



Garden City Runners News Release

29 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

Awards Gala Night - Friday 10th March

Our celebratory event of the year is confirmed for Friday 10th March, and will be held at Homestead Court, who did us proud last year. The main purpose is to honour and celebrate the magnificent achievements and contributions of GCR members. The evening will get going at 7 pm. There will be a hot-and-cold buffet, which will be ready to be demolished at 7.30 pm. We expect the Awards ceremony to commence at around 8.30, and there will be the customary disco immediately afterwards. Bar will close at 1130pm.

Tickets are available to members only for a subsidised 'donation' of £10 per head (plus small admin fee) on Eventbrite, using this link <https://www.eventbrite.com/e/gcr-awards-evening-2023-tickets-522029413027> You can also let us know here whether you have any special dietary requirements.

Capacity is 120, so get in quick to avoid disappointment! It is always a fantastic evening.

parkrun roundup

An absence of races on Sunday only spurred GCRs to take part in parkruns across the UK and beyond. At Harrow, **Richard Somerset** was 6th overall in 20:05. **Andy Gittins** was 8th in 20:50 and **Nigel Cavill** 12th in 21:21 at Stevenage. At Hoblingwell parkrun in Bromley, **Sharon Threlfall** was 3rd lady in 27:01. **Dan Pudner** was 2nd in 18:39 and **Rob Casserley** 7th in 20:29 at Huntingdon parkrun. **Rob** and **Caroline Hughes** travelled to Canons Park parkrun, where Rob was 10th in 21:34 and Caroline ran in 34:06. At Ruchill parkrun in

Glasgow, **Jacqueline McCallum** ran in 40:04 and daughter **Jennifer** was a few seconds behind in 40:12. At Panshanger, **Alex Newman-Smith** was first into the finish funnel in 18:42; **Steve Ellerd-Elliott** was 7th in 20:19; **Martin Mitchell** 8th in 20:43 and **Neil Hume** 9th in 20:58, with **Helen Stafford** finishing 2nd lady in 24:18. At Harlow, At Harlow, **Caroline Griffin** also clocked a 2nd lady place in a time of 25:39, while **Alex Faulkner** was 4th lady at Castle Park in 23:50. **Steve** and **Åsa Moberg Grout** ran in Aberbeeg parkrun in 24:46 and 28:09, with Åsa finishing 5th lady. GCRs travelling beyond the UK included **Samantha Hastie**, who was 1st lady at Favorita parkrun in Palermo, Italy in a time of 30:52 and **Lizzie Belcher** who was 4th lady at Presint, Putrajaya parkrun in Malaysia in 26:49.

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	Completed
2	CC	22/01/2023	Fred Hughes 10	St Albans	£21.20 affiliated	Completed
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	https://www.berkorun.com/
5	V	18/03/2023	Stevenage parkrun	Fairlands Valley Park	free	https://www.parkrun.org.uk/stevenage/
6		07/04/2023	St Albans Easter 10k	St Albans	£25.44	https://activetrainingworld.co.uk/event/st-albans-easter10k-2023/
7	CC	30/04/2023	Hitchin 10k	Hitchin	£18.00	https://www.letsdothis.com/gb/e/hitchin-10k-189140
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	https://www.welwyn10k.org.uk/
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	https://www.parkrun.org.uk/panshanger/
17	V	September tbc	Hatfield 5k Race 1	Hatfield	tbc	Details tbc
18	CC	October tbc	Standalone 10k	Letchworth	Entry cost tbc	http://www.nhrr.org.uk/standalone-10k.html
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	https://stevenagehalfmarathon.org.uk/

22	CC	November tbc	Hatfield 5	Hatfield	Entry cost tbc	http://hatfield5mile.co.uk/
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 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, 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/