



Garden City Runners News Release

27 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

For the diaries: GCR 40th Anniversary Family Fun Day - 10th July

An exciting date for your diaries! We are planning a family fun day at Gosling Track on Sunday 10 July to celebrate the Club's 40th anniversary. Lots of fun and games planned for all ages and abilities, with more details in due course. If you fancy getting involved in making it happen, drop a note to chair@gardencityrunners.org.uk

Be sure to keep the date!

National Cross Country Races - Parliament Hill

Not even the exciting prospect of Sunday's run down the Cole Green Way could lure our members away from travelling to this iconic cross-country meet at Parliament Hill, on Hampstead Heath, although a couple *did* manage the weekend double. Saturday afternoon's races gives a chance to compete against the best the country offers in terms of both cross-country competition and opportunities for excuses to buy new trail shoes next week (see pictures below).

The Ladies Senior Race was first up with GCR represented by Barbara Kubis-Labiak and Helen Harrison who finished their course in times of 49:20 and 52:28 respectively.

Next, Mattie Labiak, making a trip from his university base in Southampton competed in the Junior Men's Race. Mattie finished the race in a time of 43:58.

Finally, the Men's Senior Race got underway with GCR fielding a squad of eight runners. Dom Thomas was first across the line in a gun time of 59:47. Next Chris Jones finished in 1:00:45, then Steve Ellerd-Elliott (1:01:47), Mark Westley (1:02:12), Andy Holt (1:02:51), Richard

Somerset (1:04:31), Peter Jasko (1:10:17) and Paul Gatens (1:10:23). The Garden City Runners men's team came 102nd overall from 132 clubs who fielded teams.

Dom reports "Lovely day for it but couldn't quite believe how muddy and cut up the course was. Thankfully it wasn't raining! At a couple of squeeze points in the start I had to walk - the first funnel & again at the ditch - the hill with mud glistening & absolutely stank - was quite daunting. I was covered in mud come the end but some people pay for the privilege of a mud bath - I recommend they try this course for free. I counted at least 4 discarded trainers on the course - hats off to anyone who ran in a sock!!"





Welwyn Half Marathon

Garden City Runners were out in force on a sunny but very chilly Sunday morning for this year's running of the ever-popular Welwyn Half Marathon. This out-and-back, with an "in the middle" loop, takes competitors from the Gosling track, out via Ascot Lane to half way down the Cole Green Way and back again.

The first GCR back through the inflatable arch was **Herbie Hopkins** (1:21:35) who was fifth runner home and second in his 40-49 age category. **Peter Harvey** was only a couple of minutes behind Herbie in a chip time of 1:23:28, ninth overall and collecting another first place in the 50-59 age category. Having only entered the race yesterday, **Tom Wackett** was third GCR home, and nineteenth overall, in 1:27:49. **Sophie Packman** was first GCR lady in a personal best time of 1:49:11. **Martyn Perrin** finished third in the 60-69 age category in a chip time of 1:43:05.

Other club finishers were Philip Hawkes (1:32:53), Richard Robinson (1:35:05), David McCabe (1:36:47), James Dunmore (1:37:40), Spencer White (1:39:16), Russell Morris (PB 1:41:16),

Lee Mansfield (1:50:40), Paul Gatens (1:52:11), Sid Valentine (1:53:36), Barbara Kubis-Labiak (2:06:06), Maggie Wright (2:06:18), Richard Darley (2:10:10), Melanie King (2:10:45), Holly Wise (2:10:46), Jacob Kallergis (2:11:12), Kath Evans (2:23:15) and Jess Dobson (2:13:17)

A special GCR shout out to **Anna Lillie** (2:03:30) who, together with another runner, stopped just short of the finish at Gosling to administer first aid to another runner who was experiencing serious difficulties. Anna supported the runner until an ambulance arrived.





Brighton Half Marathon



David Hale ventured to Brighton on the south coast to compete in one of largest spring half marathons around. David achieved a chip time of 2:02:00 which he reports he was quite pleased with time after injury restricted preparation. He reports "a nice sunny day on the south coast, but nasty headwind in last 5k which thwarted my objective of breaking 2 hours."

Katharine Farrell also completed the race in a time of 1:59:24.

Baldock Beast Half Marathon



Steve Edwards was another to forgo an Avery point in Welwyn and instead choose to tackle the terrifyingly titled Baldock Beast Half Marathon. Steve reports "It was my second attempt at this course after first tackling it in 2020 just before the first lockdown and was pleased today to shave 11 minutes off my previ-



ous time despite the swirling wind in places! Great challenging course and I'd highly recommend it as one to tick off! I finished with a time of 1:40:15 and came 23rd of 154 runners"

David Heal does a double

David Heal came out of hibernation (*his words not mine - ed.*) this week to complete his 105th marathon on Thursday and his 125th half on Sunday.

