



## Garden City Runners News Release

**26 February 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)

### Awards Gala Night - Friday 10th March



*Above: happy memories from last year's awards evening*

This is a very special night every year when we see runners and volunteers from the Club being celebrated for their achievements and contributions. It's a chance to see GCRs in outfits that aren't made of Lycra, as well as have a delicious meal, delightful company, and an energetic bop.

If you're new to the Club, it's a perfect opportunity to get to know more of the wonderful people in the GCR family. You'll also get to see that awards are presented to club members of every ability - we are as impressed by determination, resilience and consistency as we are by performance.

Tickets are still available - **but not for much longer!!** We have to confirm numbers by Friday 3rd March. So...

- Until **Tuesday 28 February**, tickets will remain for members only to allow as many members as possible to attend.
- From **Wednesday 1 March until Friday 3 March** (deadline), any remaining few tickets will be available for members' 'plus ones'

Don't miss out - it really is a fab night. Here's a link to Eventbrite for more information and for tickets:

<https://www.eventbrite.com/e/gcr-awards-evening-2023-tickets-522029413027>

If you have any questions or requests about the night, do get in touch with Social Secretary, Sophie, at [social@gardencityrunners.org.uk](mailto:social@gardencityrunners.org.uk)

Looking forward to seeing you all there.

## St Peter's Way Ultra



GCR ultra superstar **Becca Hayden** (*right in photo, with new running mate Keely*) sent us this report: "Today I ran the St Peter's Way 43 mile ultra. I finished joint first lady in 6:50:24, which was a course pb from last year."

St Peter's Way is an ancient pilgrimage route dating back to the 7th century that meanders through the Essex countryside to the coast, starting from Chipping Ongar and finishing at the ancient chapel of St Peter-on-the-Wall at

Bradwell-on-Sea.

We had to be at the start for 7:30am for a kit check and the race started at 8:10am from Ongar. Right from the start we were out on the lovely trails. It was a cold start but the sun was shining.

I think I went off a bit too fast, but slowly the miles were ticking by and I soon passed the first two checkpoints. I had been running on my own most of the way, but by mile 20 I caught up a lovely lady called Keely who was in first place, and we got chatting. We continued running together occasionally taking it in turns to run ahead but we were very similar paced and it was nice to have the company especially when it turned very cold and windy at one point and started to hail!

We continued together helping each other mentally as it started to get tough towards the end. The closer we came to the sea the more exposed and windy it became, especially along the estuary and dunes.

By mile 36 we were really becoming each other's support and kept each other going when we both went through the highs and lows.

We were soon on the last stretch that was very exposed and we could see the chapel in the distance where the finish was, but it seemed forever away. We continued running together, agreeing we had got this far together so we would finish together. That's what I love about this sport, everyone's so friendly!

We both crossed the finish line hand-in-hand as joint First Ladies in a time of 6:50:24. I came away with a course pb from last year by 15 mins and a joint first trophy as well as a new friend! Thanks Keely!"

### **English National XC, Bolesworth Castle**

The grounds of picturesque Bolesworth Castle near Chester were the venue for this year's National XC. GCR's Dom Thomas (*in action, right*) sent this report: "It was a dry, overcast day – the course was solid underfoot and by the time I ran, very few sections had been churned up from previous races.

There was a very wide start and then a short slight uphill, with a couple of bottlenecks thereafter, before we started two laps around the estate to complete the 12K course. Some sections of the course ran parallel to the A41 where some genius in a passing van shouted immortal words of encouragement such as "Run faster!", and no doubt some were treated to a "Run Forrest" quip.



It was nice to see all the different club vests - a few from St Albans Striders made the trip up north.

After last year's mudfest at Parliament Hill, my XC OG university friend doing his 14th National said this was the fastest course he had been on, and the driest . He finished in a impressive 40.28, I was happy with 53.48 after getting over a cold in the past couple of weeks. My calves were certainly glad to see the finish!

Roll on Nottingham next year ...”

## **Brighton Half Marathon**

**Samantha Hastie** (*below, celebrating on the beach*) sent this report from Brighton, where she ran the second race of her twelve half marathon challenge:

“It was a beautiful day with perfect running conditions, sunny and a lovely 6 degrees for my half marathon 2/12 in Brighton. I was pretty blown away by the thousands of runners all penned in along the seafront, quite the contrast to the tiny event I ran at Farnborough last month! I was aiming for a time of 2:45 so started with the pacers. The event organisers set each 15 minute increment off separately so we each got our start close to the line. The course is a lovely out and back along the seafront with beautiful views of the ocean. It’s pretty flat apart from a slight hill in the first 3 miles. This is also the windiest part of the course, being up high makes it more exposed.

The mile markers were really off, with nothing before 3 miles and then some of them placed too close together which meant our pacer was 6 minutes ahead of schedule at 10 miles, so



we took the opportunity to catch our breath next to the beautiful Hove Beach Huts. I pushed on to finish in 2:43:11 a whopping 13.11 minutes faster than last month. I am not sure I will be able to keep these time increases up but hoping for some gradual improvement next week in Paris!”

Also running at Brighton was **Lee Wood**, (*pictured below*) who adds:

“It was my first target race of the year and I'm happy to have got within 30 seconds of my PB, while cursing the additional 250 meters Strava tells me I ran - if I'd not been weaving around so much I'd have been celebrating a PB by a similar margin!

It was a great event and one I'd recommend. And after a less-than-favourable weather forecast a lovely sunny but cold morning. The last 5km was into a headwind - hopefully anyone running Brighton marathon in a few weeks' time won't have such a tough finish!”



### **Sunday League XC update**

Men's captain **James Huish** sent this update on GCR team placings in the Sunday XC League.

"The Women's team sit in 4th position but Watford and Harpenden are hot on their heels. The Women Vets are also in 4th, closely behind Royston in 3rd so a last push on 12 March for the rearranged fixture at Royston could see us secure Bronze in both.

On the Men's side, the Vets are currently sitting top of the table in 1st place (Harpenden close behind), whilst they are 2nd in the overall results.

Remember, every member counts! Even if you're not directly scoring, you're still contributing to the overall results!"

Full results here: <http://www.runherts.com/xc.htm>

## parkrun roundup



Saturday was a big milestone day for GCR parkrunners as **Barbara Kubis-Labiak** (left, with fellow GCR **Richard Somerset**) celebrated her 100th parkrun and **Caroline Hughes** (below, with RD team member **Louise Smith**) her 250th at Panshanger, where Barbara is a key member of the Race Director team, as part of which she has also clocked up 116 volunteering stints. Barbara ran in 25:36 and was 7th lady, and Caroline in 34:41. Both women brought delicious home-baked cakes to celebrate their milestones. Also running at Panshanger were

**Thomas Buzzard** who finished 10th overall in 19:00, and **Hannah Frank** who was 4th lady in 24:59.

At Peckham Rye, James Huish was 3rd overall in 17:58. **Alex Faulkner** clocked a new parkrun pb at Milton Keynes, where she finished 4th lady, her time of 20:43 the same as fellow GCR **Jamie Rose**. At Great Denham, GCRs swept the board, with **Dan Pudner** taking first place in 16:58; **Juliet Vine** clocking 1st lady in 18:33; **Rob Casserley** finishing 5th in 18:50; Dean Harris 6th in 19:20 and **Martha Hall** 13th and 2nd lady in 20:24. At Ashbourne Recreation Ground, **Becky Cullers** was also 2nd lady in 22:58.



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	<a href="https://www.berkorun.com/">https://www.berkorun.com/</a>



4		12/03/2023	XC 4	Therfield Heath, Royston	Free	Club to send out details
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/)