



## Garden City Runners News Release

**2 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](mailto:results@gardencityrunners.org.uk)

### **Brighton Marathon**

A number of GCRs travelled to Brighton and took part in the Brighton marathon. **Spencer White** sent us his run report.

**Spencer** (*pictured right and below*) writes:  
"Today I raced in my first marathon at Brighton. I am tired but feeling jubilant.

My official time was 3 hours 40 mins 47 secs. I surpassed all my targets, namely to finish, then to get under 4 hours and then another I had which was to get under 3 hours 45 mins. I didn't think I would achieve the last I objective, so am thrilled! It was an amazing event.

Something my family and I will never forget. Inspiring comes to mind!"



**Sidney Valentine** also took part. **Sidney** writes: "Several GCR members took on Brighton marathon today, in perfect conditions on a new route with plenty of support from the crowds. Anna Lillie finished with an amazing 4:05, followed by Johan Preis with 4:11, Elaine Moore in 4:18, Sidney Valentine set a new PB of 4:27 and Vicki Rogers in 5:11 (pictured below). Chris Eland finished in 3:12."

## **Tewinbury Trails 10k**

**Richard Somerset** writes: "Seventeen GCR's (pictured below, top photo) took part in a new local event, the Tewinbury Trails 10k organised by Runaway Adventures. The start was close to Tewinbury Farm itself and took in the tracks and trails to the west, including the viciously long climb from Digswell to Burnham Green. Conditions were muddy and rather chilly at the start but soon warmed up."

**Peter Harvey** (pictured below, bottom photo) also sent his write report. **Peter** writes: "It was a brand new race, very scenic hilly course including a very steep downhill 1 in 4 section done twice, with plenty of mud. Peter Harvey came 5<sup>th</sup> out of 170 runners and also as first GCR and first vet in 42:30 (it took them 15 seconds to scan my wrist band). All finishers got a mug and Cadbury's cream egg. The Presentation was one of the loneliest and coldest I have attended. Link to [Full Results](#)

**Richard Brown** ran it but has not been given a time.

<b>Pos</b>	<b>Name</b>	<b>Time</b>
5	Peter Harvey	42:45
13	Dom Thomas	44:13
14	Richard Somerset	44:31
15	Mark Westley	44:44
24	Neil Brittain	47:37
27	Nigel Cavill	48:10
29	Mike Grant	49:02
32	John McDowall	49:30
39	Nick Portalski	50:42
120	Alida Preis	1:05:22
123	Sharon Stephens	1:06:10
144	Nick Atkinson	1:10:27
150	Pete Laphorne	1:12:05
151	Debbie Pierson	1:12:13
165	Alex Yates	1:26:28
166	Jane Molloy	1:25:56
167	Karen Atkinson	1:40:22

## **London Landmarks Half Marathon**

**Steve Ellerd-Elliot** (pictured below) writes: "I had a great morning wiggling around the streets of London running the London Landmarks Half Marathon. Great support around the course and great running conditions. Pleased with my pacing and then pushed on at the end to get a 1.28.20 Personal Best"

**Dan Ashcroft** also ran and posted his run report on GCR Facebook:

"Congratulations to everyone who ran this weekend so many events and all different distances. I was lucky enough to run London Landmarks Half Marathon setting a target of 1:55. I quickly started chipping away not paying much attention to the watch, just going on feel. It felt good and I managed to finish in 1:45.48."

## **Colchester Trail Marathon**

**Becca Windsor Hayden** (*pictured below*) writes: "On Saturday 1st April I went over to Colchester to do the Colchester Camuplodunum trail marathon.

The city of Colchester was known as Camulodunum in Roman times and in 1974 someone called Derek Keeble conceived the Camuplodunum 25-mile walk that encircles the town.

The race consisted of this original route (and a little extra to make it a marathon ) and started at Eight Ash green village in a clock wise direction around Colchester following the country trails.

We all set off in the rain at 8:30am, after the mayor of Colchester along with Derek Keeble, who plotted the original route in 197, starting the race.

This event was a self-supported race with no checkpoints and only a gpx or written instructions to get you round.

After the first few miles I was running alongside another runner who was at similar pace, we kept each other going and helped each other with the route directions. The route was lovely! Lots of undulating farm land, woodland and even partly running alongside the estuary at Rowhedge near Wivenhoe which was a nice surprise and really gave us a good mix of sightseeing! One thing this race did not lack was mud! It was pretty much a mud fest from start to finish which made it even more fun! At one point I got a bit lost at mile 20 and ended up crossing a river and flooded paths to get back on track!

I arrived at the finish at the cricketer's cricket club in 4hours 6 minutes and was very happy with my time considering the terrain! I also came 1st lady and 4th over all!

The event was very well supported at the finish with cups of tea and cake and lots of friendly faces.

### **Kew Gardens 10k**

**Richard Willcox** (pictured below) writes: "I ran the Kew Gardens 10km yesterday morning. I was one of the 45 minute pacers for Xempo and clocked 44:50 with very nice and consistent splits. Very flat course, but also very twisty. Good turn out with over 1,500 runners."

## **Saltmarsh Half Marathon**

**Ann Hayden, Barbara Kubis-Labiak** and **Kath Evans** (*pictured below*) took part in the Saltmarsh Half Marathon, starting from South Woodham Ferrers and finishing in Burnham-on-Crouch. **Ann** writes: "My alarm went off at 4.00 am to travel to South Woodham Ferrers for the Salt Marsh Half, for a 9.30 start. We nearly froze as we waited for the start but the sun soon came out and the weather was perfect for the fairly flat and in places extremely muddy course.

