



Garden City Runners News Release

27 November 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

Lanzarote International Running Challenge

Team of Garden City Runners (*pictured, below*) travelled to Lanzarote to take part in the 'Lanzarote International Running Challenge' ([Link](#)). **Sophie Packman** writes: "It was an amazing challenge. 10k, 13k, beach run and half marathon. All very challenging but so nice to compete with club mates and new friends. I would thoroughly recommend it for the sun, a challenge and a holiday. You can do as much as you want or as little as you want! It was so nice to be a part of an individual and team event. Huge thanks to Wayne Aylott for organising such a great experience for all!"

Wayne Aylott sent us the results, and photos, below. **Wayne** writes: "The 10k run was a road race, the 13k a ridge off-road race. The 5k was a beach run and the half marathon was off-road. Sophie Packman, Elaine Moore, Ali How were 3rd team overall, and Stuart Mann won every race and overall for his age category."

Lanzarote Handicap Trophy went to the following runners:

1. Sophie packman
2. Caroline griffins
3. Stuart Mann





Photo on the left: left, Sophie Packman and Elaine Moore. Photo on the right: Stuart Mann

Results	5k	10k	13k	21k
Elaine Moore	28:39	52:17	01:16:58	01:56:15
Sophie Packman	25:51	51:12	1:11:41	1:45:44
Ali How	29:25	51:24	01:15:33	01:53:22
Caroline Griffin	27:03	54:07	1:23:17	1:58:03
Kath Evans	34:49	1:12:38	1:41:42	2:31:31
Caroline O'Dwyer	35:08	01:09:44	1:38:07	2:29:34
Tom Rogers	29:32	53:11	1:21:19	02:07:02
Wayne Aylott	37:19	1:10:43	1:37:36	2:38:50
Emon Martin	28:00	53:18	1:19:17	2:04:15
Michael Evans	30:04	1:04:43	1:22:15	02:00:11
Stuart Mann	27:35	52:09	1:15:17	01:52:44
Catherine Dann			01:26:57	02:12:20

Hatfield 5 mile race

As always, GCRs (*pictured, below*) put a strong showing at the annual Hatfield 5 mile race, by Active Training World. **Willow Gibson** writes: "Well done to all the GCRS who ran in the Hatfield 5 on Sunday morning. It was a soggy start but the rain stopped, just as the race started and it was overall a lovely mild morning. It's a lovely local race, on a flat course and all on road or footpath (very little mud).

Well done to everyone who ran their first race this at the Hatfield 5 this morning, including **Anne** and **Sarah Valentine**. Massive congrats to **Peter Harvey**, on his 2nd MV50 place in the Herts County Masters 5 mile Championship at the Hatfield 5. Also a shout out to the GCRS who marshalled, including **Sidney Valentine** and **Daniel Ashcroft**.

Thanks to everyone for making it an enjoyable Sunday morning. Nice coffee and chat outside afterwards."

Peter Harvey also sent us his run report. **Peter** writes: "Herts MV50 silver for Peter Harvey (Mike Russell MV60 got silver running for Team Trident, 2nd claim GCR), **Lucy Iles** was first GCR lady and **Dan Pudner** was first GCR man to cross the finish line." Well done!

[Results can be found here](#)





Peter Harvey: pictured ,right

Copthorne 50k

Becca Windsor Hayden (*pictured, below*) entered to do the Micklenham and Box Hill ultra on Saturday.

Becca writes: "I had to be up at 5am to travel to Surrey for an 8am start. The race started at Mickleham Village Hall and consisted of 3 lots of ten-mile loops providing a cumulative ascent gained of approximately 2,260 feet per loop. The scenery was stunning, very beautiful and it was very hilly especially the Satan's staircase and the stairway to hell! As they were named! The views from the top of box hill were worth it. Unfortunately for me I hadn't slept very well the night before and had a lot on my mind. Sometimes my anxiety and over-thinking jumps in when I don't want it. This time I just didn't feel my head was in it so I decided to do the sensible thing for me and pull out after the first loop.

The event staff were very kind and understanding and helped me make the right decision. I did beat myself up in my head at first but soon realised (after a cuppa once I go home and relaxed a bit) that sometimes we just need to put our mental health first and on Saturday that's exactly what I did. It's ok to say no, it's ok to pull out and it's ok to DNF!

