



Garden City Runners News Release

30 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

Hitchin 10k

What perfect weather for a Sunday race – Hitchin 10k (Avery race) was well attended by Garden City Runners (*pictured below*). **Peter Harvey**, who not only celebrated the event with a 101km bike ride, but also was 1st GCR to complete the race, sent his run report. **Peter** writes: "Zoe Stephens 3rd overall 43.01 and 1st GCR lady. I was awarded 1st male age graded prize, 1st MV50, (1st vet outside the top 3) 1st GCR and finished 6th/ 664 in 37:20 but 5 seconds slower than last year."

Link to the [results](#)

Men	Chip time	Women	Chip time
Peter HARVEY	37:20	Zoe STEPHENS	43:01
Chris BAYLIS	37:36	Lucy ILES	48:22
Simon BOSTOCK	38:41	Sophie PACKMAN	49:35
Jamie ROSE	39:46	Clare WILDEY GROVER	50:58
Russell MORRIS	40:08	Elaine MOORE	51:34
Dom THOMAS	40:26	Caroline GRIFFIN	52:14
Chris DUNGATE	41:45	Sarah DURSTON	52:18
Andy MORGAN	43:24	Maggie WRIGHT	54:36
Michael GRANT	45:13	Carol REID	56:50
Richard WILLCOX	45:19	Chrissy JOHNSON	58:01
Lee MANSFIELD	45:58	Melanie KING	59:05



James AITCHISON	49:39	Shena LANCASTER	59:59
Steve MOWLES	50:08	Ilona PEVA	1:00
Roger ADEY	50:57	Gail MUNRO	1:01



Lee WOOD	52:11	Alison MEADEN	1:01
Dave DE NAEYER	53:04		
Richard DARLEY	56:17		
Jim DAVIS	57:23		

Euston Estate Marathon

Nick Genever added another marathon to his impressive list of long distance runs. **Nick** writes: "A 2-lap marathon around the Euston Estate near Thetford, run mainly on soft sandy tracks. At the half-way point after the leading half-marathon runners finished, I could see 4

runners ahead of me, and then overtook 3 of them in a few miles and finished in 2nd place in 3:35:57 for 26.4 miles.”

5k Your Way

One of our new members **Alison Paterson** (*pictured right, with friends*) travelled to Harlow on Saturday to support the 5k Your Way.

Alison writes: “5k Your Way takes place at some Parkruns on the last Saturday of the month to provide people with cancer and their families/carers/friends a community to walk or run with. It was a gorgeous morning for a run and a chat with coffee afterwards. Being a 2.5 lap course means people can stop if needed.”

parkrun roundup

106 GCRs were out enjoying different parkruns this Saturday.

Åsa Moberg-Grout and **Steve Grout** travelled to Coventry and finished in 28:56 and 26:14, respectively.

David Edwards and **John Davies** were at Hyndburn parkrun, finishing in 26:29 and 36:12.

Andrew Knight was 4th overall at Peacehaven, in 19:44, as well as **Stephanie Kearns** who finished in 29:00.

Lucy Iles and **Tom Casserley** participated in Oak Hill parkrun, where Lucy was 5th lady in 23:35 and Tom finished in 40:18.

5 GCRs were at Gunpowder, including **Richard Somerset** (in 19:04), **Barbara Kubis-Labiak** (27:03), **Ann Hayden** (27:29 and a PB!), **Gemma Sloan** (in 31:03) and **Jess Buzzard** (in 31:21).

Alex Faulkner was first lady at Southwick Country, finishing in 23:13.

At Northala Fields parkrun, **Johan Preis** completed the run in 23:16 and **Caroline O'Dwyer** finished in 33:28.

Bruce Judge was 6th overall at Panshanger parkrun in 19:28, and **Helen Stafford** was 1st lady 23:24.

At Thurrock parkrun, Orsett Heath, **Jamie Rose** was 4th overall in 20:35.

Further afield, at Løvstien parkrun in Bergen, **Samantha Hastie** finished in 37:04, followed by **Jacqueline McCallum** in 43:43 and **Jane Molloy** in 43:54.

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

Summit Therapy & Performance supporting Garden City Runners

Dear GCR's

I am pleased to announce the following discount to all GCR's. I have had some good feedback from some of our members but also, I was/am very impressed myself. I'm sure many of you have your own physio/chiropractor/specialist. This is all fine. I just wanted to share the discount with you, so you have a choice! (Share the love! Lol). Summit Therapy is based in Rise Gym in WGC Town Centre. It's open 6am until 9pm Monday to Sunday.

Summit Therapy & Performance are pleased to be teaming up and supporting Garden City Runners. The aim of our link is to provide ongoing support to improve the physical condition of the runners and where needed support with injuries. If anyone would like to make the most of our services and use the GCR discounts then please drop us a DM on Instagram @summit.tp, call us on 07933126972 or book through our website www.summittp.com

Our GCR discount code - RUN10

For the initial appointment 50% reduction please ask members to email or call to book - I will apply the large discount from our end.

Just to confirm our discounts are as follows

- members, friends and family receive 50% off their first appointment with us at either of our Welwyn or Stevenage Clinics.

- members, friends and family receive 10% off all follow up appointments - this includes all our services (massage, compression recovery boots, acupuncture, cupping, postural assessment, strength & conditioning and stretch therapy).

We hope to see you all in our Welwyn Garden City Clinic soon!

Tom Dickie, Lead Sports Therapist and Clinical Director

Summit Therapy and Performance Ltd. www.summittp.com

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, Watlington	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	Completed
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	19/08/20 23	Panshanger parkrun	Panshanger Park	free	https://www.parkrun.org.uk/panshanger/
17	V	30/08/20 23	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		Novembe r tbc	XC 2	tbc	free	Club will send out details via email
21	CC	Novembe r tbc	Stevenage Half Marathon	Stevenage	Entry cost tbc	https://stevenagehalfmarathon.org.uk/
22	CC	Novembe r tbc	Hatfield 5	Hatfield	Entry cost tbc	http://hatfield5mile.co.uk/
23		Decembe r tbc	XC 3	Stevenage tbc	free	Club will send out details via email
24	V	Decembe r 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/