



Garden City Runners News Release

23 April 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

London Marathon

Sunday 23rd April 2023: whilst the day itself dawned grey and damp, London itself was alive and bright with the colour of tens of thousands of runners taking on the iconic 26.2-mile route through the capital. And among them, dozens of Garden City Runners were either participating, volunteering or loudly spectating. Huge congratulations go to the following people pounding the streets of London, all running for their own special reasons:

Rebecca Barden	3:43:14	Chris Jones	2:47:31
Thomas Buzzard	3:24:24	Mathew Lutkin	4:41:38
Benjamin Carr	2:39:07	Glenn Merrigan	4:42:50
Robert Casserley	2:48:14	Sarah Merrigan	4:42:50
Lynne Cottrell	6:11:44	Jason Pike	2:53:23
Paul Cottrell	6:11:44	Dani Pruett	4:25:44
Glen Dobson	4:12:45	Daniel Pudner	3:03:43
Steve Ellerd-Elliott	3:25:40	Michael Scutt	5:00:16
Andy Gittins	2:59:23	Juliet Vine	2:52:22
Behzaad Ghouse	3:48:48	Ross Wilkinson	3:14:42
Anne Henson	4:38:14		

Additionally, **Daniel Ashcroft** completed the Virtual London Marathon. Daniel was up at 3am before even the lark had gone to bed, and ran a route taking in Welwyn, Wheathampstead, Sandridge, St Albans and Hatfield. He finished in a time of 4:16:05.

Michael Scutt (*pictured, right*) reports on his first marathon experience:

"I now know what they mean by a runner's high. Just 24 hours after running my first ever marathon – in London of course - I am still on the ceiling.

It was a fantastic day and the crowds were incredible in their support all the way round. It was made possible for me by getting a place in the club's volunteer ballot. I was not the first person out of the hat and unfortunately the person who was had to withdraw because of injury. Consequently, I only had eight weeks to train and I never, at that stage, run more than 10 miles. In the circumstances I should be delighted with my time of 5:00:16 but those additional 17 seconds are bugging me!!! 4:59:59 would have been perfect! I'll have to do it again now...

I also realised it was an opportunity to raise funds for Parkinson's UK. My father died of that wretched illness in November 2021 after a long struggle. I was determined to do something significant to commemorate him and this was the ideal opportunity. Thanks to the great generosity of friends, families, acquaintances colleagues and, in some cases, complete strangers I have now raised over £2500.

I never thought I would be able to run a marathon. In 2013, I damaged my sacro iliac joint and was told to give up a running by the chiropractor I was seeing at the time. Thankfully, I ignored that advice, became involved with parkrun and that led to me joining GCR.

I would not have done the marathon yesterday if it was not for GCR, and all the kind words of encouragement and support and advice that I've had from many members, it is truly appreciated. It was also great to see some friendly faces at lorries 13 and 14 at the finish area yesterday. Baggage reclaim is very rewarding and I'd definitely recommend volunteering for it if you haven't done so previously.

So, thank you to GCR for giving me the opportunity to run in a genuinely awesome event and for being a jolly decent running club!"

Michael's fundraising page is still open for anyone who may wish to donate <https://events.parkinsons.org.uk/fundraisers/michaelscutt16863>



A number of GCRs travelled into London to soak up the marathon atmosphere (as well as the meteorological atmosphere too), and to provide very welcome support to GCRs taking part. The smiles on the faces of our participating clubmates shows how welcome it is to receive the encouragement and cheers from the supporters. Included below are just some of the great photos that supporting GCRs were able to snap as the



runners whizzed by (many more photos are on the GCR facebook page). **Chris Jones** (*pictured, above right*) reported that the "GCR supporters and baggage crew were amazing". Chris was very happy with his result which represented a 1 second PB and a 1 second negative split!



Inspired? Entries for the 2024 London Marathon

ballot close this Friday 28th April at 21:00...

<https://www.tcslondonmarathon.com/enter/how-to-enter/ballot-entry>

On lorries 13 and 14, our great team were reuniting tired runners with their bags after the race.

