



## Garden City Runners News Release

**8 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](mailto:results@gardencityrunners.org.uk)*

### **Herts Country XC Senior Championships**

Nine GCRs braved weather conditions described as 'Biblical' to compete in the Herts Country Cross Country Senior Champs at Cassiobury Park, Watford, on Sunday. Runners followed a route through fields, trails, paths and boggy woods in torrential rain and, the course having already been churned up by younger runners who raced before the senior events, with extreme mud and puddles underfoot.

**Lizzie Parry** was first home for GCR women, running one lap of the 8K course in 30:11 to finish third overall. **Juliet Vine** was fifth in 30:37, **Martha Hall** 18<sup>th</sup> in 33:59 and **Hannah Frank** was the fourth runner in the scoring team in 38:17. GCR women finished third team overall and picked up county bronze medals. Also running for GCR women was **Rebecca Barden**, who finished in 40:50.

As the women finished their race and the rain intensified, the men set off on their two-lap 11K course. **Steve Ellerd-Elliott** took a leisurely approach to time as a construct and was seen sprinting towards the start line a full minute after the whistle had blown. First to fling their mud-splattered self over the finish line was **Chris Baylis** who ran in 46:34, then **Dom Thomas** in 50:20, **Steve Ellerd-Elliott** in 51:57 and **Nick Summers** in 53:05.

A huge thank you to all the marshals and volunteers who stood out for hours in the pouring rain to see us all safely round the course, especially our GCR marshals **Sean Bowen** and **Jacqueline McCallum** and our timing supremo **Richard Sidlin** and his Races Online team.



*Above: GCRs girls and boys delight in not having sunk without trace in the Cassiobury Park mud*



*Left: Mrs McCallum puts on a brave face*

### **Stansted Stagger**

Sunday saw **Barbara Kubis-Labiak** ran the Stansted Stagger. Barbara reports, "the run itself is 41km but I topped up to the marathon distance with 42.2km (of course!) by the Essex branch of the Long-Distance Walkers Association. Probably the muddiest run of this distance I've ever done, it was literally a mud bath. Then the rain came and hail and it stayed till the end of the run. I was completely soaked but so very happy, especially that the previous night I stayed out till late. I finished in 6 hours 55 minutes."



Barbara shows off her "Running a Long Way" Girl Guide badge after completing today's Stansted Stagger

### **Awards Gala Night - Friday 10th March - HOLD THE DATE!**

Not to be missed!! Our annual celebration of individual and collective achievements is happening on **Friday 10<sup>th</sup> March**. This is always a fabulous evening with a chance to cheer those who have won trophies and medals with their running prowess, and to thank those who have made significant contributions to the club in the last year. As well as the celebrations, there will be food and dancing, and the opportunity to don your best party wear! Put the date in the diary and keep your eyes peeled for more details in the coming weeks.

### **parkrun roundup**

GCRs travelled far and wide to participate in the weekly 5km run including to one of the most difficult in the country – see Willow's report of their trip to Great Yarmouth.

At Shipley Country **Rebecca Cullers** was first lady over the line in 24:54, while at Canons Park **Alex Faulkner** was second lady in 25:41 while **Katherine Farrell** wasn't far behind, coming in fourth in 26 minutes exactly. **Jamie Rose** made up the GCR trio at this venue finishing with a time of 21:17 and sixth place overall.

At Panshanger **Chris Eland** was first GCR and sixth overall in exactly 20 minutes, while at Dunstable Downs **Andrew Holt** was second in 22:42.

Four GCRs ventured to Great Yarmouth to help **Samantha Hastie** run her 50th parkrun. Willow Gibson sent this report. "Four of us travelled to Great Yarmouth Friday evening, to celebrate Samantha's 50th parkrun! She only started in January 2022, so ran 50 in 52 weeks! Mostly at different locations each time. We attempted the hardest parkrun in the UK on a very windy but fine January morning (which the RD said was almost cancelled). The sand was fairly firm underfoot, so easy enough to run on; it was the wind and sand getting in our faces that made it tough! We loved this parkrun because of the really friendly volunteers, who were made up of locals and visitors to Great Yarmouth. Really nice route, 2 laps around the beach, with beautiful coastal views and super encouraging marshals cheering us on. Lovely local cafe, called The Beach Hut, which served delicious hot chocolates and super tasty breakfasts. Well done Samantha Hastie".



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	Club will send out details via email
2	CC	22/01/2023	Fred Hughes 10	St Albans	£21.20 affiliated	<a href="https://stalbansstriders.com/racing/fred-hughes-10">https://stalbansstriders.com/racing/fred-hughes-10</a>
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	<a href="https://www.berkorun.com/">https://www.berkorun.com/</a>
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/)