



Garden City Runners News Release

10 April 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

Kew Gardens 10k and Half Marathon



Tendy St Francis (*left*) and Valerie Levison (*right*) both completed the Kew Gardens 10k race on Saturday morning. Advertised as London's flattest 10k, the course has a net drop of 5 feet, starting outside the Hive on the Broadwalk and finishing outside the famous Palm House. Valerie completed the distance in 1 hour and 11 minutes while Tendy, fresh from her "New Beginner" award and in preparation for the Easter weekend St Albans 10k, crossed the line in 1 hour 23 minutes. In the Half distance, Dan Pudner ran in 1:23:49 and was 24th overall; Åsa Moberg-Grout and husband Steve Grout ran together and finished in 2:15:51.

Garden City Ramblers head out again



The newly-formed Garden City Ramblers spin-off enjoyed its second outing today — a picturesque six-mile circular walk from Preston via Kings Walden in brilliant spring weather. Pictured in the group are Joy Allen, Mick and Sandra Wise, Sue Fletcher, Lucy Iles, Gareth Askey and Jerry Gilbert. These are typically 6-7 mile Sunday walks on some of the County's lesser known trails, and are largely aimed at those who are injured, retired ... or who are generally looking for a recovery day from running. Anyone interested in participating, contact: jerry@jgp-pr.com

parkrun roundup: 9 April

Sidney Valentine, together with a considerable posse of club members ventured north to run at Stevenage. He achieved a time of 25:07 and was seventh in his age category. First lady home was GCR's **Caroline Hale** in a time of 21:12 with **Zoe Stephens** second. **Helen Paine** was fifth



lady. Maggie Wright picked up a course PB.

Sidney with the GCR posse at the Stevenage parkrun

Nick Portalski was a GCR runner who ventured outside Hertfordshire running at Hogmoor In-closure in Whitehill, Hampshire. Nick reports, "It's one of three near my parents (the other two being Queen Elizabeth, one of the hilliest in the country, and Alice Holt). First time I've run it so I collected an "H" in the alphabet. Very friendly bunch (and a loyal volunteering team - someone was celebrating their 100th and 50th volunteering achievement). It's a two lap woodland course on old army land. Mix of wood and sandy trails and gorse lined heath. On paper it's quite flat but a sandy middle section saps the speed. I came 13th (which was a higher position than I realised - should have pushed for top ten). 7/10 would run again."

Peter Jasko made his debut at Westmill and was second across the line in a time of 22:21.

Lauren Potter was third lady at Preston Park, Brighton. **Steve Ellerd-Elliott** was a first-timer at The Pastures and finished second male in a time of 20:36. **Philip Hawkes** was also second at Dunstable Downs in 20:39

There were PBs at St Albans for **Johan Preis & Sanjeev Kaushal**, while at Panshanger **Thomas Buzzard** set himself a new PB of 18:59.

This week's prize for furthest travelled [probably] goes to **Fredi Giliberti** who travelled to the fabulously named Kagerzoom, north of Lieden in The Netherlands. Fredi crossed the line in 24:49.

All results for GCRs taking part in Saturday's parkruns can be viewed [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.

Summer Bridge to 10K Programme

Hopefully those of you that attended the Awards Night are keen to do more running and get one of those much-coveted participation medals. Or maybe you would like to enter Welwyn 10k, our prestigious Club event, but not sure you can do it?

Well, GCR will give you the confidence to enter and enjoy these events with a **six-week programme** to take you from 5k to 10k. This structured programme, led by experienced Club Run Leaders and running on Thursday evenings, will start on Thursday 5th May (6.30pm). The only criteria are that you are a Club member and can already run/jog a steady 5k (pace not important).

If you think this is exactly what you have been looking for to motivate you to the next level of your running journey, join the fun! Your 'graduation night' will be 16th June, just in time for the Welwyn 10k on 26th June.

We need to know the number of interested participants for planning purposes, so please register your interest by emailing runleaders@gardencityrunners.org.uk by **midnight on Sunday 29th April**

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).

10 April Update: Please note further details of this year's Hatfield 5K races

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	Complete
6	15/04/2022	St Albans Easter 10k*	St Albans	£22.36	https://activetraining-world.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	18/05/2022	MWRRL 1	Stevenage	free	Club will send out details 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	Leila's Run	Wheathampstead	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	De- cem- ber tbc	Festive 5	Welwyn Gar den City	T b c (£ 6 . 5 0 2 0 2 1)	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 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/