



Garden City Runners News Release

12 February 2023

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

A Harrowing Experience

Two Garden City Runners made the journey to Harrow-on-the-Hill adjacent to the famous school for a very hilly 10K. Runners tackled the hill twice with 162m of climb. **Peter Harvey** came 10th/227 in 38:38 and won the MV50 prize. Peter writes: "it was a tough course with some wild splits, and I also had a race to get to the start having punctured my bicycle and been lost in Wealdstone, with 49 miles ridden from WGC and back. **Zoe Stephens** was 5th lady (35th overall) and 2nd FV40 in a time of 43:27 just outside the prizes. Runners had a customized finishers medal and lots of homemade cakes."

Russell Achieves Another Goal

Russell Morris went out and scored himself a FAntastic new 10K PB at the Battersea Park 10K on Saturday 11th February, wiping 5.5 minutes off his previous PB over that distance (and 9 minutes off his 10K race time in the last year alone – he's in a different league now!).

Russell writes: "It's always nice to learn new things when running in new places. This weekend I only needed to travel to Battersea Park for a 10K but learned that this was where the first official Football Association (Soccer) match was played in 1864. It was the FA who gradually set all the rules for the game and so Battersea Park was suddenly the perfect place for me to be kicking off and hoping to score my new PB goal.

The race was actually another very well organised and razzmatazz-laden race set-up by RunThrough events. Over 650 runners set off on a flat 4-lap tarmac circuit of the park where a further 150 runners had already been started for the 2-lap 5K. The combined numbers on the course meant a bit of weaving was necessary but there's no denying it's a 'PB-possible' course - and so it turned out. I was so happy to finish in 38:43 and while I had certainly

pushed my limits, I had to laugh when Garmin announced my body needed 3 days to recover. Garmin, such a drama queen at times 😊

RunThrough organise these events all across the country (always with a party atmosphere). They do the Battersea Park event pretty frequently and I totally recommend it to anyone. Any GCRs who go with an ambitious goal in mind, I wish you success. I certainly wouldn't want you to come away with sweet FA."

Full results of the Battersea 10K are available [here](#).

GCR Walking Season Approaches

With Spring rapidly approaching, GCR's spin-off walking group will recommence on 26th February, with a programme of Sunday morning circular off-road walks (usually around 10K distance, approx. 2.15-2.30 hrs duration). These are aimed at those who have either retired from running, are nursing injuries or simply want to give their knees a break from constant high-impact pounding while remaining fit. Spaced between, will be a series of midweek walks aimed more at those who have retired (or work from home) — and others who still wish to explore some of the county's spectacular trails, but generally follow a race programme on Sundays. All feedback welcome regarding preferred midweek days, time slots etc., or simply register an interest in joining the group to Jerry Gilbert, at jerry@jgp-pr.com. Rendezvous details will then be announced for the first walk.

parkrun roundup

Our 'home' parkrun, Panshanger, saw the greatest contingent of GCRs with 29 of you out for a turn about the park. **Hannah Frank** and **Rebecca Barden** were in the top ten for the ladies, finishing 1st and 4th respectively (Hannah 39th overall in 23:39; Rebecca 54th overall in 24:47). **Justin Hill** finished 9th at 21:00 on the nose. **Caroline O'Dwyer** achieved a new course PB.

In terms of farthest-flung GCRs, **Sue Fletcher** scooped the prize at S.S. Koopa Trail parkrun in Australia, where she was greeted by blue skies and no-sleeves weather at the 7am start. **James Huish** went off roaming around Caffarella parkrun and was primo finitore (of 45 participants) in 18:48. **Barbara Kubis-Labiak** was attending her other home parkrun, Opole and was 3rd lady (9th overall of only 16 participants) in 25:20.

The furthest flung GCRs in the British Isles were **Samantha Hastie** at Auldathie District and **Sharon Threlfall** at Ecos parkrun.

A small group of GCRs undertook a pilgrimage to Bushy (where it all began in 2004) to do a parkrun sandwich run, where **Daniel Pudner** achieved a PB on the course.

Top ten finishers abounded:

- Irchester Country saw our **Alex Faulkner** finish as 1st lady in 21:59, **Katherine Farrell** 6th lady in 25:50, and **Jamie Rose** 3rd overall in 20:13.
- Nine GCRs were at Stevenage where **Chris Jones** finished 3rd in 18:48 and **Andy Gittins** finished 8th getting in under the 20-minute mark at 19:59. (Congratulations also to **Lee Mansfield** on his new course PB.)
- Jersey Farm saw a contingent of 6 GCRs attending, with **Dean Harris** finishing 5th overall (3rd man) in 20:43 and **Steve Ellerd-Elliott** 7th overall (5th man) with a new course PB in 20:57.
- **Andrew Holt** was 3rd at Sheringham in 21:39.
- **Helen Stafford** was 6th lady (62nd overall) at Cheltenham with a new course PB in 22:58.
- **Tom Buzzard** was 6th at Gunpowder in 18:46.
- **Richard Somerset** finished 6th at Stockley Park in 20:24 (where **Ann Hayden**, **Hiran Fernando** and **Willow Gibson** also attended).
- **Sarah Durston** was 8th lady at Sandringham with a new course PB in 26:02.
- **Philip Hawkes** finished 9th at Letchworth in 21:29.
- **Rob Hughes** finished 10th in 22:45 and **Stephanie Herbert** was 8th lady (46th overall) at Westmill with a new course PB in 28:50 (almost 3 minutes quicker than her previous best time!).
- **Neil Brittain** finished 10th earning himself a new course PB at Rickmansworth by one second, sneaking in at 20:01.

Other parkruns attended by GCR were Barnstaple, Bedford, Castle Park (congratulations to **Richard Sidlin** on his new course PB!), Ganger Farm, Great Lines, Harlow, Millennium Country, Oak Hill, Rothay Park, Rothwell, Sandwell Valley, Seaford Beach, St Albans (congratulations to **Ilona Peva** on her new course PB!), and Winchester.

And finally... Special mention to **Sidney** and **Sarah Valentine** at their namesake parkrun 

Full results for all GCRs taking part in Saturday parkruns can be found [here](#).

Remember to add Garden City Runners as your club on your parkrun profile to ensure your parkrun results are picked up in the GCR summary.



Pictured, a selection of parkrunning-GCRs: James Huish (top left); Sid and Sarah Valentine (top right); Andy Morgan (middle left); Paul Gatens, Rob Casserley, Daniel Pudner, Ali Riza Eroglu and Lucy Iles (middle right); Tenny St Francis (bottom left); Willow Gibson, Ann Hayden, Richard Somerset and Hiran Fernando (bottom right).

GCR Awards Ceremony & Party – Friday 10th March

Our annual celebrations of the fantastic achievements and contributions from club members will be held on **10th March at Homestead Court, WGC**. Tickets are now available using this link: <https://www.eventbrite.com/e/522029413027>



The Club-subsidised price of just £10 per head (plus a small admin fee) includes dinner and disco, as well as the opportunity to celebrate and applaud all this year's worthy winners. There is a capacity of 120 people, so it's members only. Get in quick to secure your ticket to the event of the year!

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. The next Avery race is the Sunday Cross Country League fixture at Cassiobury Park in Watford next Sunday, 19th February

Event no.		Date	Event	Venue	Cost	Status / notes
1		15/01/2023	XC 4	Therfield Heath, Royston	free	Cancelled
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	£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	£25.4	https://activetrainingworld.co.uk/event/st-albans-easter10k-2023/

7	CC	30/04/2023	Hitchin 10k	Hitchin	£18.0	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	VCC	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 Half Marathon	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, 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/