Helen Paine, who headed the supporter team reports: "A great team effort from the 30strong GCR baggage team who managed lorries 13 and 14 in The Mall today. Runners and their bags



were swiftly reunited and congratulations given. Well done to everyone who gave their time." This year's team of enthusiastic Ribena Berries included:

Caroline Hughes ♥ **Rob Hughes** ♥ **Emma Dempster** ♥ **Michael Paine** ♥ **Sue**

Fletcher ♥ **Tendy St Francis** ♥ **Anna Lillie** ♥ **Roger Adey** ♥ **Gaayathry Thiagaraja**

♥ **Ali Riza Eroglu** ♥ **Vitoriia Kanibolotska** ♥ **Rab Harley** ♥ **Barbara Kubis-Labiak**

♥ **Nicola Smith** ♥ **Ann Hayden** ♥ **David Hale** ♥ **Wendy Leversuch** ♥ **Gail Munro** ♥

Lizzy Steer ♥ **Fiona Deans** ♥ **Richard Somerset** ♥ **Carly Irving** ♥ **Thippawan**

Rashleigh ♥ **Michael Grant** ♥ **Jo Grant** ♥ **Tim Thornton** ♥ **Martyn Perrin**



Hamburg Marathon

Richard Darley visited Hamburg this weekend where he ran his third marathon in a time of just over five hours and two minutes. Despite sticking like glue to the 4:45 pacer for well over half the race, the wheels started to come off (his words!) at about 25 km after which, determined to finish, he combined running and walking to get the job done.

The race, which attracts over 20,000 runners and is the largest Spring marathon in Germany, is a single very flat loop taking in the main sights and waterways of the city as well some seriously well to do residential districts. Tremendous support throughout with families rocking up with picnic tables on the pavement making a real day of it. Richard finished in a time of 05:01:45. (*Richard, pictured below, with his well-earned pint and medal.*)

Pewsey Downsaround

Nick Genever completed the Long Distance Walkers Association (LDWA) Pewsey Downsaround on Sunday 23rd April. Nick writes: "The LDWA Pewsey Downsaround is a circular route on footpaths and bridleways with beautiful views across the Vale of Pewsey and Marlborough Downs, that passes many famous sites including Avebury Stone Circle, Silbury Hill and the Wansdyke. It was my first marathon after an injury at the end of the year which meant I missed 7 marathons. I finished in 4:25 for the 27.5 mile course with 709m ascent."

Wye Valley Half Marathon

On Saturday 22nd April, **Fredi Gilberti** took part in his first trail race, the Wye Valley Half, near the border between England and Wales. Fredi reports: "Starting at the Biblins Youth Campsite, the course follows the meanderings of the river Wye for about 11k and enters the Lady Park Wood National Natural Reserve, where a top elevation of 268m is reached. The course then loops back to the campsite after a quad-killing descent down to the swing bridge over river to the finish line.

All in all, a very good day of running nature with stunning views and good weather. A definite recommend to the lovers of trail running out there."

Wye not put it in your calendar for next year, trail fans.



parkrun roundup

88 GCRs were out parkrunning this Saturday.

- 7 GCRs were at St Albans, including **Dave Faulkner** who achieved a PB of 29:40
- 4 GCRs were at Westmill, including **Peter Laphorne** who achieved PB of 33:28
- At Stevenage, 13 GCRs participated including **Caroline Hale** who was 6th lady, and **Roger Adey** and **Sarah Durston** achieving PBs of 22:53 and 25:15, respectively
- 26 GCRs were at Panshanger, with **Chris Eland**, **Justin Hill** and **Peter Jasko** taking 2nd, 7th and 9th positions overall, and **Yvonne Jones** 7th lady in 28:46. **Alida Preis** completed her 100th Panshanger parkrun
- At Great Denham, **Martha Hall** was 1st lady in 19:50
- At Soham Village College, **James Huish** finished in 1st place in 18:23
- **Lizzie Belcher** was 5th lady in 29:16 at Presint 18 parkrun, Putrajaya

The day before his Hamburg marathon, **Richard Darley** loosened his legs with the local parkrun (Alstervorland) chatting with someone whose second favourite PR is Wolverhampton where Richard is also known to rock up to. He also had a chat with the second placed man who it turns out is a St Albans Strider. Small world this running lark!

Ceri and **Jack Pollard**, along with their dog Pixel, took on the UK's second hardest parkrun (as of April 2023) at Whinlatter Forest. The course featured over 200 metres of ascent climbing through the forest, alongside woodland streams and offering stunning views across the mountains of the Lake District. A cooling mist helped them to finish in 39:38 and 39:39 (and 39:38.5 🐾).

Highly recommended for the views and experience!



