



Garden City Runners News Release

13 February 2022

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

Sunday League XC: Royston



Above: GCRs assemble at the start of the Royston XC

GCRs are not ones to be cowed by bad weather or even extreme undulation, which was lucky as the fifth and final race in the Sunday League XC series took place at Therfield 'the blasted'

Heath, Royston, in conditions described by one runner as 'brutal'. Runners tackled a 9k course that takes in over 800 feet of elevation, with winds gusting up to 30mph and testing conditions underfoot, the local bunnies having been busy digging holes in the fields and the local trees spreading their roots in the wooded section. There was everything to play for in both the team and individual categories, with several GCRs in contention for gender and age group prizes. First GCR lady into the finish funnel was **Juliet Vine**, followed by **Lizzie Parry**, **Martha Hall**, **Helen Stafford** and **Rebecca Barden**. Congratulations to Rebecca who has won her age group W55. In the men's race, the top eight GCR finishers were **Bruce Judge**, **Chris Eland**, **Dan Pudner**, **Jack Tann**, **Chris Jones**, **Rob Casserley**, **Dom Thomas** and **Richard Somerset**. Well done to everyone who raced today and over the XC series, and a special shout out to our Team Captains **Hannah Frank** and **James Huish** for top notch support, scoring and photography. Full results to be revealed in the near future.

Love Welwyn 10K

Eschewing the fierce hills of Royston for the gentler undulations of Welwyn Garden City's west side, several GCRs showed their local pride by taking part in the Love Welwyn 10K, which takes in a tour of Handside before a loop round Stanborough North Lake. **Peter Harvey** was seventh overall and first MV50 in 38:21, with the second highest age grading. **James McGeehan** came 20th overall in 41:22 and **Nigel Cavill** and **Neil Brittain** finished in 43:10 and 43:36 respectively.



Action shots of our two top male and female finishers: Peter Harvey in patriotic mode and Sophie Packman flying home to a new pb. Photos: (c) Active Training World

First GCR lady home was **Sophie Packman**, running a smashing new 10K pb of dead on 49 minutes, fourth in her age group FV45 and tenth lady overall. **Sidney Valentine** ran in 49:27, **Elaine Moore** in 51:10 and **Matthew Hunt** in 51:10. There was another 10K pb for **Caroline Griffin** who finished in 52:55. **Michael Scutt** ran in 55:13, **Vicky Rogers** in 55:37, **Carol Reid** in 58:03, and also coming in under the hour, **Jen Denman** reports that she was pleased with her time of 58:36. **Shelby Loadsby** ran in 1:04:18, **Clare Armstrong** in 1:04:46, **Emily Shepherd** in 1:10:14 and **Beth Casserley** in 1:26:22.

London Winter 10K



GCR buddies **Peter Laphorne**, **Willow Gibson**, **Sharon Stephens** and **Caroline O'Dwyer** made their way up to London to run the London Winter 10K. Caroline reports: "It was great to be back running in the city again - a lovely flat run, and the weather held, a tad chilly but no rain. All ran well and Sharon celebrated her first 10k, finishing in a fantastic 1:02:13. There was even time for sightseeing (*left*) and making new friends (*right*) afterwards!" Caroline ran in 1:05:52, Peter 1:06:15, and Willow 1:10:21. Also braving the cold city streets was **Andy Newbury** who ran in 48.34.



Heal's Marathon 104

GCR's marathon ace **Dave Heal** has no plans to stop after achieving his 100 marathon goal. Today Dave ran his 104th event: the Marriott Way Trail Marathon hosted by Positive Steps events. The route started from Anderson Meadow in Norwich and followed the Marriott Way along a disused railway track to the finish at Aylsham Town Hall, where runners were presented with a special locomotive marathon medal (*right: Dave shows off his splendid locomotive medal at the finish*)



Dave ran this testing trail circuit in 5:41:27, a great achievement especially as Dave reports, there were "very blustery conditions, with exposed stretches along the way and slow sections of hill gradients up and down. I was pleased to finish before the heavy rain set in and enjoy a celebratory cuppa and a jammy dodger!"

GCR Awards Night – Snap up your ticket now!

Move over Golden Globes and BAFTAs, the place to be in March is the GCR Awards night, when we honour the magnificent achievements and contributions of members last year. This year's glittering occasion will be held on **Friday 18th March**. After last year's Zoom event, we return to all the fun of a face-to-face party, so get your glad rags dry-cleaned and your disco pants ironed. The venue will be in the King George Suite of the Best Western Homestead Court Hotel, Welwyn Garden City, starting at 7.30 pm. There will be a buffet meal, and after the awards, the customary disco. Tickets at only £10 per head and are now on sale [here](#).

parkrun roundup: 5 February

GCRs put in a strong showing at parkruns around Herts and beyond. **Dan Pudner** was first overall at Brentwood parkrun in 19:34. **Steve Edwards** was third at Westmill in 21:21. At Panshanger, **Dom Thomas** was fifth in 20:02, **Justin Hill** seventh in 20:13, **Neil Hume** 10th in 20:34 and daughter **Ellie Hume** was first lady in 22:12. **Andrew Holt** ran at the romantically-named Sloughbottom parkrun, finishing eighth in 21:22 and, further afield, **Sharon Threlfall** ran at Antrim parkrun with twins Acer and Jake and finished in 28:04.

