



## Garden City Runners News Release

**12 March 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)*

### **GCR Awards Night at Homestead Hotel**

GCR celebrated its annual Awards on Friday night in glittering style. 2022 was the club's 40<sup>th</sup> anniversary and also saw the return of 'normal' races after two years, including the return of our flagship race the Welwyn 10k. Anniversary events and club races raised over £8,000 for charities during the year. There were well-deserved awards for performance, as well as for contributions to the club and to the wider community. A notable winner on the night was RUSSELL MORRIS, who secured both the Most Improved (male) Award, as well as the Club Runner of Year, voted for by club members. HELEN STAFFORD won the Most Improved Female Award. This year's winners of the highly-contested club's Avery trophies (it's like the premier league) were RICHARD SOMERSET and SOPHIE PACKMAN. This year also saw the first season of the new club champions league, won in the inaugural season by HELEN STAFFORD and PETER HARVEY.

Some comments on the GCR Facebook page say it all: GAIL MUNRO: "Lovely surprise receiving my award", HELEN PAINE: "Looks like a good evening was had by all, thank you for making me a lifetime member", JANE MOLLOY: "I've got a big smile on my face all over again! Thanks so much, Brad, for the fab pictures, they really capture the joy of the celebrations", TENDY ST FRANCIS: "Great night! Well done everyone", SEAN BOWEN: "A well-deserved GCR life membership for Alan Donovan!"

### **Garden City Runners - Annual Awards for 2022-3**

	1st	2nd	3rd
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Avery Trophy – Men	1 <sup>st</sup> Richard Somerset	2 <sup>nd</sup> Sidney Valentine	3 <sup>rd</sup> Peter Harvey Russell Morris Jamie Rose
	4 <sup>th</sup> -	5 <sup>th</sup> -	6 <sup>th</sup> Lee Mansfield
Avery Trophy – Women	1 <sup>st</sup> Sophie Packman	2 <sup>nd</sup> Charlotte Jones	3 <sup>rd</sup> Maggie Wright
	4 <sup>th</sup> Rebecca Barden	5 <sup>th</sup> Caroline O’Dwyer	6 <sup>th</sup> Katherine Farrell
Avery medals top 10 (Men)	As above plus 7 <sup>th</sup> -10 <sup>th</sup> Johan Preis, Steve Ellerd-Elliot, Dom Thomas, Dai Selwood		
Avery medals top10 (Women)	As above plus 7 <sup>th</sup> -10 <sup>th</sup> Kath Evans, Helen Stafford, Willow Gibson, Melanie King		
Club Championship Men	Peter Harvey	Daniel Pudner	Steve Ellerd-Elliot
	MV40 Peter Jasko, MV50 Richard Somerset, MV60 Dave Desborough, MV70 Jim Davis		
Club Championship Women	Helen Stafford	Rebecca Barden	Sophie Packman
	FV40 Caroline Griffin, FV50 Maggie Wright, FV60 Veronica Shadbolt		
Midweek League Men	Daniel Pudner (3 <sup>rd</sup> open)	Herbie Hopkins (2 <sup>nd</sup> MV40)	Peter Harvey (1 <sup>st</sup> MV50)
Midweek League Women	Juliet Vine (3 <sup>rd</sup> open)	Martha Hall (1 <sup>st</sup> FV45) no medal	Caroline Hale (2 <sup>nd</sup> FV45)
Midweek League 100% attendance (Men) inc. Mob Match volunteers	23: Rob Casserley (3 <sup>rd</sup> MV40), Bruce Judge (2 <sup>nd</sup> MV50), Alan Donovan (1 <sup>st</sup> MV70), Dom Thomas, Richard Somerset, Sean Bowen, Richard Robinson, Neil Hume, Steve Edwards, Russell Morris, Jamie Rose, Johan Preis, James Aitchison, Chris Poole, Brad Smith, Peter Sawko, Sydney Valentine, Tim Cooke, Nick Atkinson, Graham Neville		
Midweek League 100% attendance (Women) inc. Mob Match volunteers	12: Helen Stafford (3 <sup>rd</sup> FV35), Sophie Packman, Jennifer Williams, Karen Atkinson, Sharon Stephens, Kath Evans, Willow Gibson, Jane Molloy, Emma Dempster, Charlotte Jones		
Sunday XC League	Season not yet completed.		

<b>Award</b>	<b>Winners</b>
GCR Star Beginner	Gail Munro
Most Improved GCR Beginner	Louise Quantick
Most Promising New Member - Male	Benji Carr Roger Adey (Vet)
Most Promising New Member - Female	Clare Grover
Most Improved Runner – Male *	Russell Morris
Most Improved Runner – Female *	Helen Stafford
Award for Excellence	Juliet Vine

Representation Award	Juliet Vine
Award for Achievement	Rob Casserley
Running Community Award	Louise Smith Mark Ashworth & Rachael Everard
Club Member of the Year *	Sidney Valentine
Club Runner of the Year *	Russell Morris
<b>Lifetime members</b>	Alan Donovan Andy Newbury Helen Paine



### **Royston XC - Sunday**

Well done to all of those who took part in today's Royston cross country and big thank you to everyone who marshalled/volunteered. The weather was kind to the runners today, probably the first warm weather run in quite some time, and not overly muddy!