Other parkruns attended by GCRs included: Ally Pally, Barclay, Barking, Bedford, Brockwell, Brooklands, Cardiff, Cassiobury, Chalkwell Beach, Cheltenham, Church Mead, Clare Castle, Finsbury Park, Gunpowder, Hyndburn, Milton Keynes, University Parks, York.

Full results for all GCRs taking part in parkruns can be found [here](#).

Hitchin 10k

Hitchin 10k is taking place next Sunday 30th April at 9 am. (This is an Avery race.) Race entries via the website have now closed, but entries may be available on the day via the website from 7 am.

Kimpton Fun Run

Kimpton Fun Run, part of the May festival, is back on 1st May (bank holiday Monday). The Junior (under 14s) 4km fun run starts at 11:00 am, followed by the senior 10km run at 11:10 am. More race information is available at <http://www.kimptonmayfestival.co.uk/>

Save the Date: Welwyn 10K @ Panshanger Park, 25th June 2023

The word is out! This year's Welwyn 10k goes back to its roots as a trail race and is happening in a brand new location – Panshanger Park! This will be the first ever chip-timed 10k race within the park, and the route (ingeniously mapped out by **Chris Eland**) will take in all the main historical sites within the park, including the Great Oak, the Orangery, and the new plantation for the Queen's Green Canopy. As well as an exciting new location, we are aiming to make this race as environmentally responsible as we can, in line with the ethos of Panshanger Park. 2023 also sees the return of the kids' 2k race. As usual, all monies raised will be donated to the Welwyn Festival Charities. We are working closely in partnership with Tarmac and with Panshanger Park to make the event a huge success. This is where we need all the help we can get from everyone in the club! Do sign up to run, and spread the word far-and-wide to encourage others to join us on the day. Registration is open for both the adults' and the kids' races. Here is the link to more information and to enter online <https://my.raceresult.com/235110/info>



Scenic Panshanger park, site of this year's Welwyn 10K

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.

Hatfield 5K race series

The dates of the Hatfield 5k race series have now been confirmed. The fast and flat road route is an excellent opportunity to develop your speed in a competitive field. Race 1 is an Avery race, and details are in the Avery calendar. Dates of the three races are as follows:

Race 1: Wednesday 30th August 2023 (Herts Senior Champs)

Race 2: Wednesday 6th September 2023 (Herts Vets Champs)

Race 3: Wednesday 13th September 2023

Further details on registration to follow.

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	CC	22/01/2023	Fred Hughes 10	St Albans	£21.20 affiliated	Completed
2		19/02/2023	XC 3	Cassiobury Park,	free	Completed
3	CC	05/03/2023	Berkhamsted half	Berkhamsted Cricket Club	£33 from 01/01/23	Completed
4		12/03/2023	XC 4	Therfield Heath, Royston	free	Completed
5	V	18/03/2023	Stevenage parkrun	Fairlands Valley Park	free	Completed
6		07/04/2023	St Albans Easter 10k	St Albans	£25.44	Completed
7	CC	30/04/2023	Hitchin 10k	Hitchin	£18.00	https://www.letsdothis.com/gb/e/hitchin-10k-189140
8		17/05/2023	MWRRL 1: Chingford (Orion Harriers)	Chingford	17/05/2023	Club will send out details via email
9		31/05/2023	MWRRL 2: St Albans (St Albans Striders)	St Albans	31/05/2023	Club will send out details via email
10		08/06/2023	MWRRL 3: Trent Park	Trent Park	08/06/2023	Club will send out details via email
11	V	25/06/2023	Welwyn 10k	Panshanger Park	£20; £18 affiliated	https://my.raceresult.com/235110/info
12		29/06/2023	MWRRL 4: Stevenage (NHRR)	Stevenage	free	Club will send out details via email
13	V	12/07/	MWRRL Mob Match: WGC	Ridgeway Academy, WGC	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	https://www.parkrun.org.uk/panshanger/

17	V	30/08/2023	Hatfield 5k Race 1	Hatfield	tbc	Details tbc
18	CC	October tbc	Standalone 10k	Letchworth	Entry cost tbc	http://www.nhrr.org.uk/standalone-10k.html
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	https://stevenagehalfmarathon.org.uk/
22	CC	November tbc	Hatfield 5	Hatfield	Entry cost tbc	http://hatfield5mile.co.uk/
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 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, 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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/