



Garden City Runners News Release

24 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

WGC Centenary Run Sunday 24 April

Today 63 Garden City Runners embarked on (what has now become an annual event) a journey along the Welwyn Garden City Centenary route, 20.2km distance in total one lap clockwise. Many runners commented what a lovely morning it was, with bright and sunny weather.

The event was made possible by Sue Fletcher, Richard Somerset and Peter Harvey who organised and managed the run, thank you all.

Well done to the GCRs who took part - first three home were **Herbie Hopkins** in 01:26:25, **Peter Harvey** in 01:29:23 and **Rob Casserley** in 01:29:27, and for the ladies **Helen Stafford** in 01:48:02, **Belinda McGinley** in 01:54:11, **Sophie Packman** in 01:57:08 and **Alex Faulkner** in 01:57:20 – well done all!





Photos above: GCRs taking part in the Centenary run

Richard Somerset reports: *"I think the staggered start worked well, so we could all finish at approximately the same time. We will most likely run this event again next time, but possibly anti-clockwise!"*

Thanks to Pete for being my co-organiser, to Sue and Chris for timekeeping and to Holly and Caroline for handing out much needed water at the drinks station at Tewinbury Farm.

Also big thank you to Ellie Mansfield for her cakes and cookies sale at the finish"

Results: Centenary loop, c/w, 20.20km (12.5miles), Sunday 24th April 2022

1	Herbie Hopkins	01:26:25	31	Daniel Ashcroft	01:57:21
2	Peter Harvey	01:29:23	32	Lorenzo Franchi	01:57:51
3	Rob Casserley	01:29:27	33	Elaine Moore	01:57:52
4	Richard Somerset	01:29:33	34	Russell Casey	01:58:50
5	Steve Ellerd-Elliott	01:30:12	35	Michael Paine	02:01:45
6	Dom Thomas	01:30:58	36	Veronica Shadbolt	02:01:54
7	Tom Buzzard	01:31:06	37	Andy Newbury	02:01:55
8	Paul Guy	01:33:54	38	Hannah Frank	02:03:25
9	Tom Wackett	01:35:30	39	Rebecca Barden	02:03:25
10	James Benfold	01:35:30	40	Sydney Valentine	02:05:19
11	Russell Morris	01:40:17	41	Dave de Naeyer	02:05:32
12	Nick Portalski	01:45:31	42	Behzaad Ghouse	02:05:36
13	Spencer White	01:45:34	43	Rebecca Cullers	02:05:37
14	Alan Routledge	01:45:38	44	Jim Davis	02:08:37
15	Michael Grant	01:45:57	45	Ross Martin	02:08:48
16	Peter Jasko	01:46:15	46	Jo C Grant	02:09:17
17	Michael Tandy	01:46:45	47	James Aitchison	02:09:20
18	Helen Stafford	01:48:02	48	Richard Darley	02:15:25
19	Martyn Perrin	01:48:34	49	Maggie Wright	02:15:26
20	Alex Malzer	01:49:08	50	Nigel Cavill	02:15:51
21	Markus Allen	01:50:43	51	Neil Brittain	02:15:51
22	Johan Preis	01:51:06	52	Mel King	02:15:59
23	Lee Mansfield	01:52:53	53	Dai Selwood	02:19:26
24	Belinda McGinley	01:54:11	54	Alida Preiss	02:26:10
25	Richard Sidlin	01:54:11	55	Karen Atkinson	02:27:31
26	Ali Eroglu	01:55:48	56	Alison Meaden	02:29:49
27	Jamie Rose	01:56:08	57	Katharine Farrell	02:30:01
28	Sophie Packman	01:57:08	58	Graham Neville	02:30:58
29	Alex Faulkner	01:57:20	59	Kath Evans	02:34:46
30	Daniel Pudner	01:57:21	60	Charlotte Jones	03:02:06
			61	Willow Gibson	03:02:07
			62	Sharon Stephens	03:17:09
			63	Caroline O'Dwyer	03:18:02

Maverick Originals Buckinghamshire

Jen Denman and **Thomas Parmley** did the Maverick Originals Buckinghamshire race on Saturday, the long route option of 22km over the hills of the Chilterns. **Jen** reports: "*Beautiful route but punishing ascents, and sometimes descents were as tough! It was a really well organised race, with a short (8km), middle (14km) and long distance options starting at Princes Risborough school.*"

Some congestion at the start with an immediate steep uphill section ending in a kissing gate but after mile 3 everyone was spread out nicely and we followed beautiful footpaths and tracks through bluebell woods and across chalk downs and fields. I finished in 2 hours 32 mins and Tom in 2 hours 36 mins"



Photos above: Jen and Thomas

Roding Around 'Lite' Marathon

Becca Windsor Hayden ran the Company of Runners' Roding Around Lite trail ultra-marathon on Sunday, starting from Cammas Hall Fruit farm in the Hamlet of Morrell Roding. This self-guided, self-fueled (no pit stops) trail took in eight Roding Villages and one lost Hamlet (the largest group in the country to bear a name) created from the Saxon invasion of the 6th century.

