



Garden City Runners News Release

26 March 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

Hiking Hadrian's Wall

Last weekend, a group of GCRs went on a truly epic journey of 142 km/89 miles along Hadrian Wall, built on the orders of emperor Hadrian in AD122, stretching from Newcastle to Bowness-on-Solway. Barbara Kubis-Labiak writes: "We set off as a group of 7: **Chris Eland, Rob Casserley, Kath Evans, Barbara Kubis-Labiak, Dave Gray, Richard Somerset** and **John McDowall**, from Bowness. We stayed in bunkhouses along the route, had a very tight schedule and just pressed on, with heavy backpacks. The team was amazing, lots of support and enjoyment of food and wine once we arrived at pubs/bunkhouses, having done between 37-42k a day. I absolutely loved it - although you don't get to see the actual wall for some time (first part was made of turf so there is little left) but when you see it, it makes an impression and a big one. Really thick in places, makes you realise the scale of the task that the Roman army was tasked with."

From Kath Evans: "How do you build stamina? Say yes to doing Hadrian's wall in 3.5 days (when the guidebooks suggest taking 6-8 days) with a bunch of 'ever ready' 'racing snakes' who eat ultra runs and cycles for breakfast! Seriously though it was a cracking weekend, soaking up awesome scenery, plenty of history and enjoying fab company with plenty of yummy food. Huge thanks to organisers-in-chief Barbara and Richard. Special thanks to the gentleman that is Dave Gray, who totally fulfilled the scouting law, always grateful!"



Couch to 5k Graduation @ Panshanger parkrun

This week saw our couch to 5k graduates reach the finish line of their programme, culminating in the graduation 'ceremony' at Panshanger parkrun. Congratulations to our graduates: **Hiran Rana**, **Lisa Coleman**, **Lindsey Gentry** and **Jenny Nagle**. Expert C25K ambassador / run lead / all-round enthusiast Tandy writes: "[the graduates} have been incredibly supportive of each other all the way through, organising additional practice runs

outside the sessions and cheering each other on in the Whatsapp group.” A huge thanks also to everyone who has supported our new runners throughout the programme.



Ashridge Boundary Run

On Saturday 25th March, a gang of GCRs headed to Ashridge to tame the Ashridge Boundary Run, a 17.5 mile (28.3 km) trail run with 1750ft (530m) elevation, which several used as a tough marathon training session. Peter Jasko reports: “A different course from prior years to help with parking, though the village traffic jam had to be navigated through first. The new course adds about 3km to the route, as well as a chunky uphill section at the start. However, this also provides a flying downhill finish.

In an effort to get a GCR photo before the event, a number of GCRs missed the start. And with the solid uphill start, they got stuck behind runner traffic (which was walking).

Conditions were reasonable. Windy to start, with a gale blowing off Ivanhoe Beacon. There was plenty of slippery mud but nothing unmanageable with trail shoes - GCRs were in evidence helping those non-GCRs in road shoes. And, fortunately, the rain held off until after the finish.”

Mark Westly adds: "Stunning course, run in a clockwise direction, with great views, beautiful woods and paths, the 'golden valley' and a healthy amount of hills and mud. Friendly group of runners, well organised and signposted. Highly recommended."

First over the finish line for GCR was **Gabor Nyers** in an impressive 15th place with 2:13:18. Next were **Richard Taylor** in 2:30:38 and **Mark Westley** (15th MV50) in 2:39:26. Also taking part: **Steve Ellerd-Elliott** (2:56:30), **Peter Jasko** (2:56:32), **Glen Dobson** (3:03:23), **Richard Sidlin** (3:24:48), **Dani Pruett** (3:29:34), **Nikki Cowen** (3:34:32), **Rob Jones** (3:49:45).

Results are available [here](#).



Lee Valley Run Fest

Sunday 26th March saw several GCRs participate in the Lee Valley Run Fest at Lee Valley Regional Park. **Viv Brennan** (*pictured, left*), who completed her first 10k writes: "I've not been running long and it doesn't come easily to me but last year I finally managed to finish c25k and joined the club in January. I set this 10K as a goal distance to aim for and hadn't quite managed to get up to it yet. Not knowing what my pace would be like, I aimed broadly for an hour-ish and finished in 58:10, thanks mostly to my lovely friend (who runs the distance regularly) running alongside me. And no thanks to the miserable weather!"



