



Garden City Runners News Release

20 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

GCR Awards Night

After a two-year hiatus due to the p*****c it was great to see so many Garden City Runners scrubbing up and putting on their best bib and tucker at this year's Awards Night & Party held, this year at the Homestead Court Hotel in Welwyn Garden City.

It was great to be subjected only to sight of Peter's dodgy Highland Fling Extravaganza rather than the vagaries of dodgy Wifi connections and Zoom calls cutting out.

Congratulations to all those who received trophies and medals.

Avery Trophy – Women	1 st Kath Evans 4 th Alida Preis	2 nd Charlotte Jones 5 th Rebecca Barden	3 rd Caroline Griffin 6 th Emma Dempster
Avery Medals – Women	All of the above plus Sharon Threlfall, Hannah Frank, Melanie King, Helen Stafford		
Avery Trophy – Men	1 st Peter Harvey 4 th Wayne Aylott	2 nd Steve Ellerd-Elliott 5 th Richard Somerset	3 rd Peter Jasko 6 th Rob Dilley
Avery medals – Men	All of the above plus Dai Selwood, Justin Hill, Daniel Pudner, Brad Smith		
Midweek League Virtual Men Trophies	1 st Bruce Judge	2 nd Neil Hume	3 rd Herbie Hopkins
Midweek League Series Finisher – Men inc. Mob Match volunteers	4 out of 4 virtual, 28: Peter Harvey, Steve Ellerd-Elliott, Peter Jasko, Wayne Aylott, Richard Somerset, Rob Dilley, Dai Selwood, Justin Hill, Daniel Pudner, Brad Smith, Bruce Judge, Sean Bowen, Ali Riza Eroglu, Johan Preis, Neil Hume, Tom Parmley, Mark Ashworth, James Aitchison, Tim Cooke, Herbie Hopkins, Michael Paine, Steve Button, Paul Guy, Terry Fowler, James Dunmore, Neil Matthews, Ricardo Neto, Richard Robinson		

Midweek League Virtual Women Trophies	1 st Caroline Hale	2 nd Hannah Frank	3 rd Rebecca Barden
Midweek League 100% attendance – Women inc. Mob Match volunteers	4 out of 4 virtual, 29: Kath Evans, Charlotte Jones, Caroline Griffin, Alida Preis, Rebecca Barden, Emma Dempster, Sharon Threlfall, Hannah Frank, Melanie King, Helen Stafford, Carol Reid, Jen Williams, Jo C Grant, Katy Hayes, Jane Molloy, Rachel Everard, Sofie Marchant, Gemma Sloan, Louise Smith, Sophie Packman, Willow Gibson, Yvonne Jones, Alex Faulkner, Barbara Kubis-Labiak, Sheena Lancaster, Caroline O'Dwyer, Helen Paine, Caroline Hale, Louise Beale		
Sunday XC League Women	1 st Juliet Vine	2 nd Martha Hall	3 rd Helen Stafford
Sunday XC League 4/5 scoring attendance (Women) Series Finisher, inc volunteers	Juliet Vine, Martha Hall, Helen Stafford, Rebecca Barden, Katy Hayes, Emily Hammond, Martha Hall. Jo Grant, Jen Williams, Alida Preis, Kath Evans		
Sunday XC League (Men)	1 st Bruce Judge	2 nd Dan Pudner	3 rd Chris Eland
Sunday XC League 4/5 scoring attendance (Men) Series Finisher Including volunteers	Bruce Judge, Chris Eland, Daniel Pudner, Rob Casserley, Neil Hume, Thom Buzzard, Steve Edwards, Nick Portalski, Peter Sawko, Sidney Valentine, Richard Somerset, Sean Bowen, Paul Gatens, Johan Preis, Lee Mansfield, Steve Grout, Ali Eroglu, Steve Williams, Dai Selwood, Richard Darley, James Huish		

Award	Winner	
GCR Star Beginner	Tendy St Francis	Honorable mention: Val Levieson
Most Promising New Member - Male	Thom Buzzard	Honorable mention: Dom Thomas
Most Promising New Member - Female	Katherine Farrell	Honorable mentions: Ellie Hume, Cecilia Darcy
Most Improved Runner – Male *	Steve Ellerd-El-liott	Honorable mention: Chris Jones
Most Improved Runner – Female *	Sophie Packman	Honorable mentions: Hannah, Helen Paine, Alex Faulkner
Award for Achievement	Juliet Vine	For achieving a time of 2hrs 54mins on her marathon debut, 5 th placed lady at Newport marathon and an invitation to represent Hertfordshire at National XC
Award for Excellence	David Heal	For completing 100 Marathons
Special Award	Becca Hayden	For her achievements in Ultra marathon runs in 2021/2 and her promotion of support for mental health
Running Community Award	Dave Edwards	Ever his presence and supportive encouragement at Track – even when injured

Bouncing Back Award	Russell Casey	For his visible presence and encouragement of others when unable to train. Model of good practice in pacing of recovery and commitment. Special mentions: Veronica Shadbolt, Tom Parmley & Anne Henson
Lifetime members	Veronica Shadbolt	
Club Member of the Year (committee vote)	Rob Cartwright – For being an all-round good bloke and diamond geezer	
Club Runner of the Year (member vote)	Sophie Packman – For running in practically every race going, her tireless encouragement of others, boundless energy and hosting the best post-race brunch meet-ups	



Message from Dave Heal

Good afternoon Jane & All Members of our great running club. I would like to thank you all for a wonderful evening at the awards ceremony and presenting me with my Excellence award trophy for running 100 marathons.

