



Garden City Runners News Release

8 May 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

The Midweek League Needs YOU!

It's the first race of the first Midweek Road Running League next Wednesday, 18th May, and GCR needs as many members as possible to take part, as runners or volunteers if you're not able to run. Don't worry about your pace – no-one is 'too slow' to count and the more runners we have, the better we will do. It's also a great opportunity to race against our friendly rivals from local clubs for the first time in person since 2019.

MWL rep Helen Paine has sent helpful instructions about collecting your race number, below:

"I will be at Ridgeway Academy on Tuesday 10th May, both before and after the 6.30pm session, and also at Gosling just before 8pm on Thursday 12th for those attending the track session, to distribute race numbers. If you are not able to collect your number before the race, you can collect it on the day at Ridlins. Please remember your safety pins.

Once you have a race number, this remains your race number for the rest of the season so please do not lose it!

Please only collect a race number if you are intending to take part in race 1. We are trying to ensure we have enough numbers, having received a limited, although we hope sufficient, allocation. We will reassess following race 1 and will plan to have race numbers available at each venue for those who did not take part in race 1.

Volunteers needed for Race 1

If you are unable to run, we do need a couple of non-running members to help both before and after the race. Before the race, we need someone available to issue race numbers. We also need two results recorders - one for the men's results and one for the ladies' results. The ability to spot a GCR vest and write legibly would help as the recorders stand just beyond the finish funnel, with GCR runners needing to make themselves known to the recorder at the end of the race so

their name and finish position can be recorded. Please let me know if you can help - email at helenpaine@hotmail.co.uk"

Race details:

Date

The race is on Wednesday 18th May 2022.

Venue

Ridlins Athletics Stadium, Woodcock Road, Stevenage, SG2 9QZ

Parking

There is a car park that can take approx 100 cars, but Woodcock road will be available to park on, and the local roads off Woodcock too. Please car share where possible.

Race start time

7:45pm

The route

The race will start on the athletics track. It is an out and back route with approx 50-60 meters of climb, almost exclusively on the wide pedestrian/cycle paths. The turnaround point is a small loop before coming back the way you came. The race will conclude with a lap on the track.

Post Race

There will be light refreshments, just enough to replace basic energy and fluid lost from racing. Do not expect an elaborate buffet!

Marshals and volunteers

We are always in need of people that can help. If any non-runners can help then please put them in touch with us.

First Aid

The contact number for Hearts Services is 07919 893095. This is to be used only if you see a runner in distress and cannot resolve their problem. In case of any medical emergency, always call 999 **first**.

Kimpton May Fest 'Fun Run'

With Championship and Avery points up for grabs, GCRs converged on the village of Kimpton where an off-road 10k 'fun' run features as part of the annual May Festival, taking place in person for the first time in three years after an enforced break.

The course follows a scenic route through bluebell woods and fields around Kimpton, up to Ayot



St Lawrence and a downhill finish to the recreation ground. First home for GCR ladies was **Caroline Hale**, fourteenth overall; next, continuing her run of excellent form was **Helen Stafford**, with **Rebecca Barden** third. It was great to see **Veronica Shadbolt** back in a

Above: GCRs at the start of the Kimpton May Fest Fun Run

GCR vest, putting in a strong performance to finish fourth GCR lady, with **Anna Lillie** not far behind in fifth. For the men, **Peter Harvey** finished first GCR and fourth overall, **Tom Buzzard** was second and fourth overall, **Richard Somerset** third and 6th overall, **Dom Thomas** fourth and seventh overall, and **Steve Ellerd-Elliott** fifth and eighth overall. *Right: Peter Harvey inculcates Steve Ellerd-Elliott into the GCR secret handshake, while Dave Desborough looks on in disbelief. Below: Smiling GCR ladies.*



Full results are below:

4	Pete Harvey	00:39:24
5	Tom Buzzard	00:39:49
6	Richard Somerset	00:41:48
7	Dom Thomas	00:42:11
8	Steve Ellerd-Elliott	00:42:18
14	Caroline Hale	00:44:44
15	Peter Jasko	00:45:22
19	Dave Desborough	00:46:27
26	John McDowall	00:48:18
27	Jamie Rose	00:48:34
29	Lee Mansfield	00:49:05
33	Helen Stafford	00:50:02
35	Rebecca Barden	00:50:13
37	Veronica Shadbolt	00:51:31
38	Mark Ashworth	00:52:08
40	Dave Edwards	00:52:29
42	Anna Lillie	00:53:02
44	James Aitchison	00:53:07
62	Peter Sawko	00:57:29
63	Jessica Ellis	00:57:37
66	Sidney Valentine	00:58:39
73	Alan Donovan	01:01:23
75	Melanie King	01:03:14
84	Kath Evans	01:08:33
85	Clare Armstrong	01:08:38
87	Katharine Farrell	01:09:35
90	Samantha Hastie	01:25:13
91	Charlotte Jones Jacqueline	01:25:14
92	McCallum	01:25:40
93	Jane Molloy	01:25:43

