



Garden City Runners News Release

22 January 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

Fred Hughes 10

GCRs were out in force at the Fred Hughes 10-mile race on Sunday 22nd January, with 38 runners representing our club. Peter Harvey and Rebecca Barden contributed this summary of the event:

"The Fred Hughes 10, celebrating its 30th anniversary year, is a popular 10-mile race that for many marks the start of the road racing season. This year's race was run on the alternative, two-lap course due to severe icy stretches on the roads. There were some slippery patches, especially on the first lap with temperatures close to zero degrees Centigrade. It was a chilly morning, but the lack of any wind helped runners keep warm, and the sun shone over the hilly rural course.

First GCR home, **Daniel Pudner** had a barnstorming race with a big PB of 56:28, finishing 16th out of 1022. **Chris Jones** (1:01:07), **Peter Harvey** (1:01:45, 4th in his age group M50 and clocking an age-grade score of 82.22%) and **Chris Eland** made up the men's senior team. More PBs were run by **Jamie Rose** in 1:04:48, **Steve Ellerd-Elliott** in 1:06:27, and **Peter Jasko** in 1:09:16, and **Russell Casey**, coming back from injury, put in a strong performance of 1:15:02. Not far behind, **Hannah Frank** was the first GCR woman home in 1:15.59 with **Helen Stafford** (also running a new 10-mile PB of 1:17:46) and **Rebecca Barden** (finishing in 1:18:44, 4th in her age group F55 overall and 2nd in the Herts County competition) completing the women's senior team. Due to the use of gun timing in a race run with a staggered start, **Veronica Shadbolt**, who ran a faster net time of 1:18:30, placed 3rd F55 in the Herts County competition and 5th in the race overall. **Katharine Farrell** clocked a new PB of 1:20:10. Running her first 10-mile race in 15 years, **Clare Grover** finished in 1:29:34. **Anne Henson** was the best placed in her age category, finishing 3rd F65 overall and 2nd in

Herts County in a time of 1:32:44. **Jim Davis** was 4th M70 in 1:36:47. All finishers got a nice medal and t-shirt.”

Full results for the 38 GCRs taking part are available [here](#).



L-R GCRs: Rebecca Barden, Steve Ellerd-Elliott, Russell Morris and Peter Jasko celebrate after the Fred Hughes 10

Farnborough Winter Half Marathon

Samantha Hastie (pictured below) took part in the Farnborough Half Marathon on Sunday 22nd January, setting off on the right foot for her 2023 new year’s resolution challenge.

Samantha writes: “Late last year I did my first ever half marathon and honestly it was horrific. So, I decided a good thing to do to improve my training would be to sign up for 12 half marathons in 12 months in 2023! What could go wrong?

Well today was half 1/12 and the minus 5 temperatures really didn't help with early morning motivation. It's a small event that starts under the airship hanger in Farnborough and then follows a route through the airfield twice and round the roads. It was a fabulously organised event with water, electrolytes and gels every 5km on the way round with the most friendly and encouraging volunteers. I was absolutely delighted to take over 18 minutes off my

previous time with 2:56:22. So, something to hopefully keep chipping away at this year. Highly recommend the event for anyone interested in a January half!"

A huge well done to Samantha for a successful start to her 2023 challenge. Looking forward to the next installment...



Full race results available [here](#).

Cold Christmas 50k

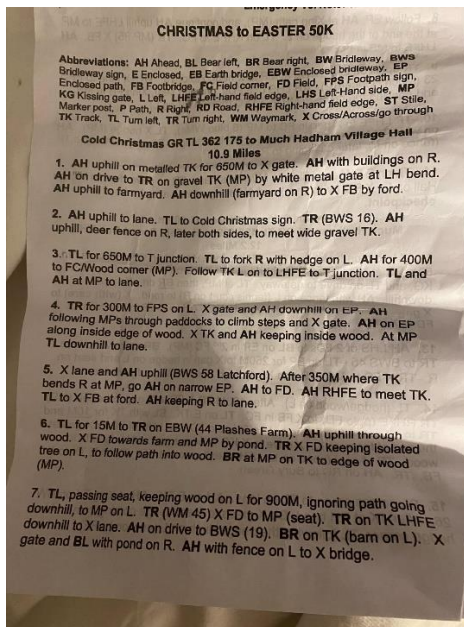
Becca Hayden was keen to put the chilly festive season behind her and time-travel to the next bank holiday in ultra-quick time. Becca writes:

"Today [Sunday 22nd January] I ran the Cold Christmas 50km trail race that started at Cold Christmas, Hertfordshire, and finished at High Easter, Essex. The race had no gpx and no route markings, so the other challenge (other than running) was to self-navigate using instructions containing lots of abbreviations.

