



Garden City Runners News Release

11 December 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

SEAA Southern Masters XC

This weekend saw CHRIS JONES and MARTHA HALL flying the flag for GCR at the South of England Athletics Association Master Cross Country event in Oxford.

Chris reports:

"A beautiful day in the Oxfordshire countryside starting out from Horspath athletics ground. The sun was out but conditions were freezing with the ground mostly frozen. The men's course was a 2 lapper approx 9.5km. After setting off through fields there was a long 1 to 2km uphill in the forest which was over 10% in places. The downhill was pretty treacherous with tree roots, steps etc to watch out for. At the time of writing I don't know my position. Overall, after an inconsistent autumn due to illness etc , it was good workout for me as I target a couple of road races in December and January

I believe Martha had a great run in the ladies and was 3rd in her age category."

Panshanger parkrun - Saturday 17 December

Members are reminded that the Hertfordshire District Food Bank will be visiting next Saturday's parkrun at Panshanger Park so please donate generously if you are able. Being the run up to Christmas the Food Bank would be particularly appreciative of the following: Tinned ham or salmon, mince pies, small Christmas puddings, Christmas cake, tinned Christmas biscuits or sweets, Christmas selection boxes and Christmas treats. Cash donations are always welcome too.

More details of the Food Bank can be found here:

<https://hertforddistrict.foodbank.org.uk/2022/11/24/christmas-appeal/>.

parkrun roundup

In contrast with the previous weekend, the thermometer had certainly dropped a few degrees for Saturday's parkrun events. Despite the cold knees and the need for woolly mittens, 68 GCR members still ventured out to parks up and down the land.

James Huish (18:17) was fourth at Black Park while **Daniel Pudner** (18:06) was third at Gunnersbury and **Katharine Farrell** (25:30) was fifth lady at Southwick Country.

At Panshanger, **Neil Hume** was first GCR in 20:17 with **Jess Ellis** taking the same position for the ladies in 28:41. Big shouts out to **Jerry Gilbert** who completed his 50th parkrun in 35:51 and to **Karen Atkinson** so finished her 100th in 37:29. Finally welcome to **Gary Lehmussaari** who completed his very first parkrun in 28:43.

Over the border in Wales, **Alister Parry** (26:16) was fifth man at Dongellau.

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 Get Together at Postino Lounge including London Marathon Draw: CANCELLED

Due to the weather conditions tonight's festive get together and London Marathon draw has been cancelled. Keep an eye out for news of a new date!

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 |

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|-------------|--------------------------|-----------------------------|---|----------|
| 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 |

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|------------|--------------------------|--------------------|-------------------|--------------------------------------|
| 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 | Complete |
| 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/