



Garden City Runners News Release

28th November 2021

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

Hatfield 5



Above: Happy GCRs at the finish of the Hatfield 5.

Hardy GCRs did not let Sunday's arctic temperatures deter them from putting in a strong showing at the Hatfield 5, a fast and flat five mile race that starts and finishes at the University of Hertfordshire's College Lane campus. By the time the race started at 10am temperatures had risen to a positively balmy zero degrees, and the sun had even come out to shine on runners as they set off along the south Hatfield paths and pavements. **James Huish** was first home for GCR in 28:46, 28th overall and 6th in his age group; **Daniel Pudner** ran in 28:50 and was 29th overall, 9th in his age group; **Peter Harvey** was 52nd overall in 30:03 which scored him 7th in his age group, and **Justin Hill** was 10th in his age group in 30:30, and 57th overall, and also scored the highest age grading of 81.80%. **Richard Somerset** came back from injury woes to clock a storming time of 31:16, 66th overall, and **Steve Ellerd-Elliott** ran a new five mile pb of 32:22. **Rebecca Barden** was first female GCR in 37:26, 10th in her age group; **Sophie Packman** was next for the ladies in 39:51 and commented that she was very pleased with her time. **Caroline Griffin** was third-placed GCR lady in 41:08. Also running a PB was **Jen Williams** who ran in 42:04, taking nearly three and a half minutes off her previous best time.

Full results for GCRs are pasted below, and can also be viewed on the [results website](#). One GCR, **Tim Cooke**, is missing from this list, but the results for a new breakaway faction, Garden City Runners, with founder member one **Tom Cooke** are listed (Tim/Tom ran in 42:13 and was 16th in his age group).

<u>Time</u>	<u>Net Time</u>	<u>Category</u>	Cat Pos	<u>Gender</u>	Gen Pos
28	454	James HUISH		00:28:51	00:28:46
29	471	Daniel PUDNER		00:28:54	00:28:50
52	470	Peter HARVEY		00:30:08	00:30:03
57	264	Justin HILL		00:30:36	00:30:30
66	150	Richard SOMERSET		00:31:21	00:31:16
97	488	Steve ELLERD-ELLIOTT		00:32:32	00:32:22
113	611	Sean BOWEN		00:33:12	00:32:56
117	519	Peter JASKO		00:33:28	00:33:18
130	60	James MCGEEHAN		00:34:03	00:33:49
195	234	Lee WOOD		00:37:27	00:36:52

202	518	Rebecca BARDEN	00:37:42	00:37:26
221	416	Ali Riza EROGLU	00:38:43	00:38:22
236	119	Chris POOLE	00:39:37	00:39:17
252	299	Sophie PACKMAN	00:40:35	00:39:51
256	499	Robert DILLEY	00:41:07	00:40:48
267	247	Caroline GRIFFIN	00:41:42	00:41:08
270	120	Rebecca CULLERS	00:41:53	00:41:18
291	665	Jennifer WILLIAMS	00:42:49	00:42:04
293	43	Bruce JUDGE	00:42:52	00:42:07
358	464	Carol REID	00:46:38	00:45:41
368	538	Shena LANCASTER	00:46:56	00:46:05
381	460	Alida PREIS	00:48:05	00:46:45
399	265	Karen ATKINSON	00:48:58	00:47:40
448	453	Peter LAPTHORNE	00:52:02	00:51:16
456	560	Robert CARTWRIGHT	00:52:54	00:52:07
461	561	Emily HAMMOND	00:53:22	00:52:37
519	648	Charlotte JONES	00:59:50	00:58:31

Parkrun roundup

It was another busy week of parkrunning for GCRs, across Herts and beyond. Harrow featured prominently with **Dan Pudner**, **Åsa Moberg Grout** and **Caroline Griffin** travelling to Harrow parkrun where Dan finished 3rd overall in 18:43, Åsa was 6th lady in 26:00 and Caroline 7th lady in 26:13. Meanwhile, at Harrow Lodge, **James Huish** was 3rd in 19:04. **Rob Lawrence** finished 4th in 17:47 at Highbury Fields, and at Panshanger there were three GCRs in the top ten – **Rob Casserley** 2nd in 19:32, **Neil Hume** 4th in 19:55 and **Thomas Buzzard** 7th in 20:12. **Martha Hall** was 2nd lady in 21:22. Furthest travelled this week was **Andrew Knight** who came 9th at Berlin's Hasenheide parkrun in 19:20.