Becca reports: *"The route was absolutely stunning and the weather that greeted us as we started soon after 8.15am was lovely (if not a little too hot at times). Being self-guided we relied on maps, gpx and other runners to navigate the trails and being self-fueling meant we had to carry enough fuel and water to get us to at least mile 20 where we were able to use a tap in the grounds of St Mary's church to top up our water.*

I was a bit anxious about today's run as I have just come back from injury but the beautiful countryside and wildlife including deer made it so worthwhile and was definitely good for my mental health! It was so quiet and peaceful!

The run was very friendly, well organised and had a good sense of camaraderie between runners. I was very shocked to find out I was 1st lady and 2nd overall in a time of 4 hours 26 minutes when I finished"

Photo below: Becca with her medal



Herts Vets Track Champs

Peter Harvey took part in the Herts Vets Track Championships on Saturday, and was third vet in the 5000m distance, second in MV50, in 18 minutes 28.4 seconds.

Fellow **Paul Faulkner** did well in the discus and shot put, winning his age category.

Worthing Runfest

It was a trip down to the south coast for Worthing Runfest for the Marchant's on Sunday. **Sofie Marchant** ran the 10km with **Louie** in the buggy in 56 mins 40 and **Paul** ran the half marathon in 1 hour 49 mins.

Well done to the Marchant family!

parkrun roundup: 23 April

Rebecca Barden celebrated her **100th parkrun** at Panshanger on Saturday, and what a great turnout it was! Runners and friends gathered to run, celebrate and eat all the lovely cakes that Rebecca prepared for the occasion. **Rebecca** was fourth lady with an impressive finish, in a time of 23:24.



Many other GCRs took part, with **Paul Guy** finishing third in 19:59, followed by **Mattie Labiak**, who came back from Uni for a short visit, in 20:07.

Tom Wackett attended the Grovelands parkrun, Enfield, and came fourth in 19:15. **Lee Wood** and **Jim Davies** visited the St Albans parkrun, and finished in 23:39 and 26:25, respectively.

Neil Brittain and **Nigel Cavill** took part in the Rickmansworth event, finishing in 20:14 and 21:19

Westmill parkrun attracted some GCR visitors, too, with **James Huish** and **Martyn Perrin** running in 19:41 and 24:13, respectively.

Other GCRs ventured north to Stevenage. **Caroline Hale** was second lady home in a time of 21:01, with **Zoe Stephens** third in a time of 21:13. **Maggie Wright** and **Joy Allen** finished in

27:53 and 37:48.

At Gunpowder, **Richard Willcox** finished in a time of 19:42 and **Gemma Sloan** in 32:18. **Steve Button** did Perry Hall parkrun in 25:03, and **Philip Hawkes** took part in Cassiobury, finishing seventh in a time of 19:15.

Matthew Harden and **Tony Harden** took part in Barclay parkrun, finishing in 26:28 and 31:51, respectively.

Juliet Vine was first lady home and second overall at Jersey parkrun, in a time of 19:10.

Other parkruns visited by GCRs included Bideford (**Tom Rogers** in a time of 26:35), Pocket, where **Steven Rivett** took part. **Daniel Pudner** and **Steve Grout** travelled to Manor Field where Daniel finished third overall in a time of 19:06, and Steve in 24:57.

Andrew Holt took part in Jersey Farm parkrun in a time of 21:22, **Caroline Griffin** and **Kath Evans** travelled to Dunstable Downs and finished in 25:59 and 31:10, respectively. Caroline was third lady home.

Samantha Hastie visited the Drumpellier Country parkrun crossing the finish line in 34:16, and Elizabeth Russell travelled to Henlow Bridge Lakes where she finished in a time of 34:16. Daniel Ashcroft took part in Bury Field and finished in a time of 23:33.

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	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	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	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	Leila's Run	Wheathampstead	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	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
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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/