



## Garden City Runners News Release

**19 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)



Above: GCRs at Stevenage parkrun (see report, below)

### **GCR Winning at Sunday League XC**

Following last Sunday's rescheduled Royston race, the final results of the Sunday League XC 2022-3 series have been announced, and there have been some impressive results for GCRs. GCR's **Peter Harvey** compiled the stats:

"This year, all four races run were required for a full score. Normally it is four out of five races, but the Stevenage event was cancelled.

The requirement to complete all four races greatly reduced the amount of people winning participation medals, and threw up some surprises in the GCR XC Championship.

In the women's competition, **Rebecca Barden** was 1st GCR and 7<sup>th</sup> woman in the league, and also, for the second year running, 1<sup>st</sup> FV55 in the league. **Lucy Iles** was second GCR and also 6<sup>th</sup> FV35 overall. **Clare Grover** was third GCR.

Special mentions to **Juliet Vine** who won the two races she competed in; **Hannah Frank** who was 4<sup>th</sup> SW in the series; **Veronica Shadbolt** who smashed the three races she ran in the FV55 category, finishing 3<sup>rd</sup>. 1<sup>st</sup> and 1<sup>st</sup> and 9<sup>th</sup> in her category overall.

In the men's competition, first GCR was **Peter Harvey**, (who would have scored more highly if he'd not been sent the wrong way at Royston), who also won the MV50 category and was 6<sup>th</sup> overall in the league. **Jamie Rose** was second GCR and also 5<sup>th</sup> Senior Male; **Dom Thomas** was third GCR and 6<sup>th</sup> Senior Male.

Other GCRs who ran all four races were **Steve Ellerd-Elliott**, fourth GCR (coming back from injury to finish 15<sup>th</sup> MV40 in the final two races); **Peter Jasko**, fifth GCR; **Dave Edwards**, sixth GCR and 6<sup>th</sup> MV60; **Roger Adey**, 7<sup>th</sup> GCR and 7<sup>th</sup> MV60.

Special mentions also to **Herbie Hopkins**, **Rob Casserley**, **Gaetano Basiaco**, **Gabor Nyers** and **Chris Eland**, and to **Michael Bowe** who was 7<sup>th</sup> MV80. GCR won the Men's Vets League title with, in addition to those already mentioned, runners including **Richard Somerset**, **Justin Hill** and **Rob Hughes** regular scorers."

Congratulations to everyone who raced and volunteered at this year's XC series.

### **Falesia 5K road race**

GCR's **Terry Fowler** sent this report:

"My wife **Elaine** and I travelled to the quiet village of Falesia (between Albufeira and Vilamoura) in the Algarve, where we have been holidaying for over 15 years. We first became attracted to the place as it was described to us as a "runners paradise" and it

certainly lives up to that reputation. The area boasts a running track, a cross country course which hosts European races and also some wonderful running trails. Elaine particular loves the area and climate for running, so much so that she often goes out twice a day.

March is an excellent time to visit as the area is home for a few weeks to athletes from all over Europe, all grabbing the opportunity to participate in some warm weather training. It's not blazing sunshine everyday but certainly hotter than the UK. The day we flew out this year it was snowing at Luton as we took off.

There are, literally, hundreds of runners out and about.

Included in this athlete invasion is a British based group from the "2.09" company whose coaches are previous London marathon winner Mike Gratton (he won in 1983 in 2 hours and 9 minutes, hence the name of the group) and Mara Yamauchi who was a GB international with a marathon best of 2 hours 23 minutes. She currently holds the third fastest time by a British woman over the marathon. Despite having such talented coaches those who sign up with "2.09" vary massively in standard, but everyone is treated as equal and it makes for a fabulous training camp and creates a really good atmosphere.

Despite not being part of the "2.09" group we often getting talking to them over a beer or meal in the evening.

The highlight of the week is the annual Falesia 5K road race. Over the years it's produced some exceptional times by some top international runners, but the majority of the field is made up of club runners from over Europe.

It's a tough 3-lap course which includes a long steady climb of about 1000m which isn't that noticeable really until the last lap, 1000 metres up to the finish. It also includes a lovely downhill section of about 350 metres which you go down three times, including a fast start.

This year's race started in great conditions, about 70 degrees without a cloud in the sky - in contrast to last year's event, held in heavy rain accompanied with a bit of local flooding.