We started this morning at 8am with minus 6-degree temperatures, and followed the instructions to the first check point at 11 miles at Much Hadham Village. The route was beautiful and it was such a lovely picturesque day with the frost! We crossed fields, streams and ran through woods. Once at Checkpoint 1, I had a quick snack and continued along the next 12 or so miles to Checkpoint 2 at Hatfield B-road oak. I can really recommend a hot cross bun as an energy boost which is just what I needed at this point. The trails continued for 5 miles or so and passed a lovely windmill and fruit farm and I soon arrived at Checkpoint 3 at Aythorpe Roding. There was then only a parkrun to get to the finish to get to the village hall at High Easter. I managed to go wrong a few times adding about 2 miles to the route (lots of people did) but the nice thing about this sort of race was we had to take in a lot more of our surroundings following the directions and looking out for way posts and buildings etc. This was a big race for me mentally as I was quite anxious to run today after my last race before Christmas where I pulled out due to my anxiety. It was a lovely low-key event and everyone was so friendly as always!

I finished in a time of 5:30 and was not expecting to come 1st lady! Great Sunday adventure and I even managed to warm up once the sun came out after a few miles of running!"

Becca (*pictured below with a well-earned bottle of Merlot*) has not yet informed us of her next planned time-travelling feat, but we will be sure to report if we hear of any wormholes.



Russell's quest for world domination continues

Russell Morris had great success last year, with his Frankfurt marathon performance putting him in contention for an invite to run in the 2023 Age-Group World Championships – if he could pull another top-dog marathon time out of the bag by the end of the year. He leaned into the challenge, achieving a stonking PB in the Pisa marathon in December.

Roll on January, and Russell was contacted with the news he was hoping for - an invite to compete in the 2023 Abbott World Marathon Major Age Group World Championships as one of the highest ranked male marathon runners in his age category in the World last year.


Russell writes: "I loved the Pisa experience and I now get the opportunity to have an extra special experience at the Age-Group World Champs to be held as part of the Chicago marathon in October. I've always wanted to run Chicago and now I get to go with some extra hospitality (Champs breakfast, lunch, massage, meet the winners, etc.) thrown in. I'll seek to enjoy the whole experience but with nine months of training followed by the famously raucous Chicagoan crowds, I also hope to have a crack at my first sub-3-hour. What better time to do it than during such a special occasion like this. As for support, a big thank you to all the GCRs who have supported and encouraged me in person and via Strava over the last year".

Congratulations Russell, we're sure you'll Chica-go all the way.

SEAA Main XC Champs ('Southern's')

Good luck to those entered into the Southern's XC next Saturday 28th January in Beckenham Place Park!

parkrun roundup

The prospect of sub-zero temperatures, frozen fields and icy conditions proved just too tempting for 83 GCRs who decided that a Saturday morning lie-in in a nice warm bed was wholly unnecessary. Panshanger parkrun saw the most GCRs of the weekend (35!), with **Neil Hume** finishing 8th overall (7th man) in 20:03 and **Lucy Iles** 4th lady (75th overall) in 25:39. Local-ish parkruns with GCRs in the top ten were Cassiobury with **Alex Faulkner** 3rd lady (46th overall) in 22:32, Letchworth where **Sean Bowen** was 6th in 21:49, and Houghton Hall which saw **Katharine Farrell** finish as 10th lady (59th overall) in 27:17. Up the road, seven GCRs stampeded around Stevenage, and a group of 8 GCRs went to plough round Slough at Black Park parkrun. **Karen** and **Nick Atkinson** were inseparable at Valentine's parkrun, finishing in 32:13 and 32:14, respectively 

The furthest flung GCR was **Lizzie Belcher** who attended Presint 18 parkrun, Putrajaya (Malaysia!) and finished 2nd lady (19th overall) in 27:41. Lizzie would have had an earlier morning start than the 83 other GCR parkrunners back in Blighty, as this parkrun starts at 7:30am, but I think she would have spent less time searching for thermal kit...

Other locations with GCRs in attendance were Barclay, Barnstaple, Dolgellau, Finsbury, Fulham Palace, Jersey Farm, Lee-on-the-Solent, Oak Hill, Rickmansworth and St Albans. Full results for all GCRs taking part in Saturday parkruns can be found [here](#).

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	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	£30 before 31/12/22; £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	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

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.

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/