



## Garden City Runners News Release

**15 January 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)*

### **Tromso Polar Marathon – 7 January**

**Anna Lillie** (*pictured, below*) travelled all the way to Norway to run the Tromso Polar Marathon.

Anna writes: "Tromso Polar Marathon was truly unique. 80 participants ran, and after 21k we joined a half marathon course. It did nothing to allay my fears of: would I be good enough to run this in the cut off time of 5 hours; would I find anyone to run with; am I wearing the right clothing; would I get lost; how would I cope in the dark; should I take my running rucksack; how would my legs work in the snow and ice; trail shoes or crampons?"

It was truly majestic. The full moon and clear skies with the snow, made for something truly magical – and no need for a head torch. Whilst there is around 21 hours of darkness here, so much revolves around the light. We were just dropped off in this tiny hamlet, and told to follow the road back. No markers, no marshals; an ambulance drove up and down a couple of times to check runners were OK during the first 20k.

I stupidly carried water as the drinks stops weren't frequent, but my water froze, and my gels nearly did too. I was fortunate enough to find a British lady to run the whole way with – which helped, and the fact it was freezing when you stopped. Sometimes there was no-one in sight in front or behind, and with windy snowy gusts – despite being right next to the British lady we couldn't see each other at times. Her company was very much appreciated. I completed this in 4hours 27 mins and 40 secs. Given the icy conditions and running with spikes on, I was happy"



## **Tewin XC training race - replacement for the cancelled Royston XC**

A group of GCRs gathered in Tewin on this sunny Sunday morning, keen to run a cross country race despite the fact that the actual race in Royston has been cancelled. Thanks to **Richard Somerset** who organized the training race, clearly 26 runners didn't want to miss a Sunday run adventure in hope of more mud!

Although not an official race, the results have been recorded, below:

	<b>Name</b>	<b>Time</b>		<b>Name</b>	<b>Time</b>
1	Peter Harvey	39:41	14	Steve Williams	49:27
2	Bruce Judge	39:59	15	Lucy Iles	50:17
3	Dom Thomas	40:06	16	Sharon Threlfall	53:21
4	Mike Russell	41:55	17	Åsa Moberg Grout (+dog)	53:54
5	John McDowall	42:38	18	Steve Grout	53:54
6	Colin Bickle	44:08	19	Ali Eroglu	54:58
7	Mark Westley	44:08	20	Colin Grace	54:58
8	Russell Casey	44:38	21	Gary Moulton	57:44
9	Ricardo Neto	45:27	22	Dai Selwood	58:54
10	Richard Somerset	45:43	23	Ann Hayden	59:44
11	Paul Gatens	47:40	24	Kath Evans	1:05:59
12	Johan Preis	47:43	25	Thippawan Rashleigh	1:20:00
13	Ricardo Gregorio	48:27	26	Sam Hastie	1:20:00

**Peter Harvey** was first home, running the 5.3 mile course in 39:41, closely followed by **Bruce Judge** in 39:59 and **Dom Thomas** in 40:06. For the ladies, **Lucy Iles** was first lady in 50:17, **Sharon Threlfall** was second lady in 53:21 and **Åsa Moberg-Grout** completed the race as third lady in 53:54.

*Photo below: GCRs at Tewin*



**Awards Gala Night - Friday 10th March - HOLD THE DATE!**

Not to be missed!! Our annual celebration of individual and collective achievements is happening on **Friday 10<sup>th</sup> March**. This is always a fabulous evening with a chance to cheer those who have won trophies and medals with their running prowess, and to thank those who have made significant contributions to the club in the last year. As well as the celebrations, there will be food and dancing, and the opportunity to don your best party wear! Put the date in the diary and keep your eyes peeled for more details in the coming weeks.



## parkrun roundup

Another weekend when many GCRs travelled far and wide to participate in the weekly 5km run. At Ferry Meadows **Jamie Rose** was 14<sup>th</sup> overall in 20:42 and **Alex Faulkner** was second lady in 23:24. At Stevenage, **Chris Baylis** was third overall in 18:39. At Sandringham **Sarah Durston** was fourth lady in 27:38, and At Belvoir Castle **Sharon Threlfall** was 12<sup>th</sup> lady in 30:11. **Andrew Holt** finished sixth overall at Leavesden in 22:46. At Gunpowder, **Caroline Griffin** was ninth lady in 26:39, **Gemma Sloan** finished in 31:23 and **Caroline O'Dwyer** in 32:16.

A group of GCRs and 'Nocturns' (*pictured, below*) went to Wendover Woods parkrun. **Willow Gibson** writes: "We went to Wendover Woods to celebrate Barbara K-L birthday. Wendover Woods did not disappoint, great route, friendly marshals, lovely company and some tough uphill made for a fabulous Parkrun. The cafe afterwards was fantastic, with lots of space for large groups and we appreciated the 10% discount for runners". **Barbara Kubis-Labiak** writes: "Great route, highly recommend for anyone who is after a hilly woodland parkrun. It was lovely to run with friends and celebrate, especially that Willow also brought a chocolate cake!" **Daniel Pudner** was third overall in 20:33, **Rob Casserley** was fifth in 21:01, **Richard Somerset** finished in 22:54, **Johan Preis** in 27:06, **Paul Gatens** in 27:48, **Colin Grace** in 27:58, **Ali Eroglu** in 29:26, **Barbara Kubis-Labiak** in 31:04 (with dog Luna), **Ann Hayden** in 33:52 and **Willow Gibson** in 46:24



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

### **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		15/01/2023	XC 4	Therfield Heath, Royston	free	Cancelled
2	CC	22/01/2023	Fred Hughes 10	St Albans	£21.20 affiliated	<a href="https://stalbansstriders.com/racing/fred-hughes-10">https://stalbansstriders.com/racing/fred-hughes-10</a>
3		19/02/2023	XC 5	Cassiobury Park, Watford	free	Club will send out details via email
4	CC	05/03/2023	Berkhamsted half	Berkhamsted Cricket Club	£30 before 31/12/22; £33 from 01/01/23	<a href="https://www.berkorun.com/">https://www.berkorun.com/</a>
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/C C	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		November tbc	XC 2	tbc	free	Club will send out details via email
21	CC	November tbc	Stevenage Marathon Half	Stevenage	Entry cost tbc	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
22	CC	November tbc	Hatfield 5	Hatfield	Entry cost tbc	<a href="http://hatfield5mile.co.uk/">http://hatfield5mile.co.uk/</a>
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](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/)