



Garden City Runners News Release

18 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

St Albans Easter 10K

With Championship and Avery points up for grabs, GCRs were out in force on Good Friday for this fast and flat(ish) 10K which starts from Highfield Park, and follows an out and back route along the Alban Way with a Sleafshyde loop adding interest. First over the line for GCR was **Peter Harvey** in a new 10K pb of 36:52 and also winning his category MV50. Next was **Daniel Pudner** in 38:42, followed by **James McGeehan** in 39:12 and **Steve Ellerd-Elliott**, also running a new 10K pb of 39:28. First for GCR ladies was **Zoe Stephens** in 45:41, with **Helen Stafford**, also ringing the celebratory pb bell, not far behind in 46:27. Next for GCR ladies and also running a pb was **Sophie Packman** in 48:38.



Above: GCRs at the start of the St Albans Easter 10K

Full results:

14	Peter HARVEY	00:36:58	00:36:52
28	Daniel PUDNER	00:38:48	00:38:42
34	James MCGEEHAN	00:39:18	00:39:12
37	Steve ELLERD-ELLIOTT	00:39:34	00:39:28
42	Dom THOMAS	00:39:49	00:39:41
47	Richard SOMERSET	00:40:03	00:39:57
80	Peter JASKO	00:42:40	00:42:30
85	Russell MORRIS	00:42:56	00:42:46
89	Neil BRITTAIN	00:43:01	00:42:32
108	Steven EDWARDS	00:44:14	00:44:04
119	Nigel CAVILL	00:44:44	00:44:16
143	Zoe STEPHENS	00:46:08	00:45:41
155	Helen STAFFORD	00:46:55	00:46:27
167	Lee MANSFIELD	00:47:35	00:46:57
186	Jamie Thomas ROSE	00:48:22	00:47:42
203	Rebecca BARDEN	00:49:09	00:48:41
217	Sophie PACKMAN	00:49:46	00:48:38
246	Anna LILLIE	00:51:10	00:50:06
252	Sidney VALENTINE	00:51:23	00:49:41
265	Chris MCGURK	00:52:03	00:50:58
267	Elaine MOORE	00:52:12	00:50:30
272	Freda GILIBERTI	00:52:29	00:51:19
279	Caroline GRIFFIN	00:52:51	00:51:47
305	Thomas PARMLEY	00:54:01	00:52:30
309	Matthew HUNT	00:54:11	00:52:23
333	Maggie WRIGHT	00:54:55	00:53:35
349	Robert SAVILLE	00:55:32	00:53:43
411	Holly WISE	00:59:04	00:57:38
413	Katharine FARRELL	00:59:08	00:58:02
418	Shena LANCASTER	00:59:16	00:57:35
432	David SELWOOD	00:59:57	00:58:10
437	Melanie KING	01:00:07	00:58:41
480	Sharon STEPHENS	01:02:46	01:00:59
495	Alison MEADEN	01:04:10	01:02:24
505	Kath EVANS	01:04:37	01:02:19
544	Peter LAPTHORNE	01:07:42	01:05:44
568	Caroline OÆDWYER	01:10:33	01:08:47
603	Willow GIBSON	01:16:38	01:13:33
621	Jane MOLLOY	01:21:50	01:18:47
624	Rebecca LEWIS	01:22:37	01:19:32
633	Charlotte JONES	01:29:50	01:26:44
634	Tendy ST FRANCIS	01:29:50	01:26:45
635	Louise QUANTICK	01:29:50	01:26:43



Left: GCRs Charlotte Jones, Louise Quantick and Tandy St Francis cross the line together at the St Albans 10K. Photo: Active Training World

Right: GCR men celebrate podium places and new pbs – l-r Dom Thomas, Dan Pudner, Peter Harvey, Steve Ellerd-Elliott, Richard Somerset and James McGeehan



Boston Marathon and Half Marathon



Who needs Boston MA when there's Boston UK? Two inspiring GCR ladies headed up the A1 to Lincolnshire take on the half marathon and marathon distances in this English alternative to the famous American event. GCR super vet **Anne Henson** ran the marathon distance with her son **Michael**, [pictured left] finishing in a fantastic sub-five hour time of 4:58:46, and winning silver in her age category V60. **Martha Hall** ran the half marathon distance and was third female overall and first in her age category V40 in a time of 1:26:32.

Brighton Marathon

In other marathon news, **Andy Gittins** ran last weekend's Brighton Marathon and reports he was "absolutely ecstatic to have run a time of 2:54:12 - a 4 minute pb!" Congratulations Andy - who tells us that the day after he felt "very tired and very sunburnt" - all spring marathon runners will relate. *(Right: Andy enjoying a well-deserved celebratory beer on Brighton beach)*



parkrun roundup: 16 April

The Easter holiday and spring sunshine saw many GCRs take on parkruns across Hertfordshire and beyond. A contingent of GCRs headed to Rickmansworth, from where **John McDowall** sent this report: "A thirty minute trip to Rickmansworth parkrun for a car load of GCRs, all on the recommendation of a nice fast course. **Richard Somerset** had ran three sub 20 PRs on the trot and was snuffling about for a fourth one. John McDowall sniffed the chance of a sub 21 5K. **Johan Preis** and his good wife **Alida** came along too, and as it was Johan's birthday he was already having a good day. It was certainly a great location, with the course taking in two laps round the traditional parkrun lake, pan flat and a very nice cafe with plentiful outdoor seating for afterwards, which was a boon on a glorious early summers day. We spotted two other GCRs, **Michael** and **Joanne Grant**, also engaging in a spot of parkrun tourism.

"The Badger was first home in 11th place, with the sub 20 target achieved in an impressive 18.54. John giraffed round in his sub 21 target and a parkrun PB of 20.57 in 31st place. The birthday boy Johan also ran a parkrun PB in an impressive 21.25 (41st), and Michael and Joanne were next GCRs home in 63rd and 139th in 22.46 and 26.11 respectively. Alida was 248th in 30.27, managing a very spirited sprint into the funnel at the end as her legs loosened up after a long run on the Saturday.

"Afterwards we retired to the cafe for some well-deserved coffee and some of Richard's lemon drizzle cake which I can report was firm, held together well and was mostly certainly not soggy bottomed."

Another parkrun tourist, **Rob Jones**, sent this report from Haldon Forest parkrun in Devon: "Two intrepid GCRs, Rob Jones and **Brad Smith**, headed to Haldon Forest from their separate holiday

digs this morning. They were greeted with a well-presented Forestry Commission woodland, high above the Exe Valley. Misty views prevented any views from the clearings, but the light and mist presented a very atmospheric surrounding. Two loops - one 2k, the other 3k were punctuated by two hills to make Heartbreak Hill and Cardiac Hill in Tewin seem tame by comparison. This is an excellent parkrun with a top coffee shop afterwards. Well recommended." Also on their travels in Devon were **Wayne Aylott** and **Tom Rogers**, who ran the UK's second most challenging parkrun at Woolacombe Dunes. Full results for GCRs taking part in Saturday's parkruns can be found [here](#). Below: our Devon parkrunners (l-r) Brad Smith, Rob Jones, Wayne Aylott and Tom Rogers



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**

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	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	Hitchin	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	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/