Beautiful scenery, friendly marshals, a great medal and goody bag plus the company of Barbara and Kath on this adventure made it a perfect start to Sunday and worth setting the alarm for."



### **Jerry's walk around the Colneys**

**Jerry Gilbert** writes: "GCR's spin-off walking group enjoyed two trail outings this week ... a midweek circular 7-mile loop around the Colneys (along the River Colne) and a 6-mile weekend loop starting and finishing at Mardley Heath. For information of future walks as the bluebell season approaches (and to be added to the mailing list) contact Jerry Gilbert: [jerry@jgp-pr.com](mailto:jerry@jgp-pr.com). These are ideal for those who have retired, or are strength building following a running injury."

## **parkrun roundup**

Eighty-one GCRs took part in Saturday's weekly run, jog or walk around the parks of the UK and beyond.

**Neil Brittain** was fourth at Stevenage in 19:51, followed by **Chris Jones** who finished seventh in 20:17. **Daniel Pudner** was fifth at Panshanger in 19:21, and **Rebecca Barden** was fourth lady in 24:43 and **Barbara Kubis-Labiak** was fifth in 24:51.

**Andy Holt** was seventh at Woodgate Valley Country Park in 20:59, and **Rob Hughes** finished second at Rheinpark in 21:49, and **Caroline Hughes** was first lady in 33:27.

**Caroline Griffin** was ninth lady at Lordship Recreation Ground in 25:18, **Emon Martin** finished in 24:07, followed by **Jim Davies** in 26:57, **Caroline O'Dwyer** in 31:16 and **Wayne Aylott** in 34:58.

**Sarah Feal** was sixth lady at Russell Park, New Zealand, in 41:43. Åsa Moberg Grout and Steve Grout went to Prospect parkrun and finished in 31:56 and 31:57, respectively.

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



## **Blenheim parkrun (Marlborough New Zealand) for Willow**

**Willow Gibson** (*pictured below*) writes: „I'm in my home country of New Zealand for a few weeks and staying and staying in the South Island. You might be superseded to know there are only 12 Parkruns in total in thr South, which means some of them are quite a drive away.

On Sat 1st April I drove 2 hours, to get to Blenheim for the 8am start (all NZ Parkruns start at this time).

I arrived just 5 mins before it started, so was pleased to park right next to the start line.

Blenheim is a very flat town, with very little hills, so this parkrun was super flat too. It's all paved and an out and back course, so great for anyone going for a PB. I wasn't breaking any speed records though, because I was still jet lagged.

It's a small one, with only 41 participants, which was surprising, as it's the only one in the top of the South Island! I ran Blenheim parkrun on 00:35:56 and came 3rd in my age category and pleased to get another done in NZ. My GCR club vest enjoyed the change of scenery."

**Ludlow parkrun**

**Gail Munro** (pictured below) writes: "Lovely day with my hubby and friends. The parkrun leader explained the route and added there were some undulating parts. Once completed I asked the leader to change the word undulating to flippin big hills 😄. Result 35.48 two laps of a very muddy course. I will never complain about Panshanger again!"

### **Save the Date: Welwyn 10K @ Panshanger Park, 25<sup>th</sup> 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. *Until Easter, there's an early bird price of £17 (£15 affiliated) for the 10k.* 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 30<sup>th</sup> August 2023 (Herts Senior Champs)

Race 2: Wednesday 6<sup>th</sup> September 2023 (Herts Vets Champs)

Race 3: Wednesday 13<sup>th</sup> 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	£30 before 31/12/22; £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	<a href="https://activetrainingworld.co.uk/event/st-albans-easter10k-2023/">https://activetrainingworld.co.uk/event/st-albans-easter10k-2023/</a>
7	CC	30/04/2023	Hitchin 10k	Hitchin	£18.00	<a href="https://www.letsdothis.com/gb/e/hitchin-10k-189140">https://www.letsdothis.com/gb/e/hitchin-10k-189140</a>
8		17/05/2023	MWRRL 1: Chingford	Chingford	free	Club will send out details via email
9		31/05/2023	MWRRL 2: St Albans	St Albans	free	Club will send out details via email
10		08/06/2023	MWRRL 3: Trent Park	Trent Park	free	Club will send out details via email
11	V	25/06/2023	Welwyn 10k in Panshanger Park, 9.30am	Panshanger Park	£17; £15 affiliated (early bird rate)	<a href="https://my.raceresult.com/235110/info">https://my.raceresult.com/235110/info</a>
12		29/06/2023	MWRRL 4: Stevenage	Stevenage	free	Club will send out details via email
13	V	12/07/2023	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	<a href="https://www.parkrun.org.uk/panshanger/">https://www.parkrun.org.uk/panshanger/</a>
17	V	30/08/2023	Hatfield 5k Race 1	Hatfield	tbc	Details tbc
18	CC	October tbc	Standalone 10k	Letchworth	Entry cost tbc	<a href="http://www.nhrr.org.uk/standalone-10k.html">http://www.nhrr.org.uk/standalone-10k.html</a>

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	C C	November tbc	Stevenage Half Marathon	Stevenage	Entry cost tbc	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
22	C C	November tbc	Hatfield 5	Hatfield	Entry cost tbc	<a href="http://hatfield5mile.co.uk/">http://hatfield5mile.co.uk/</a>
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](mailto:rich.somerset@ntlworld.com) to arrange pick-up.

"Puffa" jackets are also available for £42, please contact Martha Hall on: [ma-hall28@hotmail.com](mailto: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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)