Vitality London 10K



While some GCRs were staying local at Kimpton, others travelled south to take part in the Vitality London 10K, a speedy road race around the streets of the city. First GCR finishers and only slightly behind the great Mo Farah (finishing second behind an even speedier 'club

runner' - and there's nothing wrong with that we say) were **Dan Pudner** in 35:57 and **Rob Cas-serley**, running a new 10K pb of 36:24. First ladies over the finish line were **Zoe Stephens**, 20th in her age group in a time of 41:58 and **Alex Faulkner**, clocking a fabulous new pb of 46:27. **Hannah Frank**, coming back strongly from injury, ran in a speedy 47:02. Full results for GCRs taking part in this event are available [here](#).

Above: GCRs assemble at the start of the Vitality 10K.

Greenway Challenge

Hannah Frank and **Richard Darley** (*pictured right*) both donned their GCR vests and made the short journey north to circumnavigate the "other" Garden City. Organised by North Herts Road Runners the Greenway Challenge, returning after a two year hiatus, starts and finishes at the Standalone Farm Centre in Letchworth. The sign-posted path follows the same principle as the WGC 20:20 route, a circular tour of Letchworth on (mainly) trails and tracks with just the minimum of road. Conditions were perfect albeit a little warm and well-stocked cake stand at the finish was a welcome site. Richard ran in 2:13:31 while Hannah bagged the better cake selection getting home in 1:49:38.



Herts Sprint Triathlon

Several GCRs took part in the HSV Spring Triathlon at Herts Sports Village on Sunday 8th May.

Barbara Kubis-Labiak (pictured, right) sent this report:

"I did the HSV Sprint Triathlon, an annual event organised by Tri Force Triathlon Club, at the Herts Sports Village today. It's the second or third time I've done this triathlon and really enjoyed it. It's great for anyone new to triathlons or if you want to improve your time. I improved my swim time and did the 400m pool swim in 10:53, 21km bike ride in 50:18, and the 5k run in 26:43.

I managed transition time really well, definitely better than during my previous triathlons, so overall I'm very pleased with my result. Dorney Lake next!



Also taking part were GCRs **James Dunmore** and **Richard Robinson** (left) – James reports: "I completed my first ever triathlon today, the HSV sprint.

A really well run event, starting with a pool swim at the university, a cycle out and back to Jersey Farm and a run around Ellenbrook Fields.

I finished in 1:17.45, consisting of an 8 minute 400m swim, about 45 minute 20K bike ride, and a 5k run in 20:23.

I'm very happy with my time, and looking forward to taking on the Olympic distance at Stanborough Lakes in two weeks' time."

Chiltern Ridge 50K Trail Ultra

Behzaad Ghouse represented GCR at the Chiltern Ridge 50km Trail Ultra on Saturday 7th May.

Behzaad sent this report: "Set in the heart of the Chiltern Hills, this was a challenging single loop course that takes runners on a stunning journey along The Ridgeway, Chiltern Way and Ashridge Estate. The course offers a variety of terrain, combining forest running, ridgeline views and picturesque countryside.



The course had an elevation profile of 2854ft/835m. I ran in 05:29:28. My overall position was 79th out of 200 runners."

Left: Behzaad contemplates the road ahead at the Chiltern Trail Ultra.



Harvey's Hitchin 10K

Peter Harvey, decked out in his trademark full union jack kit (*pictured right*) was the only Garden City Runner tackling the undulating Hitchin 10k on 1st May. He finished seventh out of 520 starters in 37:14, just beating an average speed of 10mph and was first in his age category: MV50, as well as first age graded male.

parkrun roundup: 7 May

It was a busy weekend of parkrunning for GCRs, with runners taking advantage of the brighter weather to venture further afield for a spot of parkrun tourism. **Becky Cullers** was sixth lady at Moors Valley parkrun in a speedy 23:34. At Stevenage, **Rob Casserley** was fourth overall in 18:53 and **Zoe Stephens** was first lady in 21:09. At Mile End, **Dan Pudner** was fourth in 17:25 and **Richard Somerset** ran a scorching 18:51, not far off his parkrun pb. At Panshanger, **Dom Thomas** was eighth in 20:02 and **Chris Eland** not far behind, ninth in 20:09.

