



## Garden City Runners News Release

27 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](mailto:results@gardencityrunners.org.uk)*

### **Becca Bags Bedford Ultra Gold**

Our ultra-running ace **Becca Hayden** was in action at the 321 6 hour ultra around Marston Moretaine in Bedford. Becca reports: "It was a pretty flat route which led me to go out a bit too fast. However, weather conditions were perfect and soon I was clocking up the miles. I managed to do the marathon distance in 3 hours 50 minutes, and then chose to slow down a bit for the last few laps as I was worried about getting injured. My legs were becoming increasingly stiff! The route was scenic and well-marked, looping around the lake and fields. The marshals were lovely and supportive and everyone was so friendly and welcoming, which is one thing that I have really noticed at ultras, what a great atmosphere there is. I finished running just over 35 miles in a time of 5 hours 20 mins. I was First Lady and also ran the furthest distance for a lady on the day, as well as clocking a new 50K pb." *Above: Becca celebrates with her First Lady trophy and finisher's medal*



### **Preis on fire as GCRs tackle Lee Valley Run Fest**

A small cohort of GCRs set off early on a chilly Sunday morning, travelling southwards to take

part in the Lee Valley 10K and Half Marathon, both events starting and finishing at the White Water Centre and following a flat course around the park. There were strong performances over both distances: in the 10K, all four GCRs ran in under the hour. **Ali Riza Eroglu** was first home in 48:38, 3<sup>rd</sup> in his age group V60; **Karen Atkinson** finished in 57:08 and was 2<sup>nd</sup> V60; **Carol Reid** ran in 58:36, and **Shena Lancaster** was 4<sup>th</sup> V60 in 59:21. In the half, **Johan Preis** smashed his previous half pb by over eight minutes to finish in 1:36:23 and fifth in his age group V50. **Lee Wood** also ran a pb in the half distance, in 1:48:33 – Lee reports that it was unexpected as he's still recovering from a bout of Covid. Also in action were **Thomas Parmley**, running in 2:05:07 and **David Selwood** in 2:14:22.

### **GCRs bring home gold at Herts Vets XC**



A contingent of our well-matured members represented GCR at the Herts County Vets cross country meet up at Trent Park on Sunday. GCR teams delivered an outstanding performance – **Bruce Judge, Peter Harvey, Richard Somerset** and **Lee Mansfield** won the MV50 team gold and Bruce was third MV50. **Stuart Mann** was second in the MV70 race.

Meanwhile, the slightly younger **Chris Eland, Paul Guy, Andrzej Gasiorowski** and **Herbie Hopkins** scored a silver in the MV40 competition. In the women's race, **Martha Hall** was first V45, **Veronica Shadbolt** was second FV55, and the women's team including **Yvonne Jones** were first FV45 team. Well done all!

*Above: Team GCR at Trent Park*

### **Bedford Autodrome 20 miles**

GCR's Sean Bowen was in action at the Running Grand Prix at Bedford Autodrome. Sean completed the 20 mile course in 2:44:15 and was 2<sup>nd</sup> in his age group V55.

## **Garden City Ramblers Set Off Next Sunday**

GCR's inaugural walk, led by Jerry Gilbert, will now take place next **Sunday, April 3** (this Thursday's walk has been cancelled). Meeting instructions remain the same: assemble at 9am outside L'Olivo Restaurant near Wheathampstead (AL4 8NH). There is plenty of roadside parking on the Marford Road. This will be a 6-mile (scalable) circular trail walk out to Gustard Wood, Lamer Park, Bride Hall etc. Please email ahead if you plan to join: [jerry@igp-pr.com](mailto:jerry@igp-pr.com).

## **parkrun roundup: 26 March**

Beautiful weather brought GCRs out in force for Saturday's parkruns, with several travelling beyond the Herts' borders for a spot of parkrun tourism. At Westmill, **Thomas Buzzard** was first finisher in 19:06 and **Steve Edwards** sixth in 22:16. Birthday boy **Dan Pudner** celebrated his anniversary with a trip to Wimpole Estate, where he was third in 18:17. A large turnout of GCRs were in action at Panshanger, where **Tom Wackett** finished fourth in 19:32 and **Steve Ellerd-Elliott** eighth in 19:59. **Stu Whitford** ran a new parkrun pb of 21:51 and **Helen Stafford** also clocked a pb of 22:53 and was second lady. It was great to see **Hannah Frank** back after injury, running a speedy 24:28 to finish fifth lady. Meanwhile, **Sharon Stephens, Peter Lap-**



**thorne, Debbie Pierson, Caroline O'Dwyer and Willow Gibson** (pictured left) headed to Harlow parkrun, from where Sharon sent this report: "A lovely sunny morning greeted us. The run had an uphill start, which flattens out then a small downhill section followed by some twist and bends. We all enjoyed the run and good times were achieved, me 29.41, Caroline 34.10, Peter 30.57, Debbie 33.00 and Willow 34.17."

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](mailto: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](mailto: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).

**27 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	<a href="https://activetrainingworld.co.uk/event/st-albans-easter-10k-15th-april-2022/">https://activetrainingworld.co.uk/event/st-albans-easter-10k-15th-april-2022/</a>
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	<a href="http://www.kimptonmayfestival.co.uk/">http://www.kimptonmayfestival.co.uk/</a>
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	<a href="#">Enter here</a>
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	September	Hatfield Race 2 5k	Hatfield	tbc	Details tbc
18	18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	<a href="https://stevenagestridersrc.org.uk/stevenage-10k">https://stevenagestridersrc.org.uk/stevenage-10k</a>
19 V	October tbc	parkrun	Westmill	free	<a href="https://www.parkrun.org.uk/westmill/">https://www.parkrun.org.uk/westmill/</a>
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)	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
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](mailto:rich.somerset@ntlworld.com) to arrange pick-up.

"Puffa" jackets are also available for £42, please contact Martha Hall on [ma-hall28@hotmail.com](mailto: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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](https://www.facebook.com/groups/gardencityrunners/)