



Garden City Runners News Release

09 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

St Albans Easter 10k

With the Avery Competition now in full swing and taking the opportunity to get in some early MWRL St Albans Race 2 training, 42 members spent Good Friday morning running with 640 others on this single lap course which started and finished in Highfield Park. The race followed the flat and tree-lined Alban Way towards Hatfield before making a loop via Sheapshyde and returning back to the park. BEN CARR was the first GCR to cross the finish line, 17th overall, in a time of 36:38. ALEX FAULKNER was the first GCR lady in 43:38. Congratulations also go to VERONICA SHADBOLT (45:41) who was second in her age category and DAVE FAULKNER (1:02:22) who was third in his.



Full GCR results are as follows:

Ben Carr	36:38	Jamie Rose	39:01
Russell Morris	40:02	Peter Harvey	43:30
Alex Faulkner	43:38	Helen Stafford	45:25
Veronica Shadbolt	45:41	Julia Wiper	46:59
Lucy Iles	47:07	Andrew Pocock	48:28
Sid Valentine	50:05	Lee Wood	50:35
Sophie Packman	51:06	Ali Eroglu	51:20
Roger Adey	51:19	Clare Grover	51:26
Caroline Griffin	51:35	Chris McGurk	51:16
Elaine Moore	53:22	Holly Wise	53:19
Steve Mowles	55:01	Kirsty Hawkes	57:21
Maggie Wright	56:01	Melanie King	58:38
Chrissy Johnson	59:09	Sharon Stephens	59:41
Nikki Cowen	1:00:08	Peter Laphorne	1:02:37
Dave Faulkner	1:02:22	Caroline O'Dwyer	1:03:53
Debbie Pierson	1:04:09	Philippa Thorogood	1:05:20
Alex Yates	1:06:31	Valerie Levison	1:07:04
Kath Evans	1:08:19	Emily Shepherd	1:08:35
Samantha Hastie	1:11:34	Jane Molloy	1:17:41
Sarah Valentine	1:18:36	Tendy St Francis	1:24:46
Louise Quantick	1:24:47		

Helmsley Multi Terrain 10k



Following her 10k PB on Saturday in St Albans, Lucy Iles travelled to the North Yorkshire town of Helmsley to run another, rather more technically challenging 10k. She sent this report ...

"Today I participated in the Helmsley Multi Terrain 10k, set in the beautiful countryside of the North Yorkshire Moors. With the start line literally a minute from my friend's house where I was staying, this made for the most leisurely pre-race registration and prep that I think I'll ever have. Just enough time to scoff a mini creme egg as last-minute race fuel between

leaving home and meeting the "serious" runners on the start line.



Having checked the entrants list, I knew I was the only GCR in the village, so I was proudly sporting my blue & yellow club top and hoping to do GCR proud. I did spot a St Albans Strider, so did go over to say hi, in the spirit of Hertfordshire solidarity.

The route sets off up a road out of the village and is uphill for almost all of the first half of the race. I'd heard a number of runners on the start line saying it was a brutal start. The road was lined with hundreds of daffodils though, so at least it was pretty to look at whilst gasping for breath. "Multi Terrain" is maybe a bit of a stretch for the most serious of

trailistas, as the first half is either road or concrete path.

At 5k, the route peels off road and along woodland track, mercifully starting the downhill return. The route through countryside thereafter would have afforded super views if there had been a bit more sun and less morning mist. The second half of the race was almost all downhill, so I was able to make much better progress as I let gravity and the promise of finish-line-chocolate pull me on. The mix of stony track and farmland did mean you had to have your wits about you and where you placed your feet (and a salient reminder that I really should get contact lenses for running).

The final stretch of road back to the finish line was funnily enough one of the hardest bits as I didn't have anything more to give. I surprised myself with a much better result than I'd thought (Gun 50:06; Chip 49:56; 92nd finisher and 6/12 FV40).

A great race, I'd definitely do it again even with the long hill at the start (which is saying something, as I hate hills!). A very friendly well organised race with an Easter egg and commemorative mug for every finisher. "

parkrun roundup

Ninety-two GCRs ran at various parkruns on Saturday morning.

DANIEL PUDNER was first at Malling in 18:16. JAMES HUIISH (17:34) was second at Boston, while THOMAS BUZZARD took the same position at Panshanger in 18:27. ROB CASSERLEY was fourth at Sunny Hill in 20:39 and ALEX FAULKNER was also fourth at Old Showfield in 21:10.

GCRs also ran at Woodhouse Moor, Finsbury, Luton Wardown, Norwich, Moors Valley, Shipley Country, Minehead, Colchester Castle, South Norwood, Killerton, Winchester, Stevenage, Barnstaple. Gunpowder, Ally Pally, Shrewsbury, Lee-on-the-Solent, Swansea Bay, Dolgellau, Pegasus, Clapham Common, Brooklands, Jersey Farm, Dunstable Downs, Durlston Country Park & Ganger Farm



SIDNEY VALENTINE reports that "This morning myself and my shipmate Sarah travelled to Colchester Castle Parkrun to collect our third of seven Cs [Seven Cs - Pirate - Get it?]. Apart from being Easter weekend it was also the events 10th anniversary so there was plenty of cake on offer but unfortunately no rum to wash it down. The course itself is a two-and-a-half lapper with some lovely views but what comes with lovely views; hills of course!". Sidney completed the course in 27:19 while Sarah finished the distance in 41:40.

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

Parkrun in faraway places: Pegasus parkrun, North Canterbury, NZ



WILLOW GIBSON continued the tour of her home country of New Zealand with a run around the two-lap Pegasus parkrun around Lake Pegasus in North Canterbury.

Willow describes the run as "(A) lovely fast course in a brand-new development, just off the Pegasus Bay coastline. Only a 20-minute drive from where I'm staying down the coast. I was invited to this by an old school friend, who I haven't seen for 20 years and despite being a speedy runner who runs a 22min 5km, he kindly stuck with me so we could chat on the way around.

Pegasus is a very flat and pathed course around the lake (an out and back for the autumn season). It's a great course for PBs and I managed to do my fastest time this year (33:58). This was probably because of my long-legged friend. It was a fairly small one, with 128 runners. With the 'out and back', it was nice to see the faster runners coming by and the 1st FINISHER was a LADY, who ran it in an impressive 17:29 mins!!"

Save the Date: Welwyn 10K @ Panshanger Park, 25th 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. 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 30th August 2023 (Herts Senior Champs)

Race 2: Wednesday 6th September 2023 (Herts Vets Champs)

Race 3: Wednesday 13th 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	Completed
7	CC	30/04/2023	Hitchin 10k	Hitchin	£18.00	https://www.letsdothis.com/gb/e/hitchin-10k-189140
8		17/05/2023	MWRRL 1: Chingford (Orion Harriers)	Chingford	free	Club will send out details via email
9		31/05/2023	MWRRL 2: St Albans (St Albans Striders)	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	Panshanger Park	£17; £15 affiliated (early bird rate)	https://my.raceresult.com/235110/info
12		29/06/2023	MWRRL 4: Stevenage (NHRR)	Stevenage	free	Club will send out details via email

13	V	12/07/	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/C C	19/08/2023	Panshanger parkrun	Panshanger Park	free	https://www.parkrun.org.uk/panshanger/
17	V	30/08/2023	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, 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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/