David completed the Ricky Races Marathon at Rickmansworth Aquadrome in 5:33:19. He reports that the race was 8 laps of 3.3 miles around the lakes on good footpaths. The only test of the day was the sporadic weather; a combination of sun, rain, hail, wind, more sun and more rain ... oh, and a few fallen trees.



His 125th half marathon at Walton on Thames was hosted by Phoenix Running. David turned up the speed a notch or two for him to finish four out and back laps along the River Thames towards Hampton court in 2:9:11. David reports that the start was a bit chilly, but the sun soon warmed up the day.

St Peter's Way Ultra



Sunday saw Becca Hayden tackle the St Peter's Way Ultra race finishing second lady. Becca reports: "The route consists of 43 miles of footpath meandering through the countryside of Essex, from Chipping Ongar to the ancient chapel of St Peter-on-the-Wall at Bradwell on Sea.

It is an historic pilgrimage route dating back to the 7th century. The route was lovely with beautiful countryside on an undulating trail.

It relied on self navigation and there were a few places where it was hard to know what way to go, I did go wrong twice, only going out of the way a few 100 meters or so. After the recent rain and paths mainly through farmland meant it was a knee high mud fest in places!! (However that made it even more fun).

The last 4 miles running towards the coast we were welcomed but with headwinds, at one point it felt like Storm Franklin was back. But it was a welcome sight seeing the sea knowing we hadn't far to go. We could soon see St Peter's chapel in the distance and I wasn't far from the 1st lady (about 2 minutes ahead). My legs just couldn't go any faster and I stuck to my guns just keeping my pace going and I crossed the finish line in a time of 7:6:51 and came second lady. My emotions took the better of me when I finished! I think it was mainly relief for finishing but there was a lovely atmosphere of people cheering us home that added to the emotion.

It was a great race, very well organised and a chance for me to see yet another beautiful part of the UK!"

Sunday XC League - Final Individual Results & Age Category Placings

The individual results for the Sunday Cross-Country races are now on the Run Herts [website](#).

GCRs scoring top ten places in their age categories are as follows:

Senior Women: Juliet Vine 3rd

WV35: Helen Stafford 6th

WV45: Martha Hall 3rd

WV55: Rebecca Barden 1st

MV40: Rob Casserley 7th, Neil Hume 10th

MV50: Bruce Judge 2nd, Chris Eland 3rd

MV60: Ali Eroglu 10th

Congratulations to everyone above and to all those GCRs who ran all meets on the fixture list.

Herts Vets XC Champs - Sunday 27 March at Trent Park

This is perhaps the last XC fixture for the winter season and a great opportunity for GCR to reclaim lots of the medals that we collected in 2020. Details here and the entry fee is covered by the GCR race budget – [Link here](#)

The races start with the Vets Men (40-59) running at 11am (6M) and the Vets Women (35+) and Men (60+) running at 12pm (4M). You'll need to have been born or live in Herts, be EA registered and if you would like to run, please send **James** your Name, DOB and EA number.

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: 26 February

Another busy parkrun Saturday for GCRs around Herts and beyond.

Daniel Pudner was first over the line at Southall in 17:45, with **Asa Moberg Grout** taking fifth lady position in 25:23. At Panshanger, **Lauren Potter** was first lady to pick up a token in 23:02, while **Jack Tann** was second overall in 19:06. There was a pre-run round of applause for **Nick Portalski** who ran his 200th parkrun, while sporting an appropriately numbered balloon, in a time of 23:16. At Gadebridge, **Alex Faulkner** was fourth lady in a time of 27:44, while at Stevenage **Caroline Hale** picked up the same finishing position in 21:41. **David Ackerley** was fifth across the line at the same run, in a time of 19:06.



Caroline O'Dwyer, Peter Lapthorne, Sharon Stephens and Mark Sloan(?) continued with their exploration of local parkruns, and which manages to successfully combine running with excellent post-run coffee and cakes. This week they ventured to a sunny and flat Gunpowder and of course couldn't resist the obligatory photo.

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

27Feb22 Update: A reminder from the Race Committee that you will score an Avery and Club Championship point *only* if your race entry is in your name. GCRs who accept a transfer from another runner without informing the race organisers will not score Avery or Championship competition points.

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).

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
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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	Complete
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	T b c (£ 2 8 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	T b c (£6.50 2021)	Club will send out details via email
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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/