



Garden City Runners News Release

15 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 this week

A reminder to all GCRs that this week is the first race of the first Midweek Road Running League next Wednesday, 18th May at 7:45 (Ridlins Athletics Stadium, Woodcock Road, Stevenage, SG2 9QZ). 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.

If you were 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.

GCR 40th Anniversary Celebrations 10 July – Hold the Date

It's 40 Years since our wonderful club was born. Plans are shaping up for our Sunday Funday on 10 July - an afternoon of fun and games for all the family.

There will be food involved – did somebody mention cake? Make sure you hold the date. Watch this space for more details shortly.

Copenhagen Marathon

Both **Anna Lillie** and **Richard Darley** travelled to Denmark to join 11,000 other runners in the Copenhagen Marathon. Richard also topped up with Copenhagen parkrun on Saturday!

Richard reports, "Only the second marathon for me so there's always that sneaking suspicion that the first one was completed with an element of beginners luck and that the "difficult second" might be an embarrassing crash and burn affair at 30km with an early tram ride back to the hotel. Sunday didn't start well when a three inch rip developed in my left shoe when I tightened the shoe-laces. I had visions of running as in an uplifting British movie where the floppy-haired lead overcomes adversity and finishes the last 5km in bare feet as his shoes disintegrate around him.

I decided to run with the 4hr 50 minute pacer from the start and pretty much stayed with them the whole course which is a completely flat meander around the sites of central Copenhagen. While there was support all the way around, it wasn't the barrage of screaming and shouting that London is known for, and there were lots of opportunities to dodge bicycles and couples pushing prams across the street.

I was relieved and surprised to see Anna at the finish line with a welcoming bottle of water and a guiding hand to the nearest collapsing point.

Altogether a very pleasant way to spend a Sunday morning."

Richard finished the distance in 4:50:05 while Anna ran a PB in 3:55:36 – both pictured, below.



Spencer White takes on the Outlaw Half Nottingham

Spencer White (*pictured, below*) travelled to Nottingham to take part in the challenging Outlaw Half. Steve writes: "Today I completed my first middle distance Triathlon (1/2 Ironman) when I competed in the Outlaw Half Nottingham. My total finish time was 5 hours 45 minutes easily beating my aim of 6 hours 30 minutes.

My times were:

Swim - 1.2 miles (1.9km) - 39 minutes.

Ride - 56 miles (90km) - 2 hours 56 mins. (a new PB for 90km)

Run - 13.1 miles (21.3km) - 1 hour 55 mins.

The swim went really well and on the ride I felt great on the TT bike. The run was very tough. Very hot, and two brutal hills, but I got under 2 hours which I was aiming for".



Time trials at Wodson Park

Peter Harvey was among 52 runners who gathered to ran 5000m time trial races organised for Isla Threlfall to help Isla fundraise to go to the World Scout Jamboree in South Korea. Peter writes: "There were PBs a plenty at Wodson Park, Ware by GCRs in a series of 5000m time trial races. This was despite the day being rather warm with a taxing wind". The event raised over £600, well done all!

Results can be found here: [Link to results](#)

Dorney Lake Eton Sprint Triathlon

Barbara Kubis-Labiak (*pictured, below*) travelled to Dorney Lake to take part in the Dorney Lake Eton Sprints triathlon on Sunday 15th May. Barbara reports: "This is the second triathlon of the season and one I also did a year ago. It's a great event, very well organized, although same as a year ago, it was rained throughout the event. I'm now beginning to think it always rains at Dorney Lake! I completed the 750m swim in 23:23, 21k bike ride in 46:48 and the 5k run in 27:17, overall 1:43:54"



parkrun roundup: 14 May

Saturday was a perfect weather day for a parkrun, for some GCRs it meant a local run, and others travelled further afield.

Richard Darley (*pictured, right*), who travelled all the way to Copenhagen's Amager Fælled parkrun, reports: "I had a gentle trot around the Amager Faelled parkrun In Copenhagen on Saturday morning. Two and a half laps around a huge expanse of parkland just out of the centre of town. The run, the longest running parkrun outside the UK, celebrated its 13th anniversary on Saturday and welcoming finishers cakes were on hand for everyone at the end"



Sharon Stevens (*pictured, below*) travelled to Edinburgh parkrun and sent us her run report:

Sharon reports: "This weekend I travelled up to Edinburgh for a wee weekend break and could not resist taking the opportunity of packing in my running gear and getting an E ticked off on my A to Z Parkrun list. I decided to choose Cramond Parkrun, which lies just north of Edinburgh. The parkrun is an out and back along the side of sea, so relative flat along a promenade and finishing section along a grassed section lined with trees. The views are magnificent, and it's a very un-spoil area and the folk here are most welcoming.

Cramond today had bright skies and was about fifteen degrees and the parkrun proved to be very popular, as 447 runners had turned out and all looking very athletic, and I instantly knew this was going to be a competitive race for some. I found the course is relative flat and lots to see, but at the 2.5k section of the course there was a slight headwind both refreshing but tough as you are met with a slight incline. I would recommend this parkrun and I enjoyed it and so pleased that I got a new PB 28.37 parkrun time and 28.28 on Strava - Whoop Whoop!" Well done, Sharon!



At Panshanger, **Bruce Judge** was third overall in 19:23 and **Rebecca Barden** was third lady in 24:44. **Samantha Hastie** was seventh lady at Foro Italico parkrun in 36:21. **Thomas Buzzard** was second at Henlow Bridge Lakes parkrun in 18:47. At Storeys Field parkrun, Dan Pudner was sixth in 16:47 and **Robert Casserley** finished 29th in 18:30.

Other parkruns visited by GCRs included: Zuiderpark, The Old Showfield, Jersey Farm, Brooklands, Pocket, Sixfields Upton, Reigate Priory, Northala Fields, Preston Park, Wimpole Estate, Gadebridge, Gunpowder, Stevenage, Westmill, Greenock, Oak Hill, Minehead, Eastleigh, Bedford, Ashford, St Albans and Luton Wardown.

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

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 parkrun*	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	Stevenage	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	Enter here
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 Race 2 5k	Hatfield	£8.00 per race affiliated	https://my.raceresult.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/