



Garden City Runners News Release

16 April 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

Manchester Marathon

Katharine Farrell reached a marvellous milestone in her running this weekend. Katharine (*pictured left*) reports: "This weekend I headed up to Manchester to run my first marathon! It was a lovely course, pretty flat and with plenty of support. I completed the course in 03:50:13 with the pacing plan written the day before going to plan. 18 months ago when I joined GCR I said I'd never run a marathon... Since then, I've been inspired each week by the newsletter to sign up for one. Thank you for all the runners I've dragged out with me on training runs in the past few months and all the runners I've been pestering for advice on marathon training." Katharine's achievement will no doubt now inspire others to discover their inner marathoner!



Other GCRs who participated were **Lizzie Parry**, completing the race in 2:57:26, and **Chris Baylis** who finished in 2:57:30. Congratulations to Katharine, Lizzie and Chris!

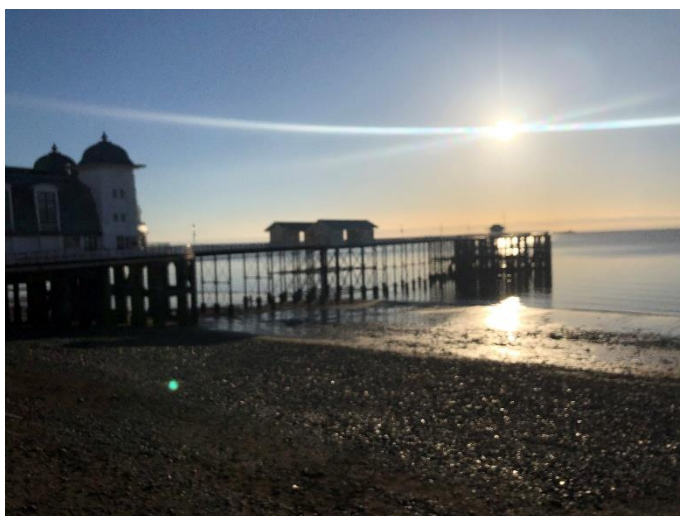
Unfortunately, an 11th hour foot injury for **Russell Morris** saw him have to make the difficult but sensible decision not to take part despite having trained so comprehensively. Fingers crossed he will make a swift recovery and return to form soon.

Results of the Manchester marathon are available on the website [here](#).

Vale of Glamorgan Ultra

Kath Evans has another tale of ultra-exciting adventuring, this time in back in her beautiful homeland stomping grounds. Kath (*pictured below*) writes:

"Friday night saw me heading down the M4 to my home, the glorious South Wales. 'Run, Walk, Crawl' was putting on their series of Coastal Runs and whilst I know the Gower Coast path well, heading along the coast from Penarth pier to Ogmore-by-sea was a route I hadn't conquered! I'm 'not gonna lie' this is tough one, not helped by me taking a wrong turn and then not being able to get back on track without a few extra miles and having to climb through brambles to get there! 'Character building' comes to mind! There was plenty of mud, glorious woods with bluebells just peeking through, a tour round the town of Barry, pebbly beaches to clamber over and spectacular undulations to 'enjoy' (Beachy Head marathon has nothing on this!). The views were awesome and it was all helped by a glorious day of sunshine and a sea breeze. If anyone fancies a coastal run in the future I'd definitely recommend this series!"



Results will be on the website [here](#).



parkrun roundup

82 GCRs were out parkrunning this Saturday.

Continuing her antipodean adventures, **Willow Gibson** attended Broad Park parkrun in New Brighton, New Zealand. Willow writes: "This was a beautiful location, all on trail paths, with only a couple of small hills, running beside the beach and into the picturesque Bottle Lake Forest (long rows of NZ pine trees 🌲). This was a special one for me: only 1km from my apartment in North beach, New Brighton (easy!); my 2 kids ran it with me (not sure so easy 😊), and my Uni friend ran her first parkrun today." Willow (*pictured below with her friend and her kids*) finished in 49:16. Willow returns to the UK this week (presumably lured by the knowledge that Panshanger is operating everybody's second favourite course).



Carolines O and G (pictured below left) travelled to Yarborough Leisure Centre in pursuit of their Y (Sweet! Good times never seemed so good). Caroline O writes: "Lincoln, the birthplace of the tank , also boasts a cathedral , a castle , very quaint streets and a must walk "steep hill". Appropriately named, not a runner in sight I might add. Lincoln celebrates its history but accommodates its University and students well, with everything they could need within walking distance. We stayed at the Holiday Inn, great value and a 6 minute drive to the leisure centre. Having generously shared our germs, we both headed to the course with our heavy heads and lurgy. It is an event in its infancy and we joined them on event number 10! Run director and first time briefer made their debuts effortlessly and explained the 3-and-a-bit course. We were not alone on our quest for our Y as the majority of the 195 runners were tourists. Friendly marshals supported the runners and walkers as we made our way around. The course is flat, wide paths which meant no initial scramble. The sun joined us temporarily, but the rain was thankfully a no show. Despite our ailments we both ran well: **Caroline Griffin** in 25:01 and **Caroline O'Dwyer** in 32:08. We made it back to the hotel for a lovely breakfast, freshen up before heading off. We earned our Y."



