



## **Garden City Runners News Release**

**1 January 2023**

*Please send reports of races and milestones, with photos if available, before early Sunday evening for (almost) guaranteed inclusion, to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)*

### **Buntingford Year End 10**

Unvanquished by roast potatoes and Christmas pud, several GCRs travelled up to the outer reaches of Herts on Friday 30<sup>th</sup> December to take part in this 10 mile even, which follows an undulating road route from Buntingford and around. First home for GCR was **Chris Jones**, 25<sup>th</sup> overall and 7<sup>th</sup> in his age category MV45 in 1:01:31. Not far behind was **Neil Hume**, running in 1:06:59, followed by **Chris Harbron** in 1:23:34, and **Anne Henson** who was first

for GCR ladies and 3<sup>rd</sup> in her age group FV65 in 1:33:25. **Nick Atkinson** clocked a time of 1:37:55 and **Kath Evans** 1:57:14.

### **parkrun roundup**



*Above: Charlotte Jones (centre) celebrates her 250<sup>th</sup> parkrun with GCR friends at Panshanger Park.*

The Christmas season offered plenty of opportunity for parkrunning, with events taking place on Christmas Eve, Christmas Day, New Year's Eve and New Year's Day. Results are available only for Saturday parkruns. On Christmas Eve, **James Huish** scored first place at Valentine's parkrun in Essex in a time of 17:38. **Hannah Frank** was First Lady at Panshanger in 23:34, and, further afield, **Barbara Kubis-Labiak** was second lady at Opole parkrun in Poland in 25:03. On New Year's Eve, **Peter Jasko** fitted in a parkrun in Uppsala, Sweden, running in 21:56 and 6<sup>th</sup> place. On the other side of the world, **Louise Smith** ran at Centennial parkrun in Sydney, Australia, in 33:23, and **James Huish** clocked another first place, at Southall parkrun in 17:31. There were major New Year's Day milestones for two GCRs, with **Sharon Threlfall** completing her 250<sup>th</sup> parkrun at her home course of Westmill,

running with her twin sons in a time of 32:51, and **Charlotte Jones** hitting the big quarter millennium at Panshanger in a time of 45:57. **Kath Evans** shared this report about Charlotte's 250<sup>th</sup>: 'Charlotte celebrated her 250th parkrun at Panshanger on New Years Day. Sarah Valentine reflected: 'Charlotte Jones, you've no idea how much you inspire others' and this was echoed by all those who came along and cheered Charlotte's fantastic achievement. Many of us have Charlotte to thank for her kindness and encouragement, especially in our early days of being GCR members. Charlotte not only encourages us all, she also bakes yummy flapjack and takes amazing photos too. Well done Charlotte from all your friends at GCR!' Congratulations to both!

Full results for all GCRs taking part in New Year's Eve parkruns can be found [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 **except this Monday (2nd January) when the session will start at 5.30pm.**

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.

### **Avery League Competition 2023**

Please find this year's events table below. Eight Avery races, marked CC, are also part of the Club Championship competition (best five to score). Races marked V offer a volunteer point equivalent to a competing point.

Event no.		Date	Event	Venue	Cost	Status / notes
1		15/01/2023	XC 4	Therfield Heath, Royston	free	Club will send out details via email
2	CC	22/01/2023	Fred Hughes 10	St Albans	£21.20 affiliated	<a href="https://stalbandsstriders.com/racing/fred-hughes-10">https://stalbandsstriders.com/racing/fred-hughes-10</a>
3		19/02/2023	XC 5	Cassiobury Park, Watford	free	Club will send out details via email
4	CC	05/03/2023	Berkhamsted half	Berkhamsted Cricket Club	£30 before 31/12/22;	<a href="https://www.berkorun.com/">https://www.berkorun.com/</a>

					£33 from 01/01/23	
5	V	18/03/2023	Stevenage parkrun	Fairlands Valley Park	free	<a href="https://www.parkrun.org.uk/stevenage/">https://www.parkrun.org.uk/stevenage/</a>
6		07/04/2023	St Albans Easter 10k	St Albans	£25.44	<a href="https://activetrainingworld.co.uk/event/st-albans-easter10k-2023/">https://activetrainingworld.co.uk/event/st-albans-easter10k-2023/</a>
7	CC	30/04/2023	Hitchin 10k	Hitchin	£18.00	<a href="https://www.letsdothis.com/gb/e/hitchin-10k-189140">https://www.letsdothis.com/gb/e/hitchin-10k-189140</a>
8		May tbc	MWRRL 1	tbc	free	Club will send out details via email
9		May tbc	MWRRL 2	tbc	free	Club will send out details via email
10		June tbc	MWRRL 3	tbc	free	Club will send out details via email
11		June tbc	MWRRL 4	tbc	free	Club will send out details via email
12	V	June/July tbc	Welwyn 10k	Singlers Marsh, Welwyn	Entry cost tbc	<a href="https://www.welwyn10k.org.uk/">https://www.welwyn10k.org.uk/</a>
13	V	July tbc	MWRRL Mob Match	tbc	free	Club will send out details via email
14	CC	July tbc	Fairlands Valley Relays	Fairlands Valley, Stevenage	free	Club will send out details via email
15	V	06/08/2023	GCR Centenary 20.2k	WGC Centenary Route	free	Club will send out details via email
16	V/CC	19/08/2023	Panshanger parkrun	Panshanger Park	free	<a href="https://www.parkrun.org.uk/panshanger/">https://www.parkrun.org.uk/panshanger/</a>
17	V	September tbc	Hatfield 5k Race 1	Hatfield	tbc	Details tbc
18	CC	October tbc	Standalone 10k	Letchworth	Entry cost tbc	<a href="http://www.nhrr.org.uk/standalone-10k.html">http://www.nhrr.org.uk/standalone-10k.html</a>
19		October tbc	XC 1	tbc	free	Club will send out details via email
20		November tbc	XC 2	tbc	free	Club will send out details via email
21	CC	November tbc	Stevenage Half Marathon	Stevenage	Entry cost tbc	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
22	CC	November tbc	Hatfield 5	Hatfield	Entry cost tbc	<a href="http://hatfield5mile.co.uk/">http://hatfield5mile.co.uk/</a>
23		December tbc	XC 3	Stevenage tbc	free	Club will send out details via email
24	V	December tbc	Festive 5	Welwyn Garden City	Entry cost tbc	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, follow this link:  
<https://www.strava.com/clubs/garden-city-runners>

## **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/](http://www.facebook.com/groups/gardencityrunners/)