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

Welwyn 10k Update

Update from Mark Ashworth, the [new] Race Director of the Welwyn 10k

Hi, let me introduce myself, I'm Mark and I've volunteered to step in to be the Race Director of the Welwyn 10k for 2022. Keep the Sunday 26th June free, it's going to be race day!

As we've been unable to hold our club's flagship event fully since 2019, with a fantastic virtual race being run in 2021 instead, we want to make a big comeback for the event in 2022 (COVID-19 allowing, everything crossed) and carry on making a significant contribution to local charities, alongside raising funds and awareness for the club.

As ever we cannot do that without the continued support of our brilliant volunteer group and this year is no different.

We will be holding our kickoff meeting for 2022 in a couple of weeks and we know we are after a couple of key players as a minimum to join our core organising team:

Social Media Mogul

- Is TikTok the sound a clock makes? No? Then maybe this could be for you?? We need someone to own updating the website with current information and garnering interest through the Facebook, Twitter and Instagram pages.

Site Manager

- Do you look good with a clipboard? Fancy running the show on Singlers Marsh come 26th June? We need someone to support organising all our amazing volunteers and helping to make sure everything runs smoothly on the day.

If you think you could support us with either of the above, or would like to help out in any other way, please let me know – please contact me directly, rather than via the club email in case it doesn't reach me.

Mark.ashworth@tesco.com , 07724 581 015

Avery League Competition

The Race Committee are pleased to be able to share the updated Avery Event Table for 2022, the updated Format and Rules, and the exciting new GCR Club Championship competition, based on feedback from the consultation in the autumn.

Please find the events table below. Events marked with a * are part of the new Club Championship competition (eight races, best five to score).

06Feb22 Update: Please note the confirmed date of the Welwyn 10k which will take place on 26th June

Avery League 2022 event table

Event number	Date	Event	Venue	Cost	Status / notes
1	16/01/2022	XC 4	Cassiobury Park, Watford	free	Complete
2	23/01/2022	Fred Hughes 10*	St Albans	£21.20 affiliated	Complete
3	13/02/2022	XC 5	Therfield Heath, Royston	free	Complete
4	27/02/ 2022	Welwyn Half*	Gosling Stadium WGC	£28.62 affiliated	https://activetrainingworld.co.uk/event/welwyn-half-marathon-2022/
5 V	12/03/2022	Panshanger parkrun*	Panshanger Park	free	https://www.parkrun.org.uk/panshanger/
6	15/04/2022	St Albans Easter 10k*	St Albans	£22.36	https://activetrainingworld.co.uk/event/st-albans-easter-10k-15th-april-2022/
7V	24/04/2022	GCR Centenary 20.2k	WGC Centenary Route	free	Club will send out details via email
8	02/05/2022	Kimpton Fun Run*	Kimpton	Entry cost tbc	http://www.kimptonmayfestival.co.uk/
9	May tbc	MWRRL 1	tbc	free	Club will send out details via email
10	June tbc	MWRRL 2	tbc	free	Club will send out details via email
11	June tbc	MWRRL 3	tbc	free	Club will send out details via email
12	June/July tbc	MWRRL 4	tbc	free	Club will send out details via email
13 V	26/06/2022	Welwyn 10k	Singlers Marsh, Welwyn	Entry cost tbc	https://www.welwyn10k.org.uk/
14 V	July tbc	MWRRL Mob Match	tbc	free	Club will send out details via email
15	July	Fairlands Valley Relays*	Fairlands Valley, Stevenage	free	Club will send out details via email
16 V	August	Leila's Run	Wheathampstead	tbc	Details tbc
17 V	September	Hatfield 5k Race 2	Hatfield	tbc	Details tbc
18	18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	https://stevenagestridersrc.org.uk/stevenage-10k
19 V	October tbc	parkrun	Westmill	free	https://www.parkrun.org.uk/westmill/
20 V	October tbc	XC 1	Cheshunt tbc	free	Club will send out details via email

21	November tbc	XC 2	Trent Park tbc	free	Club will send out details via email
22	November tbc	Stevenage Half Marathon*	Stevenage	Tbc (£28 2021)	https://stevenagehalfmarathon.org.uk/
23	December tbc	XC 3	Stevenage tbc	free	Club will send out details via email
24V	December tbc	Festive 5	Welwyn Garden City	Tbc (£6.50 2021)	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 mahall28@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/