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

Festive 5

Don't forget that it's the Festive 5, GCR's annual Christmassy race, with chocolatey goodies for all finishers, next Sunday, 5th December at 9.30am. If you'd like to run, there are still places available – follow the link [here](#) to enter. If you'd prefer to marshal, contact Martha Hall via the GCR Facebook page or email mahall28@hotmail.com . Marshals should assemble at Stanborough Green (Lemsford Lane end) by 8 to be allocated your marshal spot from Chief Marshal Sean.

One for the Diary.....

CHRISTMAS DRINKS WEDNESDAY 8 DECEMBER

An informal GCR get together at the Attimore Hall Pub, The Ridgeway, WGC, AL7 2AD from 7pm. An opportunity to see fellow runners out of running gear and maybe there will be some Christmas jumpers? First drink on the club. Put the date in your diary!

Group Runs next week Steady Group Runs 6.30pm Tuesday 30th November and Thursday 2nd December

Normal start point; Ridgeway Academy, Hens Lane, AL7 2AF. Please use the school entrance off Hens Lane where there is plenty of parking, then walk through the school towards the floodlit pitches where you will find the entrance. Meet in the dance studio at 6.15pm for a 6.30pm start.

There will now also be steady group runs on a Thursday evening, meet at Ridgeway Academy at 6.15 for a 6.30pm start, distance of up to 10K – further details to follow on the GCR Facebook page.

Please wear bright clothing and wear a head/ body torch.

Avery League Competition

Here is the latest events list of events for the 2021 Avery League Competition.

Avery League 2021 event table

Event number	Date	Event	Venue	Status / notes
1	14th - 17th January	Virtual XC: 5 miles (free)	Runner's own course	Completed
2	4th - 7th February	Virtual 5k (free)	Runner's own course	Completed

3	25th - 28th February	Virtual XC: 5 miles (free)	Runner's own course	Completed
4	18th - 21st March	The Hour Challenge (virtual) (free)	Runner's own course	Completed
5 V	18 th April	XC (free)	Crooked Chimney	Completed
6 V	9 th May	Centenary Challenge (free)	WGC 20.20 route	Completed
7	24 th May – 6 th June	MWL – Race 1 – Mob Match (free)	Virtual 10k - Runner's own course	Completed
8	13 th June	St Albans Half Marathon £33	St Albans	Completed
9	14 th June – 27 th June	MWL – Race 2 (free)	Virtual 10k - Runner's own course	Completed
10	25 th June – 3 rd July	Welwyn 10k (virtual) £10	Welwyn	Completed
11	4 th July	Ware 10 miles £18 OR 10k £16 (virtual option £8)	Ware	Completed
12	5 th – 18 th July	MWL – Race 3 (free)	Virtual 10k - Runner's own course	Completed
13	18 th July	Herts Fast 10k £20	WGC	Completed (Replaced the cancelled Love WGC 10k)
14 V	29 th July	GCR club 3k relays (free)	Woodhall, WGC	Completed
15	2 nd – 15 th August	MWL - Race 4 (free)	Virtual 10k - Runner's own course	Completed
16	8 th August	St Albans 10k (£20)	St Albans (Highfield Pk)	Completed
17	15 th August	Lea Valley HM (£27)	Cheshunt	Completed
18	21 st August	Panshanger parkrun (free)	Panshanger Park	Completed
19 V	12 th September	GCR Centenary Loop event (free)	Stanborough Park	Completed
20	19 th September	Stevenage 10k (£17 for ARC affiliated clubs)	Stevenage	Completed

21	26 th September	Standalone 10k (£tbc)	Standalone Farm, Letchworth	Completed
22	17 th October	Sunday League XC (free)	Cheshunt	Completed
23	21 st November	Stevenage Half marathon (£26 UKA /£28)	Stevenage Ridlins Stadium	Completed
24	28 th November	Hatfield 5	Hatfield	Completed
25 V	5 th December	Festive 5	WGC Stanborough	https://www.racesonline.uk/race/try/festive5/
26	12 th December	Sunday League XC (free)	Trent Park	Details to follow
27	19 th December	Sunday League XC (free)	Stevenage (Fairlands Valley)	Details to follow

Club Kit

A reminder that new club kit is available from Kit-Meister Richard Somerset. All items cost £19.99, you can pay by cash or bank transfer, either FB message or text Richard on 07790 591868 or email rich.somerset@ntlworld.com to arrange pick-up. Kit available includes:

- Men's vests, from XS to 2XL
- Men's t-shirts from XS to 3XL
- Men's long sleeve tops S to XL (please contact Richard if you want XS or 2XL and he will place an order)
- Women's vest from XS to 2XL
- Women's t-shirts from XS to 2XL
- Women's long sleeve tops, from XS to XL

GCR Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group. It's a great way to keep in touch with your fellow club members during this time of isolation.

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/