



Garden City Runners News Release

5 June 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

Midweek League Race 3: Harlow

The third Midweek League race saw another strong GCR turn out, this time at Harlow, with 87 runners and continued strong performance from our men's and women's teams. Details of the next race (30th June) will be posted on Facebook and sent by email by club MWL rep Helen Paine. Results of this week's race and previous week's races at Stevenage and Ware are available on the Run Herts website [here](#).





GCR 40th Anniversary Celebrations 10 July,
Ridgeway Academy



Now you've all got in the party mood at the Platinum Jubilee weekend, it's time to look forward to **GCR's own Ruby Jubilee** with an afternoon of fun and games for all the family at Ridgeway Academy on 10th July.

The party will get under way **at 1 pm** and we'll be publishing an order of events a bit closer to the day. It would be great to see hundreds of members there with their families. There is a small team working hard on the range of races and games, and making sure there will be ice cream! We will be raising funds for Isabel Hospice (also celebrating their 40th anniversary) and for Essex & Herts Air Ambulance. So the team can make sure there is just the right food and entertainment for everyone, please get your tickets ASAP [here](#)

Thanks to those of you who have already been quick off the mark in getting your tickets.

Rebecca's Stockholm Marathon story

Rebecca Barden (*pictured below*) took part in the Stockholm Marathon on Saturday 4th June. The race starts by the Olympic Stadium to the north of the city and follows a scenic course around Stockholm's islands before finishing with a lap of the stadium.

Rebecca writes: "The marathon took place on a beautiful June day and the midday start meant we were running in temperatures reaching up into the mid twenties for the duration of the race. After a welcome speech by the Swedish Ambassador to the UN and a rather moving performance of the Swedish National Anthem, we set off. I managed a relatively steady pace in the first half, clocking a time of 1:51:37, but the boiling heat got the better of me and I started to struggle from about mile 16 onwards. By mile 18 I was suffering - my feet hurt and my legs seized up - and the race became more about finishing than finishing in a time. Although it was horrible, it was less stressful in some ways because I had only one thought in my head, to get to the finish. Seeing my family along the course really helped keep me going. I started to stop at every water station but I did not partake of the unusual refreshments on offer that included salted gherkins fished out of buckets by volunteers wearing plastic gloves at half way, and sticks of vegetable stock at the 30 kilometre point.

This was the hardest thing I've ever done (worse than childbirth) and I felt very emotional when I finally crossed the finish line in 4:18:36 and was reunited with my family. The marathon organisers had one final trick up their sleeve as we were made to walk down a steep flight of stairs to collect our finishers' t-shirts.

I was disappointed in my time but I'm proud of myself for digging deep to the finish. I wore my new Hertfordshire Way tattoo on my calf and I like to think the spirit of the Herts Way helped to keep me going.

I've learnt an important lesson: do not sign up for a summer marathon that starts at midday. And also: perhaps it is possible to visit a major European city without having to run a marathon."



Helen Harrison completes her first ultra!

Helen Harrison (*pictured right*) reports on her first ultra race:

"I completed my first ultra today (4th June). 31 miles of beautiful Suffolk/ Norfolk countryside along the Angles Way. I was aiming for 8 hours as injury had meant no running for the last couple of weeks. I finished just a few minutes over 7, so really pleased."



Sidney's 10 k Wolf Run

Sidney Valentine (*pictured below*) completed the 10k obstacle race in 1hr 39 mins, part of the Wolf Run series. Wolf Run is all about running across open ground, through woods, mud and water and over natural (or manmade) obstacles.

Sidney reports: "I have been running the races for 5 years now, and this was my 12th, best bit is the slide!"



Church Mead Park Run in Amersham – by Anna Lillie

Anna Lillie (pictured below, with other GCRs) writes: "Thank you to everyone who made the trip to Church Mead Park Run in Amersham – followed by lovely breakfast spread to raise money for my sister's charity **Medic to Medic**: <https://www.medictomedic.org.uk/.../donate/one-off-donation>.

We raised around £150 – this will buy a laptop for a student, so they can access education resources and be able to study at home. It's basic things like this, that enable healthcare students to still be there for their families while studying and decrease dropout rates on healthcare courses. Just so you know what you guys that didn't come really missed out on! Thanks to my lovely parents also."



parkrun roundup: 4 June

Platinum Jubilee weekend celebrations and the long weekend meant that many GCRs decided to venture further afield and visit even more parkruns.

Juliet Vine was first lady into the finish funnel at Banbury in 20:08 and **Helen Stafford** was third lady at Westmill in 24:32. **Daniel Pudner** finished third overall at King's Lynn in 17:16. Elsewhere in Herts, **Martha Hall** was first lady at Panshanger in 21:26 and **Lauren Potter** third lady in 23:01.

Other parkruns visited by GCRs included: Brighton & Hove, Banbury, Eastbourne, Lydiard, Bath Skyline, Eastleigh, Oak Hill, Westmill, Harrogate, Stevenage, Barnstaple, Gunpowder, Ally Pally, King's Lynn, Great Cornard, South Oxhey, Barclay, Northwich, Pocket, Brooklands, Ifield Mill Pond, Oriam, Church Mead, Storeys Field and The Cinder Track (Whitby).

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

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 26th 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 40th 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, 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 25th June) x4 (will also require access to a van)
- Course signage set up* (Sat 25th June) x2
- Course check* (Sunday morning) – a walked/ run/ cycled lap of the route to check for any issues

Race day (Sunday 26th 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 26th 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).

29th 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	Complete
26/06/2022	Welwyn 10k	Singlers Marsh, Welwyn	£18.00 affiliated	Enter here
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)	Enter here

September	Hatfield 5k Race 2	Hatfield	tbc	https://my.raceresult.com/192992/info
18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	https://stevenagestridersrc.org.uk/stevenage-10k
October tbc	parkrun	Westmill	free	https://www.parkrun.org.uk/westmill/
October tbc	XC 1	Cheshunt tbc	free	Club will send out details via email
No- vember tbc	XC 2	Trent Park tbc	free	Club will send out details via email
No- vember tbc	Stevenage Half Marathon*	Stevenage	Tbc (£28 2021)	https://stevenagehalfmarathon.org.uk/
De- cember tbc	XC 3	Stevenage tbc	free	Club will send out details via email
De- cember 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/