



Garden City Runners News Release

19 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

Watford XC - Sunday

After the recent cancellations it was great to see GCRs arriving at Cassiobury Park to take part in the 'just short of 6 miles' Cross Country race. The course was two laps, with some nice, steep hills, mainly trail with very little (if any) mud and lovely marshals to cheer everyone along the way. There was also coffee and tea at the finish to add to the experience!

Big thank you to Hannah Frank, James Huish, Tom Wackett, Rebecca Barden and Richard Darley for organising.

Results to follow, in the meantime – photo of participating GCRs below.



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

Warm and sunny weather saw many GCRs took part in parkruns across Herts and beyond.

At Walthamstow, Richard Somerset and **John McDowall** (*photo below*) finished in 20:39 and 21:25, respectively. **John** writes: "We made the short drive to Walthamstow Parkrun on

Saturday 18th of February. A three and a bit laps of the Peter May Sports Ground on a course that you would be hard pushed to call scenic, it is Walthamstow after all, and one should clearly not expect the Hanging Gardens of Babylon or herds of wildebeest sweeping majestically across the plain.

Saying that it was more interesting to run than it looked. The surface is lushly grassed and was level with few dents and ruts to disturb your running foot fall. One side of the square dragged uphill, one side up-and-down, the other into a stiff headwind and the final one dodged round sports fittings. Being an open square you had a good view across to see where every one was.

Richard was home in what he felt was a disappointing 9th place (20.39) having been running in third place for most of the run. I was pleased with 11th (21.35) meaning both the GCR'ers where first and second in their age category (Vets 55-59).

No proper cafe onsite, theres a little hut that does basics but with no seating, so a two minute drive round the corner to the local cafe for some, what the locals would call, 'nosh' before heading home".



At Finsbury Park, **Hannah Frank** was 17th lady in 23:41, and at Nonsuch parkrun **Lucy Iles** finished in 23:55. **Jamie Rose** came 6th overall at Northampton, in 19:08.

At Oak Hill, **Tom Casserley** finished in 40:56, and **Steve Ellerd-Elliott** finished in 20:21 at Cannon Hill. At Stevenage, **Andy Gittins** crossed the finish line in 21:42, followed by **Michael Grant** in 22:09, **Nick Portalski** in 23:57, **Jim Davis** in 26:53, **Jo Grant** in 27:56, **Tichaonezvi Ruredzo** in 42:54, **Sam Smith** in 48:23m, **Catherine Dann** in 48:24 and **Steve Livingstone** in 48:24.

Lauren Potter was 19th lady at Preston Park in 22:49 and **Alison Meaden** was 39th lady at Seaton in 30:25. At Springburn, Glasgow, **Samantha Hastie** finished in 32:52, and at Wetherby **Bernard Rockhill** crossed the finish line in 29:33.

At Panshanger, **Thomas Buzzard** was fifth overall in 19:15, followed by **Bruce Judge** in 19:37, **Neil Hume** in 20:21, **Chris Eland** in 20:23, **Chris Dungate** in 21:15, **Neil Brittain** in 21:38, **Sanjeev Kaushal** in 22:23, **Andy Morgan** in 22:47, **David Ivie** in 22:52, **Martyn Perrin** in 23:36, **Helen Stafford** (2nd lady!) in 23:42, **Richard Sidlin** in 23:43, **James Aitchison** in 25:14, **Lee Wood** in 25:37 and **Rebecca Barden** (4th lady) in 26:01.

Emon Martin, Caroline Griffin, Caroline O'Dwyer and **Wayne Aylott** took part in Great Dunmow parkrun and finished in 25:43, 25:58, 33:18 and 34:23, respectively.

At Presint 18, Putrajaya, **Lizzie Belcher** was sixth lady in 28:07. **Andrew Holt** finished fifth overall at Jersey Farm, and **Tom Rogers** in 30:21 at Woolacombe Dunes. **Paul Cox** took part in Herrington County parkrun and finished in 43:46, and **Simon Bostock** travelled to Beacon and finished in 19:32.

Sharon Threlfall travelled all the way to Zuiderpark and finished in 26:12. At Mildenhall Hub, **Steve Grout** finished in 25:01 and at Leavesden Country **James Huish** crossed the finish line in 18:39, 3rd overall.

A group of GCRs, including **Alex Faulkner, Dave Faulkner** and **Simon Betteridge** travelled to Southampton parkrun and finished in 21:57, 30:25 and 26:57, respectively. Also as a group, **Peter Laphorne, Debbie Pierson** and **Willow Gibson** took part in St Albans parkrun, finishing in 31:21, 34:29 and 35:45, respectively.

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

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 |
|-----------|----|------------|------------------|----------------------------------|-------------------|---|
| X | | 15/01/2023 | XC 4 | Therfield Heath, Royston | free | Cancelled , see below 12/03/2023 |
| 1 | CC | 22/01/2023 | Fred Hughes 10 | St Albans | £21.20 affiliated | Completed |
| 2 | | 19/02/2023 | XC 5 | Cassiobury Park, Watford | free | Completed |
| 3 | CC | 05/03/2023 | Berkhamsted half | Berkhamsted Cricket Club | £33 from 01/01/23 | https://www.berkorun.com/ |
| 4 | | 12/03/2023 | XC | Royston (previously dated 15/01) | free | Club will send out details via email |

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|----|------|---------------|-------------------------|------------------------------|----------------|---|
| | | | | and cancelled, see above) | | |
| 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 | V/CC | 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/