



## **Garden City Runners News Release**

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

### **GCR Awards Night – Last Chance to Get Your Ticket!**

**A reminder that tomorrow, 7<sup>th</sup> March, is the deadline for booking your place at the party of the year – over 100 GCRs have already secured their place, so don't miss your chance!** This year's glittering occasion will be held on **Friday 18<sup>th</sup> 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](#).

### **Club Member of the Year:**

Chair **Jane** has smashed a magnum of Prosecco against the side of the Good Ship GCR, and declared voting open for the GCR Club Runner of the Year. This is the most important award of the night, as it is the only one that is voted for by the membership. The link to vote is on the GCR website:

<https://www.gardencityrunners.org.uk/the-club/nominate/>

You can nominate two GCRs and there's space to give the reasons for your nomination.

## Cambridge Half

A contingent of GCRs travelled up the A1 to Cambridge to take part in this popular spring half, following a fast and (mostly) flat route that wends its way around and about Cambridge, starting



and finishing on Midsummer Common and taking in sights such as the grounds of King's College and Jesus College. All top four GCR finishers – **Dan Pudner**, **Rob Casserley**, **Richard Somerset** and **Dom Thomas** (*pictured left, the fab four celebrate their new pbs*) scored pbs of 1:17:13, 1:18:59, 1:24:43 and 1:27:15 respectively, as did GCR's first lady **Helen Stafford**, running in 1:42:27.

**Behzaad Ghouse** ran a whopping six

minute pb, reporting: "I crossed the finish line in 1:42:36 – I really enjoyed the atmosphere, the course and the cheering from all the spectators." Also running personal best times were **Becky Cullers** (running with her dad on his first ever half) in 1:51:31, and **Alex Faulkner**, also running for the first time at this distance in 1:48:50.

**Elaine Moore** ran a pb of 1:52:28, and, despite not feeling well in the later stages of the race, **Helen Paine** missed her pb, set four years ago, by only 23 seconds to finish in 1:53:25. Get well soon, Helen! Full results for GCRs taking part in the race are below. *Pictured right: GCR women all set at the start*



139	7989	1:17:13	<a href="#">Daniel Pudner</a>	(M) 20-24
203	2992	1:18:59	<a href="#">Robert Casserley</a>	(M) 45-49
482	8968	1:24:43	<a href="#">Richard Somerset</a>	(M) 50-54
649	9370	1:27:15	<a href="#">Dom Thomas</a>	(M) 35-39

849	7824	1:29:08	<a href="#">Jason Pike</a>	(M) 40-44
1200	934	1:33:16	<a href="#">Nigel Cavill</a>	(M) 45-49
1780	2629	1:38:05	<a href="#">Neil Brittain</a>	(M) 45-49
2426	9020	1:42:27	<a href="#">Helen Stafford</a>	(F) 40-44
2458	4487	1:42:36	<a href="#">Behzaad Ghouse</a>	(M) 40-44
2518	7896	1:42:56	<a href="#">Christopher Poole</a>	(M) 35-39
2676	2124	1:43:42	<a href="#">Rebecca Barden</a>	(F) 55-59
2692	1202	1:43:48	<a href="#">Michael Paine</a>	(M) 55-59
3573	4133	1:48:50	<a href="#">Alex Faulkner</a>	(F) 20-24
3665	11705	1:49:13	<a href="#">Anna Lillie</a>	(F) 40-44
3812	12693	1:49:59	<a href="#">Stuart Wonfor</a>	(M) 45-49
4096	3511	1:51:31	<a href="#">Rebecca Cullers</a>	(F) 20-24
4264	7063	1:52:28	<a href="#">Elaine Moore</a>	(F) 40-44
4443	1201	1:53:25	<a href="#">Helen Paine</a>	(F) 45-49
4879	6780	1:55:34	<a href="#">Ellena McCurry</a>	(F) 20-24
5172	4777	1:56:50	<a href="#">Caroline Griffin</a>	(F) 45-49
5397	12236	1:57:53	<a href="#">Victoria Rogers</a>	(F) 35-39

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5784	7619	1:59:36	<a href="#">Darren Parkes</a>	(M) 45-49
8935	6890	2:27:21	<a href="#">Alison Meaden</a>	(F) 55-59
9460	1386	2:40:05	<a href="#">Caroline O'Dwyer</a>	(F) 55-59

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Above: the GCR gang at the finish. Richard Somerset looks happy about his pb.

## **Essex 20**

Kath Evans took part in this challenge at Uttlesford, Essex, and finished in 3:39:37.

## **parkrun roundup: 5 February**

GCRs put in a strong showing at parkruns around Herts and beyond.

**Sharon Stephens** (*right*) sent this report on her run at Westmill: "Peter and I (travelled up to Ware for the parkrun at Westmill. We were aware the course would be challenging with the hills and undulating sections but the mud added another dimension, making it incredibly heavy underfoot. It was a tough run and we were glad to conquer it and will re-visit, and of course we awarded ourselves with coffee and a big helping of carrot cake." Meanwhile, at Panshanger, **Dom Thomas** was 8<sup>th</sup> in 20:32 and **Bruce Judge** 11<sup>th</sup> in 20:48. **Tom Wackett** was first into the finish funnel at South Oxhey in 21:17. Somewhat further afield, **Sharon Threlfall** ran Amsterdamse Bos parkrun in 25:40.



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](mailto: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	Complete
5 V	12/03/2022	Panshanger parkrun*	Panshanger Park	free	<a href="https://www.parkrun.org.uk/panshanger/">https://www.parkrun.org.uk/panshanger/</a>
6	15/04/2022	St Albans Easter 10k*	St Albans	£22.36	<a href="https://activetraining-world.co.uk/event/st-albans-easter-10k-15th-april-2022/">https://activetraining-world.co.uk/event/st-albans-easter-10k-15th-april-2022/</a>
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	<a href="http://www.kimptonmayfestival.co.uk/">http://www.kimptonmayfestival.co.uk/</a>
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	<a href="https://www.welwyn10k.org.uk/">https://www.welwyn10k.org.uk/</a>
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 Race 2 5k	Hatfield	tbc	Details tbc
18	18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	<a href="https://stevenagestridersrc.org.uk/stevenage-10k">https://stevenagestridersrc.org.uk/stevenage-10k</a>
19 V	October tbc	parkrun	Westmill	free	<a href="https://www.parkrun.org.uk/westmill/">https://www.parkrun.org.uk/westmill/</a>
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)	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
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](mailto:rich.somerset@ntlworld.com) to arrange pick-up.

"Puffa" jackets are also available for £42, please contact Martha Hall on [mahall28@hotmail.com](mailto: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](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/)