Martin Michell, who participated in the half marathon race, writes: "I got soaked and there were quite a few big puddles on the course but I managed 27th place finish (8th in category) with a chip time of 01:32:25".

A scan of the results shows that **Neil Brittain**, **Nigel Cavill**, **Andrew Morgan** and **Andrew Pocock** also took part in the 10k race, and **Jason Pike**, **Andrew Gittens** and **Kath Evans** took part in the half marathon. Full results are available [here](#). (*Andrew Morgan and Andrew Pocock pictured, left*)



Oakley 20



On Sunday 26th March, **Rebecca Barden** and **Anne Henson** (*both pictured left*) travelled up the A1 to Oakley, near Bedford, for the Oakley 20, a twenty-mile road race starting with a couple of laps of a squelchy school fields and then following an undulating route along country roads. This year's race, expertly organised and marshalled by Bedford Harriers, saw strong blustery winds, driving rain and plentiful puddles. Rebecca Barden and Anne Henson represented GCR women, clocking times of 2:53:03 and 3:19:40, respectively and both winning their age groups (FV55-59 and FV65-69, respectively). After their stormy run the supervet pair were happy to don the famous Oakley 20 finisher's

hoodie, this year in a stylish khaki green.

Provisional results available [here](#).



Pictured: Rebecca in action; Rebecca and Anne at the finish

Herts Vets Cross Country Championships

The Herts and Middlesex Vets Cross Country Championships took place on Sunday 26th March in Cassiobury Park, Watford. **Sean Bowen, Andy Holt** and **Alex Malzer** finished 13th, 22nd and 30th, respectively, in the MV50 category. In the MV60 category, **Mike Russell** finished 3rd and **Paul Gatens** finished 10th. Full results are available [here](#).

Pictured below: Sean and Alex (left); Paul and Mike (middle); Andy (right)



parkrun roundup

86 GCRs were out early on Saturday for their fun, free 5k fix.

At Panshanger, the couch to 5k graduates were cheered on by a plethora of GCRs (51+ GCRs in attendance! Remember to update your parkrun profile to add GCR as your club profile to ensure your parkrun results are picked up in the GCR summary).

Also at Panshanger in the top 10 finishers were **Tom Buzzard** and **Bruce Judge** finishing 5th and 10th overall, respectively, and **Helen Stafford**, **Sarah Durston**, **Barbara Kubis-Labiak** finishing 2nd, 4th and 5th respectively for the ladies.

Top ten finishers at other locations were as follows:

- **Rob Hughes** finished 6th overall at Aldenham parkrun in 21:50.
- **Rob Casserley** and **Daniel Pudner** had a jaunt to Jersey Farm parkrun (as part of a 20-miler, as you do) and finished 9th and 10th, respectively.
- At Kettering, **Alex Faulkner** completed her parkrun alphabet, finishing as 3rd lady (26th overall) in 23:18, accompanied by her crew of **Katharine Farrell** (6th lady / 43rd overall in 24:57) and **Jamie Rose** (6th overall in 20:43).
- At Lordship Recreation Ground, **Richard Somerset** was 9th overall (8th man) finishing in 20:30.
- At Millennium Country, **Andrew Holt** finished 10th overall in 20:50 and **Caroline Griffin** finished 9th lady in 25:04.
- **Lizzie Belcher** finished 5th lady at Presint 18 parkrun, Putrajaya in 29:55
- **James Huish** finished 2nd overall at Rushmere parkrun in 19:06
- Over at Westmill, **Elaine Moore** finished as 7th lady (48th overall) in 33:07.
- **Dom Thomas** took a trip to the seaside and finished 9th at Whitstable in 21:15.

Other parkruns attended by GCRs included Ally Pally, Barnstaple, Colchester Castle, Great Salterns, Oak Hill, Pocket, Sheringham, St Albans, Stevenage, Sunny Hill, Whinlatter Forest

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

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 St Albans 10k on Good Friday (7th April).

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	Completed
4	CC	05/03/2023	Berkhamsted half	Berkhamsted Cricket Club	£33 from 01/01/23	Completed
5	V	18/03/2023	Stevenage parkrun	Fairlands Valley Park	free	Completed
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/