



Garden City Runners News Release

22 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

Mid-Week League Race 1 – Hitchin @ Stevenage

Congratulations to the record 111 GCR runners who journeyed to Stevenage on Wednesday for the first Mid-Week Road Race of the season. Although the results are still a work in progress it's safe to say that GCR got off to a flying start and are topping the tables on all fronts.

See you all in Ware this Wednesday!

Hampton Court Palace 10k



Valerie Levison and **Tandy St Francis** completed the Hampton Court Palace 10k race on Sunday 22 May. Valerie completed the course in 1:11:05 while Tandy wasn't far behind, crossing the line in 1:22:14. After the race, Valerie and Tandy got to meet a previous occupant of the palace.

Tandy & Valerie meet the King

Wheathampsted 10k

Closer to home, a handful of GCRs joined this usually popular local race today. It was the usual scenic and 'undulating' route out from Marford playing fields up the Ayot Green Way, before looping back, via the hills, fields and lovely views across the Lea Valley. The sun shone throughout, which would have been lovely for the family fun back at base, but a source of much griping from the runners! **Dave Edwards** led the GCRs home in 51:02, followed by **Elaine Moore** 53:45, **Maggie Wright** 58:20, **Richard Brown** 1:02:11, **Charlotte Jones** 1:21:56, **Jane Molloy** 1:22:38, and **Samantha Hastie** 1:24:08. The queue for the ice cream van at the end was mercifully short. Having to retire early with an injury, **Jacqueline McCallum** returned to start to cheer home the finishers and to help **Sue Fletcher** dish out Welwyn 10k flyers.

London Greenways Challenge: Celandine Route

As part of their London Greenways Challenge, which involves running a different route in London every month, **Ann Hayden and Barbara Kubis-Labiak** ventured to Pinner, to start *The Celandine Route*.

Barbara reports: "The route itself stretches for 12 miles from Pinner, along the River Pinn, and finishes in Cowley on the Grand Union Canal. It's almost hidden and it was easy to forget that we were in London while running. So many green spaces, conservation areas and wildlife. The route passes through Eastcote House Gardens, Hillingdon House Farm and Dowding Park, ending near Uxbridge."



Ann reports: "The Celandine Route did not disappoint with plenty of beautiful off road through West London incorporating woods and meadows along the river Pinn. The clouds cleared and the sun shone as we made our way from Pinner south towards Yiewsley. Great company, great weather and a great route made for a Super Saturday."

Hertfordshire Triathlon 2022

James Dunmore, Richard Robinson and **Spencer White** all participated in this year's Hertfordshire Triathlon which was based at Stanborough Lakes.



Spencer (*pictured left*) managed to knock 8 minutes off his overall time from last year's event which he was thrilled about. Spencer's overall time of 2:37:55 put him 55th overall and 16th in his age category

James reports, "fabulous weather for it, and the lake was a tropical 17 degrees. Two laps of the lake (1.5k), and then onto a 2-lap loop to Wheathampsted totalling 38k. Then four 2.5km "S" laps of the South Lake for the 10k. Great event, (I) really enjoyed it, very well run. It has been a goal of mine to do this since 2012 when I watched the Brownlee brothers at the London Olympics. I didn't quite match their times though!" James finished in 2:43.21, beating his 2:45 target, with 35min swim, 1hr 20min cycle and a 43min 10k (with MWL legs!).

Richard reports, "great early conditions for the swim and the bike made way for a very sunny and warm run. Some great performances out there and we both finished in 2hrs 44 mins with James just a smidgeon ahead after a great run. Really good event and so much fun to take part in. If anyone is thinking of taking on the challenge of triathlon I can 100% recommend it."



Call for "Race For Life" Volunteers

The club always provides many volunteers at the local Race for Life event that raises incredible sums of money for Cancer Research UK. It is always inspirational to cheer on many people who are running their first race due to a life changing event.

This year it takes place on the morning of Sunday 29th May at Stanborough Lakes. Could you let Sue know if you can help fletchsue@yahoo.co.uk and she will have more details soon.

If you can't make Sunday, she is also looking for helpers at the Pretty Muddy event on Saturday 28th. Same venue and same charity.

parkrun roundup: 21 May

Ten GCRs made an early start from WGC, travelling by overground, underground, Docklands Light Railway and on foot to Victoria Dock parkrun in London's Docklands. The parkrun, reputed to be one of the fastest in the country, takes in two laps of an out and back by the water's edge. Group leader **Richard 'Badger' Somerset** was the first GCR home, finishing in fifth place in 19:09 and second-highest age grading. Only two seconds behind was **Steve Ellerd-Elliott** in 19:11, followed by **Peter Jasko** in 21:43, **Rebecca Barden** in 22:42 and second lady, **Caroline Griffin** in 24:35, **Anna Lillie** in 24:52, **Kath Evans** in 29:51 and **Willow Gibson** in 34:13. The group cooled down after their effort with a stroll to a nearby cafe for coffee and croissants, enjoyed in the sunshine with accompanying inquisitive pigeons.



