTAs, the place to be in March is the GCR Awards night, when we honour the magnificent achievements and contributions of members last year. This year's glittering occasion will be held on **Friday 18th March**. After last year's

Zoom event, we return to all the fun of a face-to-face party, so get your glad rags dry-cleaned and your disco pants ironed. The venue will be in the King George Suite of the Best Western Homestead Court Hotel, Welwyn Garden City, starting at 7.30 pm. There will be a buffet meal, and after the awards, the customary disco. Tickets at only £10 per head and are now on sale [here](#).

parkrun roundup: 19 February

Another busy parkrun Saturday for GCRs around Herts and beyond.

Chris Eland was third overall at Panshanger parkrun in 19:15, and **Martha Hall** was second lady in 22:02, followed by **Rebecca Barden** who was fourth lady in 24:02.

Hellen Stafford was fifth lady at Cassiobury in 22:46. **Sharon Threlfall** ran at Erris parkrun and finished in 27:15. **Daniel Pudner** was second overall at Jersey Farm in 18:42, followed by **Sean Bowen** who finished tenth in 21:41.

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

Welwyn 10k Update

Update from Mark Ashworth, the [new] Race Director of the Welwyn 10k

Hi, let me introduce myself, I'm Mark and I've volunteered to step in to be the Race Director of the Welwyn 10k for 2022. Keep the Sunday 26th June free, it's going to be race day!

As we've been unable to hold our club's flagship event fully since 2019, with a fantastic virtual race being run in 2021 instead, we want to make a big comeback for the event in 2022 (COVID-19 allowing, everything crossed) and carry on making a significant contribution to local charities, alongside raising funds and awareness for the club.

As ever we cannot do that without the continued support of our brilliant volunteer group and this year is no different. We will be holding our kickoff meeting for 2022 in a couple of weeks and we know we are after a couple of key players as a minimum to join our core organising team:

Social Media Mogul

- Is TikTok the sound a clock makes? No? Then maybe this could be for you?? We need someone to own updating the website with current information and garnering interest through the Facebook, Twitter and Instagram pages.

Site Manager

- Do you look good with a clipboard? Fancy running the show on Singlers Marsh come 26th June? We need someone to support organising all our amazing volunteers and helping to make sure everything runs smoothly on the day.

If you think you could support us with either of the above, or would like to help out in any other way, please let me know – please contact me directly, rather than via the club email in case it doesn't reach me.

Mark.ashworth@tesco.com , 07724 581 015

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. Events marked with a * are part of the new Club Championship competition (eight races, best five to score).

06 Feb 22 Update: Please note the confirmed date of the Welwyn 10k which will take place on 26th June

Avery League 2022 event table

Event number	Date	Event	Venue	Cost	Status / notes
1	16/01/2022	XC 4	Cassiobury Park, Watford	free	Complete
2	23/01/2022	Fred Hughes 10*	St Albans	£21.20 affiliated	Complete
3	13/02/2022	XC 5	Therfield Heath, Royston	free	Complete
4	27/02/ 2022	Welwyn Half*	Gosling Stadium WGC	£28.62 affiliated	https://activetrainingworld.co.uk/event/welwyn-half-marathon-2022/
5 V	12/03/2022	Panshanger parkrun*	Panshanger Park	free	https://www.parkrun.org.uk/panshanger/
6	15/04/2022	St Albans Easter 10k*	St Albans	£22.36	https://activetrainingworld.co.uk/event/st-albans-easter-10k-15th-april-2022/
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	http://www.kimptonmayfestival.co.uk/
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	26/06/2022	Welwyn 10k	Singlers Marsh, Welwyn	Entry cost tbc	https://www.welwyn10k.org.uk/
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 Race 2 5k	Hatfield	tbc	Details tbc
18	18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	https://stevenagestridersrc.org.uk/stevenage-10k
19 V	October tbc	parkrun	Westmill	free	https://www.parkrun.org.uk/westmill/
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)	https://stevenagehalfmarathon.org.uk/
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

Club Kit

Club kit is available from the Club Kit Secretary Richard Somerset.

We have vests, t-shirts, long sleeve tops and jackets in club colours in all sizes. See club website for photos. All items are £20 (£19.99 if you pay by bank transfer) except for the jackets which are £42.

You can pay by cash or bank transfer. Please Facebook message or text Richard on 07790 591868 or email rich.somerset@ntlworld.com to arrange pick-up.

"Puffa" jackets are also available for £42, please contact Martha Hall on ma-hall28@hotmail.com for availability and more details.

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/