*Pictured below: GCRs at Royston*

## **Surrey Half Marathon**

**Chris Jones** (*pictured below*) ran the Surrey Half and sent us his run report. **Chris** writes:  
"I ran the Surrey Half today in Woking. A slightly undulating course but pretty decent conditions overall. A busy but well organised race on filly closed roads. I came home in 78:32 (chip) which was a PB by a few secs. 61st overall in 5th in age category.

Pretty happy with that given I ran without any taper in a busy final quarter of an intensive marathon training block"

## **Willow and Samatha travel to Poland for the Z**

**Willow Gibson** and **Samantha Hastie** (*pictured, below*) travelled to Poland to get their 'Z' parkrun, and finished in 35:24 and 35:45, respectively. Willow writes: "We flew to Poland late Friday evening (sadly missing the GCR awards evening, as we booked this a while ago).

We stayed in the Kraków Old Town, which is stunning and a short Uber ride out to Zielony Jar park. On Saturday morning we arrived to a team of super friendly and welcoming volunteers. The RD welcomed us and celebrated International Women's day with a yellow tulip. We did Zumba as a warm up before the start.

It's a four lapper, mostly on footpaths with a small amount on dirt paths (I wore trails but road shoes are fine - very little mud). This was event 27, so yes a very new parkrun with only 42 attending, runners, walkers and Nordic walkers (who walked at some people's running pace). Most of the parkrunners being tourists, many from the UK also.

The young volunteer, a boy named Adaś, was the star of the volunteer team and did the English part of the briefing. He was very helpful, giving out travel advice and tips for us tourists as well.

**Samantha Hastie** completed the Alphabet challenge today (not bad for someone who only started running parkrun in January!) Well done, Samantha!

## **parkrun Round-Up**

Seventy-Six GCRs took part in Saturday's weekly run, jog or walk around the parks of the UK and beyond.

**Chris Eland** was 18<sup>th</sup> at Ashton Court parkrun in 20:04, and at St Albans **Daniel Pudner** came 17<sup>th</sup> in 20:13, followed by **Nigel Cavill** in 22:15 and **Paul Cox** in 25:49. **Emon Martin, Caroline Griffin** and **Caroline O'Dwyer** ran the Rickmansworth parkrun, in 24:29, 25:50 and 30:33, respectively.

At Markeaton, **Rebecca Cullers** was 7<sup>th</sup> lady in 24:57, and at Pymmes **Jamie Rose** was 6<sup>th</sup> overall in 20:05 and **Alex Faulkner** was 2<sup>nd</sup> lady in 23:58. **Peter Laphorne, Sharon Stephens** and **Gemma Sloan** travelled to Northala Fields and finished in 31:49, 31:50 and 41:34, respectively.

At Panshanger, **Neil Hume** was 10<sup>th</sup> overall in 20:37 and **Lauren Potter** was 2<sup>nd</sup> lady in 25:00, followed by **Helen Stafford**, 3<sup>rd</sup> lady in 25:02. Andrew Holt finished 5<sup>th</sup> overall at Harlow, in 20:42 and Louise Smith was 19<sup>th</sup> lady at Dunstable Downs in 32:42. Further afield, Sharon Threlfall travelled to Dreiländergarten and was 3<sup>rd</sup> lady in 26:01. **Nick Portalski** was 18<sup>th</sup> overall at Broadwater, in 23:56.

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

## **Masters XC, 26<sup>th</sup> March 2023**

Men's Captain **James Huish** is organising entries for the final XC Championship race of the season, which is the Hertfordshire Masters event (Sunday 26th March, Cassiobury Park, Watford).

"V40 & V50 Men go at 11am (9.6K) whilst the Women (all V45+) and V60 Men go at 12pm (7K).

If you would like to enter (the cost of entry is covered by the club's race budget) please send me an email or message on FB and provide me with your:

- DOB
- EA Number

Many Thanks

James: James.huish247@btinternet.com

### **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 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, Watford	free	Completed
3	CC	05/03/2023	Berkhamsted half	Berkhamsted Cricket Club	£30 before 31/12/22; £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	<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	C C	22/10/2023	Stevenage Half Marathon	Stevenage	Entry cost tbc	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
21		November tbc	XC 2	tbc	free	Club will send out details via email



<b>22</b>	<b>C C</b>	November r tbc	Hatfield 5	Hatfield	Entry cost tbc	<a href="http://hatfield5mile.co.uk/">http://hatfield5mile.co.uk/</a>
<b>23</b>		December r tbc	XC 3	Stevenage tbc	free	Club will send out details via email
<b>24</b>	<b>V</b>	December 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](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/)