



Garden City Runners News Release

5 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

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 and over a third of tickets have been sold already, so get in quick to avoid disappointment! It is always a fantastic evening.

London Winter 10k

Over forty GCR runners ventured into Big London Town to take part in the ever-popular London Winter 10k, a seasonal saunter past many of the major sights of the capital. The first GCR runner over the line was **Zoe Stephens** in a time of 43.23 closely followed by **Nigel Cavill** and then **Michael Grant**. **Sid Valentine** reported several 10k PBs for GCR participants including **Jonathon Woods** 49.48, **Amber-Leigh Marvin** 52.51 and **Sarah**

Valentine 1:15.13. Everyone received some fabulous bling and the chance to meet some local wildlife.

Full results for GCR are as follows:

Zoe Stephens	00:43:23	Victoria Rodgers	00:58:37
Nigel Cavill	00:43:39	Sharon Stephens	00:58:49
Michael Grant	00:44:00	Jewel Cartwright	00:59:20
Nick Portalski	00:44:55	Christine Johnson	00:59:32
Andy morgan	00:45:10	Melanie King	01:00:04
Johan Preis	00:46:13	Katy Hayes	01:01:06
Neil Brittain	00:47:34	Alida Preis	01:01:06
Bezhaad Ghouse	00:48:25	Alison Meaden	01:02:20
Malcom Baron	00:48:33	Caroline O'Dwyer	01:06:47
Jonathan Wood	00:49:48	Robert Cartwright	01:09:36
Sidney Valentine	00:50:24	Val Levison	01:09:43
Amber-Leigh Marvin	00:52:51	Emily Hammond	01:10:35
Jo Grant	00:53:06	Debbie Pierson	01:11:08
Elaine Moore	00:53:21	Willow Gibson	01:11:27
Caroline Griffin	00:54:28	Amelia Wilson	01:12:48
Andrew newbury	00:54:45	Sarah Valentine	01:15:13
Lee Wood	00:55:20	Jane Molloy	01:17:35
Maggie Wright	00:56:05	Donna O'toole	01:24:40
Ilona Peva	00:58:26	Emily Sheperd	01:24:45
Chris Dungate	00:58:26	Louise Quantick	01:25:03
		Tendy St Francis	01:25:03
		Clare Wildey Grover	00:53:14



Sarah and Sidney with fellow runner Mr P Bear



Some of the GCR contingent posing with their bling

Watford Half Marathon

While many club members took on the London Winter 10K, a small band of GCRs travelled to Hertfordshire's southern edges to run this popular early spring half, setting off from Cassiobury Park and following an undulating (running code for 'hilly') course around country roads to the north west of Watford. First home for GCR was **Chris Eland** in 1:27:54, 10th in his age group MV50. **James Dunmore** ran in 1:30:09. **Rebecca Barden** clocked a time of 1:47:02, enough to win her a silver medal in the Herts Vets County Championship in her age group FV55. **Kath Evans** brought it home for GCR, finishing in 2:27:42.

Running for the official pace team Xempo, GCRs **Katy Healy** and **Sam Males** expertly brought the sub 2:10:00 and sub 2:20:00 runners home in 2:09:37 and 2:19:42 respectively.

James reports, "Completed the Watford Half in 1:30.09. Happy with the time but kicking myself over the 9 seconds! 135/1188, and 39/232 for category (40-49). Like most ATW events, very well organised. Beautiful weather and a great scenic route. But very hilly, mostly up to half-way, but still undulating throughout. Saw Chris Eland at the start who told me he was taking it easy, only for him to blast past me at 15 k! Good day out at a local(ish) event."



James & Chris ever the cool dudes!

Parkrun roundup

Ninety-four GCR runners ran at twenty-seven different parkruns on Saturday morning. At Panshanger it was a double for GCR with **Alex Newman-Smith** first over the line in 18:24 and **Lucy Iles** first lady in 24:31 who took a 50 second PB to boot! **Holly Wise** also made a personal best in 26:56.

Hannah Frank was third lady at Cyclopark in 22:15 while Dan Pudner was third fella at **Ferry Meadows** in 17:39

At Queen Elizabeth, **Katherine Farrell** (26:21) was joined by **Jamie Rose** (20:57) and **Alex Faulkner** (23:26) to complete her "Parkrun Alphabet Challenge". Meanwhile **Karen Atkinson** (30:16) was joined by **Nick** (30:18) to complete *her* alphabet at the equally high Scrabble-scoring parkrun at Zuiderpark in The Hague.

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/