



Garden City Runners Annual Awards

Garden City Runners, GCR has a variety of competitions. There are trophies and medals to be won for performance and participation as well as discretionary awards. Our Awards Ceremony in March is a celebration of members' achievements for the previous year. The night is very inspiring, social and includes dinner plus dancing. Winners are published on our website:

<https://www.gardencityrunners.org.uk/the-club/club-awards/>

Here is a breakdown of what can be won:

Avery Competition

Named after long standing members Jan and Ted Avery

This is our largest and most prestigious competition. Anyone can win regardless of standard as the format is based on how many races are attended. We have a total of around two dozen 'Avery Races' as detailed on a set list with rules published on our website:

<https://www.gardencityrunners.org.uk/the-club/avery-points/>

Runners earn an Avery Point upon completion of an Avery Race. In some events volunteering is a way to get a point. The races are a mixture including League, Open, parkrun and GCR only events. Each male and female winner gets presented with the respective Avery Trophy to keep for a year. The top three men and women receive large trophies, top six smaller ones and everyone in the top 10 the custom made Avery Medal.



2021 Men's Avery winners



Top 10 Avery medal

Club Championship

Named after long standing member Peter Westlake who passed in 2023

This competition rewards performance and is designed for the faster club members. There are a total of eight races with the runner's best five to score. The races are usually open to the public. The first male and female GCRs in a Westlake Championship Race receive 30 points each, second 27 points, third 25, fourth 23, etc... down to the 20th placed GCR who gets 1 point. The races and rules are posted on our website:

<https://www.gardencityrunners.org.uk/the-club/westlake-championship/>

Members compete for the perpetual Westlake Trophy. There are sizeable trophies given to the top three men and women as well as prizes for vets categories starting with FV40 and MV40 ascending every ten years. Incidentally seniors are under 40 years old, but in open competition maybe under 35 mainly for women. So veterans are over 40 years old (or over 35).



2023 Championship winners

Midweek Road Racing League, MWRRL

Clubs in Hertfordshire and surrounding environs compete from May to July on weekday nights over distances from 5 miles to 7 miles, typically 10 kilometers. The League comprises of three divisions each with four scoring races along with a Mob Match where all clubs attend. There are prizes for individuals within the League for both seniors and veterans typically three deep. These are not from us. We have our own internal competition where the top three scorers receive nice trophies. We also give GCR participation medals for runners who do all four scoring races as well as attend the Mob Match, which we have historically hosted. Members need to wear the GCR vest in all Leagues. The fixture list and results are posted at:

<http://www.runherts.com/index.htm>



2023 Women's MWRRL Participation medallists

Sunday League Cross-Country

This League runs from October to February and comprises five cross-country fixtures on Sunday mornings. Runners need to complete four races to have a full score and receive a GCR participation medal. Your best four races out of five count in the League which has a single division. There are plenty of individual prizes within the League for both seniors and vets down to three deep for most categories, and the Club aims to place well in the team competition. GCR bestows trophies for its top three male and female runners who score highest. The fixture list and results are posted at:

<http://www.runherts.com/index.htm>



Discretionary Prizes at our Awards Night

There are awards for the Most Promising male and female New Members who joined the club the previous year. These awards ordinarily go to seniors but in addition we may also include a Most Promising trophy to a vet where appropriate. Those who have been a member for at least a year are eligible to win the Most Improved trophy for men or women. This award comes with a perpetual shield.

If you represented Hertfordshire, the Southeast, England, Great Britain or other designation you are eligible for a Representation prize. We also have awards for Achievement and Excellence. These are relevant for athletes who do very well such as a very fast time for a marathon, winning a gruelling ultra or national medal.



There is a prize for the Star Beginner who has impressed the most having graduated from the Beginners Course. Graduation is achieved by completing a set 5k parkrun typically at Panshanger Park for which medals are given to all finishers.



Where a member has significantly contributed to the running community they can be presented with a Community Award. We also give trophies for Special Awards that do not fit any one category, and there can be other miscellaneous awards such as the Star Helper.

GCR has a Main Committee and Race Committee who between them decide who gets what. The Club Member of the Year is awarded to someone who is particularly active in helping GCR operate and need not be solely based on the previous year. Main Committee Members cannot win this accolade which comes with a perpetual shield as well as a large trophy to keep. Finally there is a Club Runner of the Year as voted by the Membership who has gets similar swag.



Running for Us

County and other Championships

Outside of our own awards and Awards Night obviously members can win individual and team prizes. In Open races there is the possibility of GCR winning an Open Team Prize typically comprising their first three runners for either sex.

GCR is affiliated to England Athletics, EA who took over from the Amateur Athletic Association of England, AAA. You must be an EA member to compete for us in a Hertfordshire County Championship race. These races are incorporated within designated Open ones as detailed here:

<http://www.hertscaaa.org.uk/roadchamps.html>

There are Championships over road, cross-country and track. A club's team in a County Championship road racing event typically comprises the first 4 men and for the women the first 3 GCRs score (as well as their being B teams). GCR can win gold, silver and bronze team medals in County Championships. There are also individual county medals for Seniors and Vets. For individual success you need to be born in Hertfordshire or have lived there for at least nine months, plus tick the County box when entering an open road race. For cross-country and track the Club Captains or their Vices enter any member who wishes to run. The Captains are usually Reps for the Leagues too. We also have a County Rep.



Bronze, Silver & Gold Hertfordshire County Team and Individual medals



BMAC
National medal

There are Regional Championships and Hertfordshire is part of the Southeast. National Championships is the next level pertaining to England. There are also British Championships, BMAC. The ones for veterans require membership of a vets club. The following link is helpful:

<https://bmaf.org.uk/>

