



Garden City Runners News Release

4 December 2022

With running events and races back on, please remember to share your running accolades and anecdotes with the news editors for inclusion in the weekly news round up. Please send any content for future releases, before early Sunday evening for (almost) guaranteed inclusion, to results@gardencityrunners.org.uk

Festive Five



Above: GCR runners and volunteers at the start of the Festive Five

GCRs put on a great show and a great performance at the annual Festive 5, a five-mile race round WGC town centre, starting and finishing on Stanborough Green. A special shout out to always-smiling and supremely capable Race Director **Dani Pruett**, **Richard Sidlin** and **Craig**

Stephenson for race timing and results, **Sean Bowen** for Chief Marshal duties, **Peter Harvey**, compere extraordinaire, **Caroline Sidlin**, who deftly pivoted from registration to cake stall management, **Jacqueline McCallum** for tail running and all the GCRs who volunteered, marshalled and supported before, during and after the event.

174 runners took part in the race, with Fairlands Valley Spartans scoring a 1-2 – **Andrew Patterson** finishing in 26:34 and clubmate **Simon Jackson** in 28:26. **Peter Harvey** was first GCR home, and also first MV50 and fourth overall in 29:55. **Hannah Turner** of Harpenden Arrows was first lady in 31:47; **Russell Morris** and **Steve Ellerd-Elliott** continued their excellent run of form to finish 11th in 32:51 and 12th in 32:55 respectively. Hot on their heels were **Jamie Rose**, 13th in 32:56 and **Justin Hill**, 14th in 32:58. GCR ladies stole the show with a winning team of **Zoe Stephens**, fourth female in 34:53, ladies' team captain **Hannah Frank**, fifth lady and first FS in 35:11, and **Alex Faulkner**, sixth female in a storming 35:25. Many runners entered into the Christmas spirit with festive outfits and headgear, but the prize for most commitment to the yuletide cause indisputably goes to **James McGeehan**, who propelled himself round the course wearing an almost spherical inflatable Santa suit, and still managed to finish in a very respectable 52:16.



Above: Race Director Dani Pruett with GCRs



Above: winning ladies' team (l-r) Alex Faulkner, Zoe Stephens, Hannah Frank



Above: Santa makes a break for it; Rich Sid wonders whether the finish is wide enough

Valencia Marathon and Half Marathon

While many were braving the freezing temperatures of central WGC, a contingent of GCRs travelled to sunny southern Spain to compete in the Valencia Marathon and Half Marathon. In the Marathon event, **Chris Eland** ran in an impressive 3:02:55, and **Anna Lillie** continued her marathon challenge with a super strong 4:01:45. In the half marathon, **Juliet Vine** was 9th in her age category FV35 in a time of 1:23:00, and **Martha Hall** 14th FV45 in 1:31:25.

parkrun roundup

GCRs braved chilly Saturday morning temperatures to take part in parkruns across Herts and further afield. **Sharon Threlfall** travelled to Esbjerg in Denmark where she finished First Lady in 27:17. At Belfast Victoria parkrun, **Dan Pudner** was first in 17:57, **Steve Grout** ran in 26:33 and **Åsa Moberg Grout** in 29:33. Another GCR first place was run by **James Huish**, in action at Lordship Recreation Ground, finishing in 17:33.

Full results for all GCRs taking part in Saturday 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

Avery League 2023 competition: the Race Committee will shortly be announcing the events in next year's Avery competition, but in the meantime, we suggest getting your entry in for the Fred Hughes 10 on Sunday 22 January 2023, as this will very likely feature as one of the Avery events.

Avery League 2022 event table

Date	Event	Venue	Cost	Status / notes
16/01/2022	XC 4	Cassiobury Park, Watford	free	Complete
23/01/2022	Fred Hughes 10*	St Albans	£21.20 affiliated	Complete
13/02/2022	XC 5	Therfield Heath, Royston	free	Complete
27/02/ 2022	Welwyn Half*	Gosling Stadium WGC	£28.62 affiliated	Complete
12/03/2022	Panshanger parkrun*	Panshanger Park	free	Complete
15/04/2022	St Albans Easter 10k*	St Albans	£22.36	Complete
24/04/2022	GCR Centenary 20.2k	WGC Centenary Route	free	Complete
02/05/2022	Kimpton Fun Run*	Kimpton	Entry cost tbc	Complete
18/05/2022	MWRRL 1	Stevenage	free	Complete
25/05/2022	MWRRL 2	Ware	free	Complete
01/06/2022	MWRRL 3	Harlow	free	Complete

26/06/2022	Welwyn 10k (V)	Singlers Marsh, Welwyn	£18.00 affiliated	Complete
30/06/2022	MWRRL 4	Therfield, Royston	free	Complete
06/07/2022	MWRRL Mob Match	WGC	free	Complete
21/7/2022	Fairlands Valley Relays*	Fairlands Valley, Stevenage	free	Complete
07/08/2022	Stopsley Trail Race	Stopsley	£21.20 10 mile race; £15.90 5 mile race (affiliated rate)	Complete
14/09/2022	Hatfield 5k Race 2	Hatfield	tbc	Complete
18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	Complete
16/10/22	XC 1 (V)	Cheshunt	free	Complete
30/10/22	XC 2	Trent Park	free	Complete
6/11/22	Stevenage Half Marathon*	Stevenage	Tbc (£28 2021)	Complete
19/11/22	parkrun	Westmill	free	Complete
4/12/22	Festive 5 (V)	Welwyn Garden City	£8.00	complete
18/12/22	XC 3	Stevenage	free	Club will send out details via email

Races marked * = Club Champs race

Races marked (V) = volunteering points are available

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, [click here](#) for details of the group.

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/