I am proud of my decision and proud that I did what was right for me. It was just a race - I will be back!"



parkrun roundup

Warm, autumnal weather saw many GCRs take part in parkruns across Herts and beyond. A group of GCRs travelled to Houghton Hall parkrun, including **Caroline Hughes** (34:29), **Rob Casserley** (19:32), **Dan Pudner** (19:21) who also finished second overall, **Richard Somerset** (19:40), **Rob Hughes** (21:58) and **Johan Preis** (23:14) – all pictured, below. **Philip Hawkes** also ran and finished in 21:53.



At Gunpowder, **Thomas Buzzard** was 3rd overall in 18:14. At Melksham parkrun, **Alex Faulkner** was 3rd lady in 24:21.

At our local Panshanger parkrun, **Chris Eland** was first overall in 19:21 and **Martha Hall** was first lady to cross the finish line in 22:10. **Hellen Stafford** was 4th lady in 24:35.

Also at Panshanger – congratulations to the **GCRs beginners group graduates** (*pictured, below*) who finished their 5k run! Amazing effort, well done all!



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

Tuesday nights faster group and return of Thursday night intervals

Sid Valentine writes: "Faster group on a Tuesday evening will be running slightly shorter routes that will be off-road: please ensure you have a head torch and footwear suitable for trail running.

Urban Wintervals start this week on a Thursday evening, meeting at Gosling in front of the old building where the squash courts are located at 18:30. This is verified interval training open to all levels of runners and a good way to improve your overall pace."

Festive 5 – call for volunteers



VOLUNTEERS NEEDED FOR THE FESTIVE 5



Sunday 4th December

Calling all GCRs – if you are not planning to run the Festive 5, or even if you are, we have a variety of exciting roles and need your help including but limited to:

Marshals

Cake Stall Manager

Chocolate Manager

Water Manager

If you can't make the day you may be able to help us before or after the race, and we also welcome cake donations for our cake stall. All monies raised will go to our local Isabel Hospice.

If you can assist, please e mail volunteer@gardencityrunners.org.uk

Festive Get Together at Postino Lounge including London Marathon Draw

Fancy raising a festive glass with running buddies?

We've got an area reserved in **Postino Lounge, Howardsgate, WGC from 7pm on Monday 12 December**, and your first drink is on the Club. Put the date in the diary and pop in if you can. We'll be making the draw for the club places for the London Marathon during the evening, and there will be an e-mail beforehand outlining eligibility and what to do. Bring along some cash, as there will be various running goodies on offer in exchange for a donation, which will go to charity. Of course, Christmas jumpers and accessories greatly encouraged for all.

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.

Avery League Competition 2022

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).

Avery League Competition 2023

The Race Committee will shortly be announcing the events in next year's Avery competition, but in the meantime, we suggest [getting your entry in](#) for the Fred Hughes 10 on Sunday 22 January 2023, as this will very likely feature as one of the Avery events.

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 (V)	Singlers Marsh, Welwyn	£18.00 affiliated	Complete
30/06/2022	MWRRL 4	Therfield, Royston	free	Complete
06/07/2022	MWRRL Mob Match	WGC	free	Complete
21/7/2022	Fairlands Valley Relays*	Fairlands Valley, Stevenage	free	Complete
07/08/2022	Stopsley Trail Race	Stopsley	£21.20 10 mile race; £15.90 5 mile race (affiliated rate)	Complete
14/09/2022	Hatfield 5k Race 2	Hatfield	tbc	Complete
18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	Complete
16/10/22	XC 1 (V)	Cheshunt	free	Complete
30/10/22	XC 2	Trent Park	free	Complete
6/11/22	Stevenage Half Marathon*	Stevenage	Tbc (£28 2021)	Complete

19/11/22	parkrun	Westmill	free	Complete
4/12/22	Festive 5 (V)	Welwyn Garden City	£8.00	Enter here
18/12/22	XC 3	Stevenage	free	Club will send out details via email

Races marked * = Club Champs race
Races marked (V) = volunteering points are available

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/

