



Garden City Runners News Release

20 November 2022

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

St Neots Half

Four GCRs travelled up the A1 to take part in this popular half marathon, which follows an undulating but scenic all road route that describes a flat figure of eight, with two passes through the village of Abbotsley and sections of running by windswept fields breathing in the aroma of fresh manure which can be described as 'pungent'. The race is well organised with friendly marshals and enthusiastic local support, and this year finishers were rewarded with a sustainable medal made of painted cardboard.



First home for GCR was Women's Captain **Hannah Frank**, crossing the line in a speedy 1:38:32, an amazing three-minute PB. Next was **Johan Preis**, continuing his run of excellent form with a course PB of 1:41:09. **Rebecca Barden** was next, coming in at 1:44:21, 9th in her age group, and then **Maclaine Argent-Bowie** in 2:27:11.

(Rebecca, Hannah and Johan pictured left)

Full race results can be viewed [here](#).

Sundon Saunter

Barbara Kubis-Labiak travelled to Barton-Le-Clay to take part in Sundon Saunter, running the 18-mile distance (other options were 13 and 27 miles), organised by the brilliant Long Distance Walkers Association (LDWA). Barbara writes:

“Beautiful, autumnal trails of the Chilterns, combined with super muddy fields where your shoes end up looking twice their size (not to mention the weight!), meant I had an amazing time. Maybe less so when I came across a field of fluffy cows and they decided to gather and look at me a bit closer - I followed the advice I’ve been given in the past, walked slowly and close to the fence - they quickly lost interest, phew.”



(Barbara in the wilds of Bedfordshire, above)

Club LaSanta

A group of GCRs are currently away enjoying the delights of Club LaSanta and taking part in the 33rd edition of Lanzarote International Running Challenge. The Challenge is comprised of four run races (10k, 13k, 5k, 21k) taking place on four consecutive days (20th-23rd November) over various terrains and distances. Wayne Aylott reports the results of Day 1 of the challenge (10k):

Sophie Packman 51:12, **Ali How** 51:24, **Stuart Mann** 52:09, **Elaine Moore** 52:17, **Tom Rogers** 53:11, **Emon Martin** 53:18, **Caroline Griffin** 54:07, **Michael Evans** 1:04:43, **Caroline O’Dwyer** 1:09:44, **Wayne Aylott** 1:10:42, **Kath Evans** 1:12:38.

parkrun roundup

Lots of GCRs descended on Westmill parkrun this week in search of an Avery point. In the top 10 finishers, **Tom Buzzard** was 4th in 19:11 (first GCR to finish), **Robert Casserley** was 8th in 20:23 and **Richard Somerset** was 9th in 20:49. **Helen Stafford** was fifth lady in 25:37. **Steve Williams** and **Jess Ellis** both bagged a new PB for this course in 27:06 and 27:08, respectively.



(GCRs out in force at Westmill parkrun, above)

At our local Panshanger parkrun, 16 GCRs took part. **Paul Guy** was 3rd in 19:21. Further afield, GCRs were off spanning both ends of isle and alphabet, with **Steve Grout** at Aberdeen finishing in 27:30, and **James Huish** at Winchester coming 4th in 17:57. Other top 10 finishers were **Andrew Holt** at Dunstable Downs (10th in 21:34), and **Daniel Pudner** at Wimbledon Common (7th in 20:14).

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

Tuesday nights faster group and return of Thursday night intervals

Sid Valentine writes:

“Faster group on a Tuesday evening will be running slightly shorter routes that will be off-road: please ensure you have a head torch and footwear suitable for trail running.

Urban Wintervals start this week on a Thursday evening, meeting at Gosling in front of the old building where the squash courts are located at 18:30. This is verified interval training open to all levels of runners and a good way to improve your overall pace.”

Festive 5 – call for volunteers



VOLUNTEERS NEEDED FOR THE FESTIVE 5



Sunday 4th December

Calling all GCRs – if you are not planning to run the Festive 5, or even if you are, we have a variety of exciting roles and need your help including but limited to:

Marshals

Cake Stall Manager

Chocolate Manager

Water Manager

If you can't make the day you may be able to help us before or after the race, and we also welcome cake donations for our cake stall. All monies raised will go to our local Isabel Hospice.

If you can assist, please e mail volunteer@gardencityrunners.org.uk

Festive Get Together at Postino Lounge including London Marathon Draw

Fancy raising a festive glass with running buddies? We've got an area reserved in Postino Lounge, Howardsgate, WGC from 7pm on Monday 12 December, and your first drink is on the Club. Put the date in the diary and pop in if you can. We'll be making the draw for the club places for the London Marathon during the evening, and there will be an e-mail beforehand outlining eligibility and what to do. Bring along some cash, as there will be various running goodies on offer in exchange for a donation, which will go to charity. Of course, Christmas jumpers and accessories greatly encouraged for all.

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 2022

The Race Committee are pleased to be able to share the updated Avery Event Table for 2022, the updated Format and Rules, and the exciting new GCR Club Championship competition, based on feedback from the consultation in the autumn.

Please find the events table below. Events marked with a * are part of the new Club Championship competition (eight races, best five to score).

Avery League Competition 2023

The Race Committee will shortly be announcing the events in next year's Avery competition, but in the meantime, we suggest [getting your entry in](#) for the Fred Hughes 10 on Sunday 22 January 2023, as this will very likely feature as one of the Avery events.

Avery League 2022 event table

Date	Event	Venue	Cost	Status / notes
16/01/2022	XC 4	Cassiobury Park, Watford	free	Complete
23/01/2022	Fred Hughes 10*	St Albans	£21.20 affiliated	Complete
13/02/2022	XC 5	Therfield Heath, Royston	free	Complete
27/02/ 2022	Welwyn Half*	Gosling Stadium WGC	£28.62 affiliated	Complete
12/03/2022	Panshanger parkrun*	Panshanger Park	free	Complete
15/04/2022	St Albans Easter 10k*	St Albans	£22.36	Complete
24/04/2022	GCR Centenary 20.2k	WGC Centenary Route	free	Complete
02/05/2022	Kimpton Fun Run*	Kimpton	Entry cost tbc	Complete
18/05/2022	MWRRL 1	Stevenage	free	Complete
25/05/2022	MWRRL 2	Ware	free	Complete
01/06/2022	MWRRL 3	Harlow	free	Complete
26/06/2022	Welwyn 10k (V)	Singlers Marsh, Welwyn	£18.00 affiliated	Complete

30/06/2022	MWRRL 4	Therfield, Royston	free	Complete
06/07/2022	MWRRL Mob Match	WGC	free	Complete
21/7/2022	Fairlands Valley Relays*	Fairlands Valley, Stevenage	free	Complete
07/08/2022	Stopsley Trail Race	Stopsley	£21.20 10 mile race; £15.90 5 mile race (affiliated rate)	Complete
14/09/2022	Hatfield 5k Race 2	Hatfield	tbc	Complete
18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	Complete
16/10/22	XC 1 (V)	Cheshunt	free	Complete
30/10/22	XC 2	Trent Park	free	Club will send out details via email
6/11/22	Stevenage Half Marathon*	Stevenage	Tbc (£28 2021)	Complete
19/11/22	parkrun	Westmill	free	Complete
4/12/22	Festive 5 (V)	Welwyn Garden City	£8.00	Enter here
18/12/22	XC 3	Stevenage	free	Club will send out details via email

Races marked * = Club Champs race
Races marked (V) = volunteering points are available

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/