



## Garden City Runners News Release

29 May 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](mailto:results@gardencityrunners.org.uk)*

### **Midweek League Race 2: Ware**



There was another strong GCR turn out at Ware for the second race of this year's Midweek League, with 104 GCRs making up more than a third of the field. There was an equally strong performance from our men's and women's teams, with GCR men just pipped at the post by Ware



Joggers but our women's, vets and overall teams all sitting at the top of the table. Let's have a strong turnout for the third race at Harlow this Wednesday, 1<sup>st</sup> June – details have been posted on Facebook and sent by email by club MWL rep Helen Paine.

Results of this week's race and last week's race at Stevenage are available on the Run Herts website [here](#).

## **Chester Trail 100**

Our ultra-running ace Becca Hayden (*pictured below*) took incredible feats of endurance to the next level as she took on the Chester Trail 100 mile race. Becca sent this report on her epic challenge:



"Combining stunning trails, towpaths and woodlands around the area, the Chester 100 takes runners on the Sandstone Trail, the Marches Way (beside the River Dee), Helsby Hill, Frodsham, Delamere Forest, Beeston and Peckforton.

I had signed up to this last year and training had been going well; however, unfortunately I had a bit of a niggle in my knee on the run up to the event so hadn't run for three weeks, but I wanted to start feeling as fresh as I could.

The start went well - we set off from Ellesmere Port Sports Village at 6am on the Saturday having collected our numbers on the Friday night.

The route took us along the Shropshire canal until the first checkpoint, where we crossed the canal and then continued to follow it into Chester. Soon after passing through Chester some of the 1757m of ascent began. We had to do an out and back section running up what felt like a mini mountain before running down the other side to the next checkpoint at the village of Peckforton and back again.

The countryside was stunning - fields, woodland, moors – however, the sun was high in the sky and everyone was beginning to struggle. There were long sections hereafter with little shade and few checkpoints, and quite often we were on our own for long periods of time before we saw a fellow runner. As I always say, everyone was so kind and caring of each other it really was very heartwarming. I managed to continue to checkpoint 7 (mile 64) where my husband Alex joined me as a pacer. We were all allowed pacers to support from Mile 50 onwards.

I had by this time slowed down a lot and it was just a battle of mind over matter keeping the legs ticking over knocking mile off by mile. The messages of support from Team GCR, either personally or on Facebook, were amazing and reading them all after meant a lot, so thank you!

I started to feel a bit funny soon after and that's when we heard that over 50 people had already dropped out with DNF due to exhaustion from the heat, unable to keep food down and the tough terrain.

By this time I knew my pacing had been all wrong and, being unable to eat, I was not getting the fuel I needed. By mile 81 I had slowed to a very slow walking pace but luckily I had Alex with me as I started to feel a bit delirious and wobbly as my body began to shut down. We stopped at the side of a road and I tried to get some fluids and nutrition down me. It was at this point I had to make the hardest decision but the absolute right decision to end my race there. A fellow runner passed us and checked I was ok - it is in these situations that you realise how important it is to look out for each other



and why you need to carry the correct kit, as my body temperature had dropped. I had the mandatory kit with me which included a survival bag that came in very handy while we phoned the event staff and waited to be picked up. *Above: Becca with Alex*

The event staff took us back to the nearest checkpoint where I was able to warm up, By this time approximately 60 people had pulled out and I hope every one of them feels proud of what they achieved on that course!

I am proud of myself for running my furthest ever distance, but even prouder for doing the right thing and calling it a day. It was one of the hardest decisions I have had to make but if I continued it would have been risky. I finished 81 miles in 19 hours 5min."



## Edinburgh Marathon Festival



Completing the marathon distance in this popular spring event were GCRs **Michael Paine** (*pictured left*) and **Johan Preis**. Michael completed his second marathon today in just under the desired 4 hours (3:59:53). He was pleased to finish 50 minutes quicker than at Brighton where his race didn't quite go to plan. Michael had Johan Preis for company up until 15 miles and appreciated his support. Johan went on to finish in 3:57:18. In the half marathon distance, **Alida Preis** ran in 2:15:55 and **Katharine Farrell** in 2:27:42.

## parkrun roundup: 28 May



This week Stevenage parkrun celebrated its sixth birthday, and joining the locals was a contingent of fifteen GCRs (*pictured above*). **James Huish** was first GCR into the finish funnel and third overall in 18:05; **Caroline Hale** was first lady in a speedy 20:07. Another gold podium place went to **Martha Hall**, finishing first lady at Panshanger in 20:36, and **Hannah Frank** was second lady at Holkham parkrun in 22:52. Elsewhere in Herts, **Steve Ellerd-Elliott** was fourth at Westmill in a time of 20:20. At Thomas Mills, **Dom Thomas** (any relation? – Ed.) was first overall in 19:42.  
*Right: Richard Somerset soaks up rays at Stevenage.*



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

### **Parkrun tourism: 4 June**

**Anna Lillie** invites GCRs to join her for an outing to Amersham parkrun on Saturday 4 June, with a post-parkrun breakfast hosted by her parents in aid of Medic to Medic charity. Anna writes: "There will be bacon butties and vegetarian sausages, with tea/coffee and orange juice, available to purchase, with all proceeds going to Medic to Medic charity, so please bring change. Food available from 9.45am.

"My parents live 1.3 miles from the start. You can either park at theirs, or in Tesco Old Amersham and then drive up the hill. Medic to Medic work with Malawian healthcare to support those learning their profession.