This year I missed the 20 minute barrier by an agonising 14 seconds but took comfort by winning the Vet 60 prize.

Having been running now for around 40 years I placed this result as in my all-time top 10 achievements due to the quality of runners who have taken part in the past.

I've already booked up for March 2024 where I hope to be able to defend my V60 title, but whether or not I do that, it's a race I always look forward as I don't race that often nowadays."

*Above: Terry celebrates his outstanding performance at the Falesia 5K.*

### **GCR WHITE WALLABY WALK**

**Jerry Gilbert** sent this despatch from the latest outing of GCR's walking group: "For anyone still in doubt that white wallabies exist in the wild up in Essendon woods, this myth is now firmly dispelled.

GCR's walking group enjoyed its second walk of the spring— a 6.75-mile circular route from Essendon along sections of the Hertfordshire Way. This included a small detour for wallaby watching.



Pictured (left to right) are: **Mick Wise**, **Angela Loveys**, **Sandra Wise**, **Lynette Stewart**, **Chris Loveys** and **Dave Edwards**. Route navigator was Jerry Gilbert.

The next walk will be a midweek one, on March 29th. Anyone requiring details (or simply wishing to be added to the mailing list for future updates) should contact Jerry Gilbert, at: [jerry@jgp-pr.com](mailto:jerry@jgp-pr.com)

### **parkrun roundup**

It was a Super Saturday for GCR parkrunners, as this week's Stevenage event was an Avery competition race, with no less than GCRs lining up at the start line. Despite atrocious weather conditions, GCRs put on a strong show, with six GCRs in the top ten overall, including **Tom Buzzard** finishing 3rd in 18:40, **Peter Harvey** 4<sup>th</sup> in 19:00 and **Steve Ellerd-Elliott** 7<sup>th</sup> in 19:44 after a competitive race with **Russell Morris** (8<sup>th</sup> in 19:45) and **Neil Brittain** (9<sup>th</sup> in 19:47) with **Jamie Rose** not far behind in 19:59.

First GCR female into the finish funnel was **Alex Faulkner**, 5<sup>th</sup> lady in 23:14; **Rebecca Barden** was 6<sup>th</sup> lady in 23:40, and **Katherine Farrell** 7<sup>th</sup> lady in 23:49.

A special shout-out to **Willow Gibson's** seven-year-old daughter, **Aurora**, who ran in the pouring rain with her mum (*pictured below*). Willow comments:



"For anyone who hasn't run Stevenage yet, it's very easy cycle, run, bus or drive with lots of free parking, toilets and a cafe on site.

Well done everyone who ran this morning and thank you to **Sophie Packman** as always for organising the post-race brunch!"

Elsewhere, there were a trio of firsts for GCRs, with **Juliet Vine** 1st overall at Banbury in 19:38, where **Dean Harris** was 3rd overall in 20:51; **James Huish** was 1st at Sharpham Fields in Cheddar in 17:56, and **Dan Pudner** first at Shorne Woods, Gravesend, in 18:24. Also running at Shorne Woods were **Steve Grout** in 24:58 and **Åsa Moberg-**

**Grout** in 28:45. **Sharon Threllfall** travelled to Zamek w Malborku parkrun in Poland where she was 2nd lady in 26:30.

Down by the sea, **Sidney Valentine** (*pictured below, with shipmate Sarah*) began his parkrun Pirates Club challenge, which involves completing seven parkruns beginning with the letter C, and one starting with the letter R. Or, you might say... aarrrrgggghhh! Sidney sent this report: "Shiver my timbers! Me and me shipmate **Sarah Valentine** sailed the good ship GCR through choppy waters today in search of the first of the seven Cs, landing at Clacton Seafront parkrun for our Pirate challenge. This is a lovely course with sea views at all times and quite flat . We completed the course with Pirate attire on and the choice of music coming from my speaker had to be Jack Sparrow's song *He is a Pirate*. I'm off to drink some rum now."



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

### **Save the Date: Welwyn 10K @ Panshanger Park, 25<sup>th</sup> 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. *Until Easter, there's an early bird price of £17 (£15 affiliated) for the 10k.* 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.

### **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	Completed
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, visit our website <https://www.gardencityrunners.org.uk/> or  
our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)