



Garden City Runners News Release

13 March 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

St Albans Sixer

Rebecca Barden took part in the inaugural St Albans Sixer on Saturday in a team with five friends from St Albans Striders. The event was organised to support local pubs that have had a tough time during the pandemic.

Rebecca writes: *"Runners assembled at the start at The Lower Red Lion where we were each issued with a half pint mug to carry around the route with us. After a swift half in the pub garden, we were set on our way by local MP Daisy Cooper, following a six-mile route with drink stops at six very nice pubs: The Six Bells, The Jolly Sailor, The Mermaid, The Great Northern, The Boot and back to the finish at The Lower Red Lion. The more hardcore entrants had a beer at each stop, but true to our team name 'The Lightweights' stuck mainly to soft drinks, which perhaps explained why we were the first team home."*



Photo on the left shows The Lightweights celebrating at the finish.

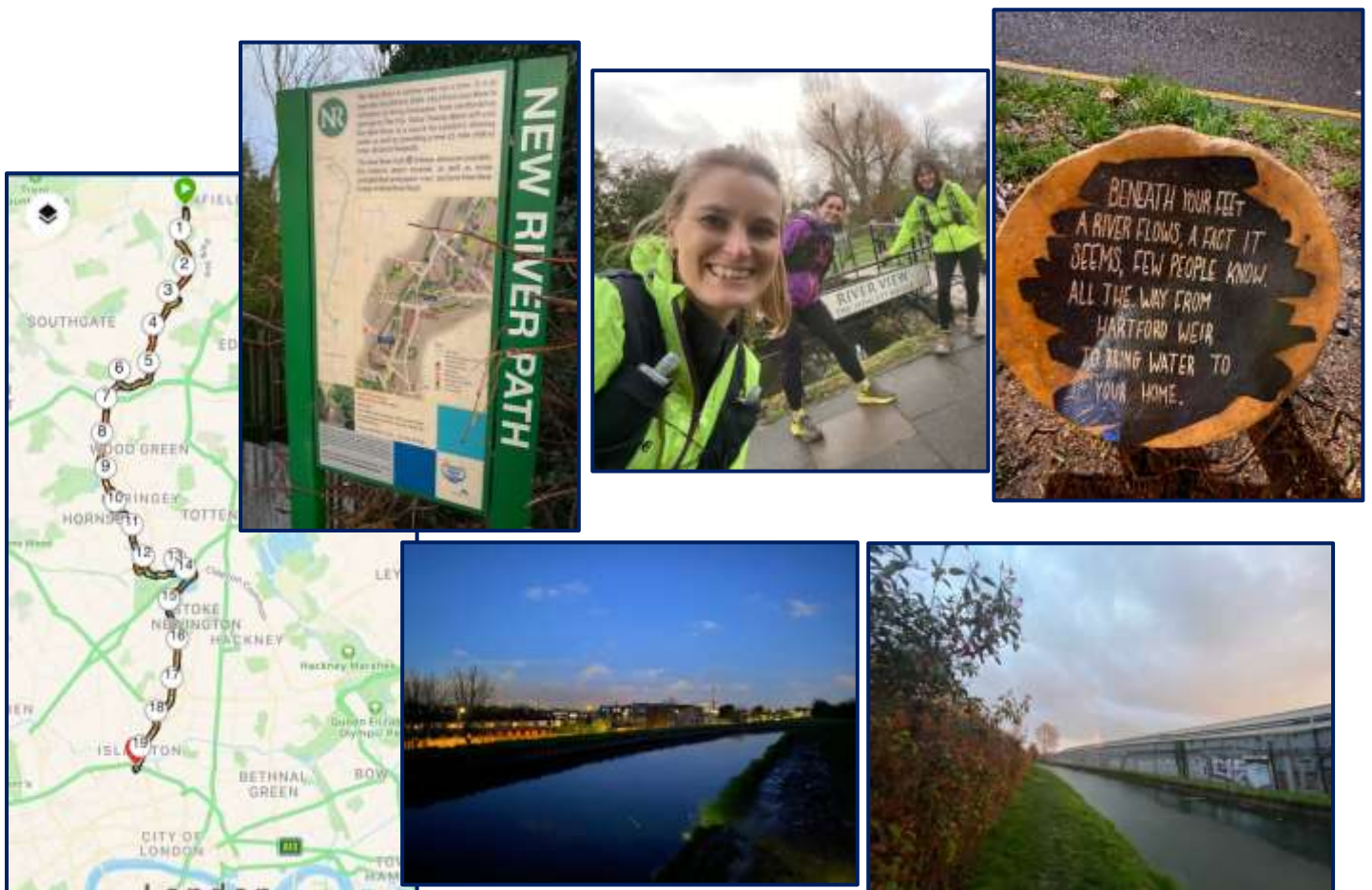
Camino Ultra: New River Path

Ann Hayden, Becca Windsor Hayden and **Barbara Kubis-Labiak** are continuing with their monthly challenge of exploring various London routes. The March challenge went along the New River Path, and was just over 12 miles (19km) in total.

The route started in Enfield (the actual New River Path starts in Ware), and finished in Angel. The New River is a man-made channel dug in the early 17th century to bring clean water from Hertfordshire into London. The path follows the New River channel as closely as possible, with some sections following the river and some going through residential areas. It ends at the New River Head, an historic complex of installations and buildings: some interesting information available here: [New River Head \(British History Online\)](#)

Becca writes: *"The New River Path did not disappoint! Lots of mud and lots of laughs! Great way to spend a Friday Night and even better start to the weekend! Special thanks to Barbara for being the route planner!"* (added from Barbara: *"I thoroughly enjoyed both the run and the route planning, not to mention the lovely company!"*).

Ann reports: *"Interesting route on tarmac and muddy river banks, highlight was squelching through mud in the dark avoiding the frogs. Great company!"*.



GCRs gather at Panshanger Park

GCRs gathered at Panshanger Park on Saturday to take part in one of the Avery League events at Panshanger parkrun.

All top three finishers were GCRs – **Dan Pudner**, **Bruce Judge** and **Peter Harvey** completed the 5k run in 18:29, 19:03 and 19:16 respectively, as did GCR's first lady **Helen Stafford**, running in 23:57, closely followed by GCR's second lady, **Rebecca Barden**, in 24:17. Well done all!



Photo on the left: GCRs at Panshanger Park

parkrun roundup: 12 March

GCRs put another strong showing at parkruns around Herts and beyond, including St Albans, Westmill, Stevenage, Barnstaple, Southwick Country, Marple, Preston Park (Brighton), Weymouth, Cassiobury, Poolsbrook, Jersey Farm and Oriam. **Sharon Threlfall** was third lady at Westmill, in 29:11.

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).

06Feb22 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	Complete
5 V	12/03/2022	Panshanger parkrun*	Panshanger Park	free	Complete
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 City	Garden	Tbc (£6.50 2021)	Club will send out details via email
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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/