"Please let me know if you want to come, so my parents know roughly how much stuff to buy. Their address is: Newlyn Corner, Sycamore Close, Amersham, HP6 6BW. First House on the right. RSVP by FB message or text Anna on 07835166090."

### **Circuit Training - Homerswood School**

For those interested, former GCR member Steve Livingstone runs a very good one-hour circuit training session every Monday at 6:30pm at Homerswood School, Kirklands, WGC, AL8 7RF. The cost is £5 (free for first timers). Five minutes warm up, 40 mins circuits, 15 mins stretching (great for runners). Bring a towel and some water.

### **Welwyn 10k - Call For Volunteers**

Garden City Runners' flagship event, the Welwyn 10K, is taking place on Sunday 26<sup>th</sup> June and the organising team are in desperate need of volunteers to help ensure the event is a success.

This year is extra special as the club celebrates its 40<sup>th</sup> anniversary and a return to an in-person Welwyn 10K event after a two-year hiatus. The event raises vital funds for local charities, including Herts & Essex Air Ambulance and Herts Young Homeless.

Based on previous years, we estimate we will need around 40 volunteers to make sure that we can deliver a smooth and successful race day, so any help is very much appreciated.

To get involved please contact Rachael Everard on 07889383355 or [Rachael.everard@gmail.com](mailto:Rachael.everard@gmail.com), indicating if you have a preference for any roles and/or whether you plan to combine volunteering with running. A draft list of volunteer opportunities available is detailed below, subject to finalisation. Thank you to those who have already offered to volunteer!

If you are not available around race day but are keen to help please do get in touch with Rachael or another member of the organising team to see how you can support in the run up to the day.

\*indicates a role that could be carried out and combined with completing the run on the day so please consider volunteering even if you have already enter or plan to enter

### **Pre-event**

- Road closure sign set up and delivery (week prior to race day) x4
- Course measurement and marking – *Peter Harvey*
- Site set up\* (Saturday 25<sup>th</sup> June) x4 (will also require access to a van)
- Course signage set up\* (Sat 25<sup>th</sup> June) x2
- Course check\* (Sunday morning) – a walked/ run/ cycled lap of the route to check for any issues

### **Race day (Sunday 26<sup>th</sup> June)**

- Site Manager
- Registration desk\* x3
- Chief Marshal – *Sue Fletcher*
- Marshals – at least a dozen on course marshals will be needed, Sue Fletcher will share further communication re marshalling soon but please let us know if you are willing to marshal
- Water stations x6
- Cake stall x2
- MC – *Fyl Newington*
- Finish line (t-shirts, water, bananas) x4
- Trophy presentation support – *Peter Harvey*

### **Post-race (Sunday 26<sup>th</sup> June afternoon/ early evening)**

- Course signage removal\* x2
- Site take down\* x4 (will also require access to a van)

### **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).

**29<sup>th</sup> May update: The Stopsley 5 and 10 mile trail races have been added for August in place of Leila's Run. Please see entry details in the table below.**



## **Avery League 2022 event table**

Date	Event	Venue	Cost	Status / notes
16/01/2022	XC 4	Cassiobury Park, Watford	free	Complete
23/01/2022	Fred Hughes 10*	St Albans	£21.20 affiliated	Complete
13/02/2022	XC 5	Therfield Heath, Royston	free	Complete
27/02/ 2022	Welwyn Half*	Gosling Stadium WGC	£28.62 affiliated	Complete
12/03/2022	Panshanger parkrun*	Panshanger Park	free	Complete
15/04/2022	St Albans Easter 10k*	St Albans	£22.36	Complete
24/04/2022	GCR Centenary 20.2k	WGC Centenary Route	free	Complete
02/05/2022	Kimpton Fun Run*	Kimpton	Entry cost tbc	Complete
18/05/2022	MWRRL 1	Stevenage	free	Complete
25/05/2022	MWRRL 2	Ware	free	Complete
01/06/2022	MWRRL 3	Harlow	free	Club will send out details via email
26/06/2022	Welwyn 10k	Singlers Marsh, Welwyn	£18.00 affiliated	<a href="#">Enter here</a>
30/06/2022	MWRRL 4	Therfield, Royston	free	Club will send out details via email
06/07/2022	MWRRL Mob Match	WGC	free	Club will send out details via email
21/7/2022	Fairlands Valley Relays*	Fairlands Valley, Stevenage	free	Club will send out details via email
07/08/2022	Stopsley Trail Race	Stopsley	£21.20 10 mile race; £15.90 5 mile race (affiliated rate)	<a href="#">Enter here</a>



September	Hatfield 2 5k Race	Hatfield	tbc	<a href="https://my.racere-sult.com/192992/info">https://my.racere-sult.com/192992/info</a>
18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	<a href="https://stevenagestridersrc.org.uk/stevenage-10k">https://stevenagestridersrc.org.uk/stevenage-10k</a>
October tbc	parkrun	Westmill	free	<a href="https://www.parkrun.org.uk/westmill/">https://www.parkrun.org.uk/westmill/</a>
October tbc	XC 1	Cheshunt tbc	free	Club will send out details via email
November tbc	XC 2	Trent Park tbc	free	Club will send out details via email
November tbc	Stevenage Half Marathon*	Stevenage	Tbc (£28 2021)	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
December tbc	XC 3	Stevenage tbc	free	Club will send out details via email
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](mailto:rich.somerset@ntlworld.com) to arrange pick-up.

“Puffa” jackets are also available for £42, please contact Martha Hall on [ma-hall28@hotmail.com](mailto: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](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/)