Caroline Hale was second lady at Cassiobury in 20:37. At Jersey Farm, **Andrew Holt** was ninth in 20:36. **Tom Wackett** was fifth at Dunstable Downs in 20:22 and **Steve Williams** was ninth at Bolberry Down parkrun in 23:28. **Sharon Stephens** sent this report from Letchworth parkrun: **Peter Laphorne, Willow Gibson, Debbie Pierson** and I (*pictured left*) travelled up to Letchworth for a nice relaxed run, as we were still tired after our 10k run on Monday. Just as we arrived the heavy rain started and we were made aware that the course would be slippery. As we started the rain stopped and bright skies appeared and we ran down a gentle hill with green fields either side. We were all enjoying the countryside and then, as we turned to go up the hill, there was the mud. Mud, glorious mud, sticking to your trainers making lovely squelching sounds with each stride, but we made sure firm imprints



were made and we conquered. To celebrate our victory we all had an awesome brekkie." **Samantha Hastie** won this week's prize for most intrepid parkrunning, completing the Alstervorland parkrun in Hamburg, Germany in 36:42.

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

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.

Club AGM reminder

This year's Annual General Meeting will be held on **Monday 23 May 2022** at 7.30pm. To make the meeting accessible to as many members as possible, it will be hosted virtually using Zoom, with a link being sent to members shortly before the event.

AGENDA

1. To receive the Chair's Report.
2. To receive the Treasurer's Report and Financial Statements.
3. To receive the Membership Secretary's Report.
4. To receive the Captains' Report
5. Notification of proposed changes to the Club's Constitution
6. Election of Officers.
7. Election of Committee Members.
8. Any Other Business.

ANY OTHER BUSINESS.

Any member wishing to place business on the Agenda must give written details via email to the Secretary secretary@gardencityrunners.org.uk not later than Monday 9th May

ELECTIONS (of Officers and Committee Members)

Nominations for election should be sent to the Secretary secretary@gardencityrunners.org.uk via email not later than Monday 9th May with the email containing the following information:

- Name of person nominated
- Position nominated for
- Name of proposer
- Name of seconder

We currently have some gaps on Committee that require filling to allow for the normal business of the Club to be undertaken:-

- Treasurer (Committee Officer)

- Committee Members with particular interest in the following
 - Technology Support
 - Social Secretary
 - Volunteer Co-ordinator
 - Marketing & Social Media

More information on what each of these roles entails is available on request from chair@gardencityrunners.org.uk

Next GCR Beginners' Course starts 10th May

Do you know anyone who would like to start running? We have the answer! Our next 10 week beginners' course starts 6.15pm on Tuesday 10th May at Ridgeway Academy. This friendly course is aimed at people with little or no previous running experience. It's a 'Couch to 5k' programme - gradually building up from 60 second jogs in week one to doing a 5k by week 10. More information can be found on the club website <https://www.gardencityrunners.org.uk/membership/beginner-course/> or email beginners@gardencityrunners.org.uk.

Welwyn 10k Update

Get ready for GCR's flagship event - the Welwyn 10K - on Sunday 26th June. Held at Singlers March, as part of the Welwyn Festival, the Welwyn 10K is a fully supported and chip timed race that raises vital funds for local charities and helps to promote the club in the local community. Get your entries in early for this year's event, and please help spread the word to any non-GCR friends!

To guarantee your place (and that Avery point!) please sign up here - <https://my.raceresult.com/194228/>

If you're unable to run (or just can't face White Hill again!) there are plenty of opportunities to get involved and help support the running of the event, both on the day and in advance. Please contact Rachael Everard (07889383355) or Mark Ashworth to find out how you can help!

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).

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 park run*	Panshanger Park	free	Complete
6	15/04/2022	St Albans Easter 10k*	St Albans	£22.36	Complete
7V	24/04/2022	GCR Centenary 20.2k	WGC Centenary Route	free	Complete
8	02/05/2022	Kimpton Fun Run*	Kimpton	Entry cost tbc	Complete
9	18/05/2022	MWRRL 1	Hitchin	free	Details sent via email
10	25/05/2022	MWRRL 2	Ware	free	Club will send out details via email
11	01/06/2022	MWRRL 3	Harlow	free	Club will send out details via email
12 V	26/06/2022	Welwyn 10k	Singlers Marsh, Welwyn	£18.00 affiliated	<u>Enter here</u>
13	30/06/2022	MWRRL 4	Therfield, Royston	free	Club will send out details via email
14 V	06/07/2022	MWRRL Mob Match	WGC	free	Club will send out details via email

15	21/7/2022	Fairlands Valley Relays*	Fairlands Valley, Stevenage	free	Club will send out details via email
16 V	August	Event tbc	tbc	tbc	Details tbc
17 V	14/09/22 [Race 1 7/09; Race 3 21/09]	Hatfield 5k Race 2	Hatfield	£8.00 per race affiliated	https://my.racere-sult.com/192992/
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
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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 ma-hall28@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/