At Panshanger, 36 GCRs were moooved to run the 'Cow Course' (or hadn't clocked the notice on social media and were in for a surprise). In the top ten were **Tom Buzzard**, **Chris Eland**, **Rob Casserley** and **Justin Hill** in 2nd, 4th, 5th and 10th places, respectively.

Top ten finishers at other locations were as follows:

- **James Huish** participated at Beatrixpark. I really wanted to say he pottered around, but he spoiled my pun by coming 1st overall in 18:57.
- At Chippenham Playing Fields, **Richard Willcox** was 5th overall in 19:13
- **Jamie Rose** was 9th overall in 20:38 at Harlow
- **Nick Portalski** 8th overall in 23:31 at Henlow
- At Leavesden Country, **Andrew Holt** was 5th overall (4th man) in 21:12. Also **Jim Davis** and **Wayne Aylott**
- **Rebecca Cullers** was 5th lady 23:30 at Moors Valley
- **Sarah Durston** 6th lady in 26:15 at Sandringham
- At Stevenage, **Martha Hall** was 1st lady in 20:45, and **Chris Jones** was 5th overall in 18:35. Eight other GCRs attended.
- At Westmill **Bruce Judge** was 2nd overall in 21:28; and **Jennifer Williams** was 4th lady in 30:08
- **Hannah Frank** 8th lady in 27:28 at Wimpole Estate

Other parkruns attended by GCRs included: Aberdeen, Alexandra (Moss Side), Barnstaple, Brighton and Hove, Dunstable Downs, Eastleigh, Houghton Hall, Jersey Farm, Killerton, Milton Keynes, Sandwell, St Albans, Stockley Park.

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

Kimpton Fun Run

Kimpton Fun Run, part of the May festival, is back on 1st May (bank holiday Monday). The Junior (under 14s) 4km fun run starts at 11:00 am, followed by the senior 10km run at 11:10am. More race information is available at <http://www.kimptonmayfestival.co.uk/>

Save the Date: Welwyn 10K @ Panshanger Park, 25th June 2023

The word is out! This year's Welwyn 10k goes back to its roots as a trail race and is happening in a brand new location – Panshanger Park! This will be the first ever chip-timed 10k race within the park, and the route (ingeniously mapped out by **Chris Eland**) will take in all the main historical sites within the park, including the Great Oak, the Orangery, and the new plantation for the Queen's Green Canopy. As well as an exciting new location, we are aiming to make this race as environmentally responsible as we can, in line with the ethos of Panshanger Park. 2023 also sees the return of the kids' 2k race. As usual, all monies raised will be donated to the Welwyn Festival Charities. We are working closely in partnership with Tarmac and with Panshanger Park to make the event a huge success. This is where we need all the help we can get from everyone in the club! Do sign up to run, and spread the word

far-and-wide to encourage others to join us on the day. Registration is open for both the adults' and the kids' races. Here is the link to more information and to enter online <https://my.raceresult.com/235110/info>



Scenic Panshanger park, site of this year's Welwyn 10K

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.

Hatfield 5K race series

The dates of the Hatfield 5k race series have now been confirmed. The fast and flat road route is an excellent opportunity to develop your speed in a competitive field. Race 1 is an Avery race, and details are in the Avery calendar. Dates of the three races are as follows:

Race 1: Wednesday 30th August 2023 (Herts Senior Champs)

Race 2: Wednesday 6th September 2023 (Herts Vets Champs)

Race 3: Wednesday 13th September 2023

Further details on registration to follow.

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	CC	22/01/2023	Fred Hughes 10	St Albans	£21.20 affiliated	Completed
2		19/02/2023	XC 3	Cassiobury Park, Watford	free	Completed
3	CC	05/03/2023	Berkhamsted half	Berkhamsted Cricket Club	£33 from 01/01/23	Completed
4		12/03/2023	XC 4	Therfield Heath, Royston	free	Completed
5	V	18/03/2023	Stevenage parkrun	Fairlands Valley Park	free	Completed
6		07/04/2023	St Albans Easter 10k	St Albans	£25.44	Completed
7	CC	30/04/2023	Hitchin 10k	Hitchin	£18.00	https://www.letsdothis.com/gb/e/hitchin-10k-189140
8		17/05/2023	MWRRL 1: Chingford (Orion Harriers)	Chingford	17/05/2023	Club will send out details via email
9		31/05/2023	MWRRL 2: St Albans (St Albans Striders)	St Albans	31/05/2023	Club will send out details via email
10		08/06/2023	MWRRL 3: Trent Park	Trent Park	08/06/2023	Club will send out details via email
11	V	25/06/2023	Welwyn 10k	Panshanger Park	£20; £18 affiliated	https://my.raceresult.com/235110/info
12		29/06/2023	MWRRL 4: Stevenage (NHRR)	Stevenage	free	Club will send out details via email
13	V	12/07/	MWRRL Mob Match: WGC	Ridgeway Academy, WGC	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/CC	19/08/2023	Panshanger parkrun	Panshanger Park	free	https://www.parkrun.org.uk/panshanger/
17	V	30/08/2023	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, 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/