Wow I am truly grateful for being recognised for this achievement and my only wish now is that I have somehow demonstrated and inspired some of you within the club to take up the challenge and anything is possible if you believe in yourself.

When I first joined the club in 2001 there was of course a handful of serious multi-day or every weekend marathon runners who were already members of the 100 marathon club GBUK ie Dennis & Eleanor Draper, Denys Baudry, Nick Genever And of course the wonderful late Leila Taylor.

I would run with them on either the 6.00pm or 6.30pm group on Tuesdays in those days and would listen to many a tale of accomplishment after a weekend of marathoning around the

country or worldwide by these very inspiring runners. I have fond memories of these great athletes and I shall put this trophy to the middle of my display cabinet with pride of great times, inspiration and friendships.

I strongly believe now is the time for other members in our great club to take on the challenge and push the boundaries in running and bring other members to run 100 marathons and be initiated into the 100 marathon club GBUK and our great club like my friendly adversaries have done so before me and some still are. It's always been my utmost intention to inspire the next generation of new members joining our club by doing long detailed write ups and explanations about my marathons and the circuits-Sorry some of them have gone on a bit ,I am sure your all bored of them all now Ha! Ha! I promise I shall continue.

If I can inspire a small percentage of many of you who are members of our great friendly club then I have achieved my ultimate goal.

It's great to see quite a few very talented athletes within the club who are already pushing the boundaries in running and excelled and going further than the marathon and into Ultra distances I wish then all the best in their journeys.

I am sure some are going go further and achieve far more than myself, which makes me very happy.

A toast to you all onwards to new Garden City Runners achievements, goals and record breaking!!!

Kind regards Dave Smurfy Heal

London Marathon Club Places

Congratulations to Steve Edwards and Dom Thomas who were the names out of the (actual) hat at Friday night's London Marathon draw. Steve picked up the volunteers draw place with Dom getting the guaranteed English Athletics place.

BMAE



Last Saturday **Martha Hall** became (as far as we know) the first ever GCR to take part in the BMAF national vets' cross-country championships. Held this year in the beautiful grounds of Somerhill School, Tonbridge in Kent, it was closer to home than usual. On a strength-sapping undulating course over 6km, Martha finished in 27:39, 3rd of 19 in her FV45-49 category, and won a prestigious national bronze medal. In the same race, **Richard Bloom**, running for Herts Phoenix, took the gold in the MV75-79 category, in 32:42.

Dave Heal Runs Another Marathon

Fresh from his award on Friday evening Dave completed his 126th Half Marathon the following morning on fuelled and powered by the spirits of celebratory Amstel 66 from night before. This run at Walton on Thames was to celebrate a truly amazing runner "Rhino Boy" Chris Green who raises thousands of pounds for the Save the Rhino Foundation every year.

Dave reports, "I ran 4 trail muddy laps of 3.28 miles with lots of puddles in 2hrs 29mins 3secs , alongside the tow path in the best sunniest day yet this year. The first lap was a struggle to stay on the tow path not and not fall in the Thames. I strongly wouldn't advise anyone running a half marathon the day after an excellent awards ceremony, with lack of sleep & hungover!! Crazy Dave I guess."



parkrun roundup: 19 March

Despite Friday's late night, GCR representation at Saturday parkruns was only three down on last week as members gathered to await the 3-2-1 Go! up and down the country.

Most stayed local with a strong turnout as usual at Panshanger. **Bruce Judge** was first GCR home, and fourth runner overall, closely followed by **Steve Ellerd-Elliott**, with **Dom Thomas**, getting in some early London marathon training, making up the GCR triumvirate. **Rebecca Barden** was first GCR lady and third overall. Special shout-outs to chief grumpy **Dave Edwards** making his first run out at Panshanger since injury struck last year and to **Sanjeev Kaushal** who achieved a PB after also "PB-ing" last week.

A small posse of GCR ventured to the sixth running of the University Parks PR in Oxford to celebrate **Steve Grout's** 250th parkrun. Steve completed his



5k in 23:53 and was accompanied on the trip by Alex Faulkner, Åsa Moberg Grout, Caroline Griffin, and Dan Pudner, who achieved fourth place and a PB for all his 169 parkruns of 17:02. Needless to say, the event was rounded off with breakfast and coffee at a local establishment.

Tom Wackett ventured to Black Park where he took the second place slot, **Rob Hughes** took the same spot at Barclay and **Thomas Buzzard** was third up the finishers funnel at Gunpowder.

Kath Evans, Nick and **Karen Atkinson** preferred the whiff of ozone and chips as they ventured up the prom, prom, prom in Great Yarmouth.



Caroline O'Dwyer and **Sharon Stephens** headed up to London for the parkrun at Victoria Docks. Sharon reports, *"the weather was glorious, and it was a lovely flat run along the docks with some cobblestones and bollards to manoeuvre. Caroline did brilliantly and didn't let her heavy cold hold her back and came in second in her age group. I was so pleased too and came third in my age group with a time of 29.33."*

All results for GCRs taking part in Saturday's parkruns can be viewed [here](#)

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

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 , 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).

20 March Update: Please note further details of this year's MWRRL 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://activetrainingworld.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	Ridlins, 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	June tbc	MWRRL 3	tbc	free	Club will send out details via email
12	22/06/2022	MWRRL 4	Therfield, Royston	free	Club will send out details via email
13 V	26/06/2022	Welwyn 10k	Singlers Marsh, Welwyn	Entry cost tbc	https://www.welwyn10k.org.uk/
14 V	06/07/2022	MWRRL Mob Match	WGC	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	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
-----	--------------	-----------	--------------------	------------------	--------------------------------------

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/