Elsewhere, GCRs were out in force throughout the land. **Martha Hall** was first lady at Panshanger in 21:11, where **Rob Casserley** and **Chris Eland** placed fourth and sixth respectively. **Sanjeev Kaushal** picked up yet another PB as did **Elaine Moore** and **Henry Bostock**.

Lee Wood, hopefully running at least partially clothed, made his debut at Kings Lynn.

Mike and **Sandra Wise** ventured to the west coast of Scotland with a trip to the Agnew run in Stranraer crossing the lines as both tenth gentleman and lady.

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.

Welwyn 10k - Call For Volunteers

Garden City Runners' flagship event, the Welwyn 10K, is taking place on Sunday 26th June and the organising team are in desperate need of volunteers to help ensure the event is a success. This year is extra special as the club celebrates its 40th anniversary and a return to an in-person

Welwyn 10K event after a two-year hiatus. The event raises vital funds for local charities, including Herts & Essex Air Ambulance and Herts Young Homeless.

Based on previous years, we estimate we will need around 40 volunteers to make sure that we can deliver a smooth and successful race day, so any help is very much appreciated.

To get involved please contact Rachael Everard on 07889383355 or Rachael.everard@gmail.com, indicating if you have a preference for any roles and/or whether you plan to combine volunteering with running. A draft list of volunteer opportunities available is detailed below, subject to finalisation. Thank you to those who have already offered to volunteer!

If you are not available around race day but are keen to help please do get in touch with Rachael or another member of the organising team to see how you can support in the run up to the day. *indicates a role that could be carried out and combined with completing the run on the day so please consider volunteering even if you have already enter or plan to enter

Pre-event

- Road closure sign set up and delivery (week prior to race day) x4
- Course measurement and marking – *Peter Harvey*
- Site set up* (Saturday 25th June) x4 (will also require access to a van)
- Course signage set up* (Sat 25th June) x2
- Course check* (Sunday morning) – a walked/ run/ cycled lap of the route to check for any issues

Race day (Sunday 26th June)

- Site Manager
- Registration desk* x3
- Chief Marshal – *Sue Fletcher*
- Marshals – at least a dozen on course marshals will be needed, Sue Fletcher will share further communication re marshalling soon but please let us know if you are willing to marshal
- Water stations x6
- Cake stall x2
- MC – *Fyl Newington*
- Finish line (t-shirts, water, bananas) x4
- Trophy presentation support – *Peter Harvey*

Post-race (Sunday 26th June afternoon/ early evening)

- Course signage removal* x2
- Site take down* x4 (will also require access to a van)

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

Date	Event	Venue	Cost	Status / notes
16/01/2022	XC 4	Cassiobury Park, Watford	free	Complete
23/01/2022	Fred Hughes 10*	St Albans	£21.20 affiliated	Complete
13/02/2022	XC 5	Therfield Heath, Royston	free	Complete
27/02/ 2022	Welwyn Half*	Gosling Stadium WGC	£28.62 affiliated	Complete
12/03/2022	Panshanger parkrun*	Panshanger Park	free	Complete
15/04/2022	St Albans Easter 10k*	St Albans	£22.36	Complete
24/04/2022	GCR Centenary 20.2k	WGC Centenary Route	free	Complete
02/05/2022	Kimpton Fun Run*	Kimpton	Entry cost tbc	Complete
18/05/2022	MWRRL 1	Stevenage	free	Complete
25/05/2022	MWRRL 2	Ware	free	Club will send out details via email
01/06/2022	MWRRL 3	Harlow	free	Club will send out details via email
26/06/2022	Welwyn 10k	Singlers Marsh, Welwyn	£18.00 affiliated	Enter here
30/06/2022	MWRRL 4	Therfield, Royston	free	Club will send out details via email
06/07/2022	MWRRL Mob Match	WGC	free	Club will send out details via email
21/7/2022	Fairlands Valley Relays*	Fairlands Valley, Stevenage	free	Club will send out details via email
August	Leila's Run	Wheathampstead	tbc	Details tbc
September	Hatfield 5k Race 2	Hatfield	tbc	Details tbc

18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	https://stevenagestridersrc.org.uk/stevenage-10k
October tbc	parkrun	Westmill	free	https://www.parkrun.org.uk/westmill/
October tbc	XC 1	Cheshunt tbc	free	Club will send out details via email
November tbc	XC 2	Trent Park tbc	free	Club will send out details via email
November tbc	Stevenage Half Marathon*	Stevenage	Tbc (£28 2021)	https://stevenagehalfmarathon.org.uk/
December tbc	XC 3	Stevenage tbc	free	Club will send out details via email
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/