



Garden City Runners News Release

6 November 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

Stevenage Half



GCRs (*above, at the start*) put in a strong showing at the Stevenage Half, the latest event in our Avery League and the last race of this year's Club Champs competition. The race starts and finishes on the track at Ridlins Stadium, and follows an undulating two-lap course round the underpasses of Stevenage with a circuit of Fairlands Valley Park. Despite tough conditions,

with heavy rain showers and a strong headwind on the homewards lap, as well as slippery leaves and mud underfoot, there was great support around the course and at the finish from marshals and helpers, as well as some GCRs who kindly came out to cheer runners on. First GCR to finish, in a storming 1:27:47 was **Russell Morris**, only a week after his huge pb at the Frankfurt Marathon. Russell was also third in his age group MV50 in the race overall and in the Herts' County Vets' Champs. **Sophie Packman** was third in her age group FV45 in the Herts' County competition in a time of 1:50:58, and **Rebecca Barden** was first in her age group FV55 in the Herts' County competition and also first FV50 in the race overall. A special mention to **Roger Adey**, running his very first half marathon wearing the appropriate bib number 1, who finished in 1:55:24, well under his two-hour target, and placed sixth in his age group MV60.



There were team prizes too, with GCRs Russell Morris, **Richard Somerset**, **Steve Ellerd-Elliott** and **Lee Mansfield** winning bronze in the County vets' team competition (*three quarters of the team pictured left*) (**Peter Jasko's** time of 1:34:53 would have been included except for an organizational snafu that did not allow him to enter within the qualifying period), and GCR ladies Rebecca Barden, Sophie Packman and **Maggie Wright** also taking home the bronze award. (*Right: Sophie and Rebecca with their medals*)



Full race results for GCRs who ran on Sunday can be viewed [here](#).

Gower Half



Ann Hayden, Barbara Kubis-Labiak and Becca Windsor Hayden (pictured left) travelled to Wales on Saturday to take part in the Gower Half, and sent us their thoughts on the experience:

Ann: A terrible journey Friday night with an accident on M4, dreadful weather with torrential rain and horrendous winds, and a tough course. However, the event was well organised, lovely route, great marshals and superb company made it all worthwhile and the medals and t-shirts are great too.

Barbara: Of all the places we could go and drive for 5 hours plus, Gower seemed like the best one on the list, and it didn't disappoint! Rain, blustery wind (to a point that you felt you

could lean on it), mud, rainwater pouring down the rocky paths – an amazing combination to ensure that the three of us couldn't help laughing. While slipping on the mud. I managed to do a spectacular fall and land softly on grass. A proper endurance run, definitely more than a half marathon, more like 24-25k. Great fun overall with Ann and Becca, will definitely go back!

Becca: Great event, after getting to mile 2 and realising how horrendous the weather was I decided to wait for mum and Barbara and finish the rest of the event together, which was such a good idea, we had lots of laughs, lots of mud, slipping over, being blown over and so much rain! But so much fun! And the sun even came out right at the end!

Right: our intrepid trio still smiling at the finish



Dublin Marathon



GCR's **Helen Stafford** sent in this report of her Dublin marathon race, at which she achieved an amazing 31 minute pb. "Last weekend I ran the Dublin Marathon, finishing in 3:46 which is a 31 minute pb from my last marathon 12 years ago! It was a race I'd always wanted to run one day, and last Sunday turned out to be the perfect day for it. The torrential rain and wind from the day before had thankfully cleared to leave a calm and mostly dry

day and great running conditions. The crowds were out in force, having had a three year wait for it and I had lots of family dotted around the course which was a huge help. The course isn't flat but the first half is more up than the second half and the support on the later hills was amazing. Its a nice mix of city and park. The city was buzzing and the perfect place for a post race celebration! Definitely recommended for anyone looking for an autumn marathon.

Above: Helen in action on the course and right, celebrating at the finish.



parkrunning Up North

Richard Darley sent us this report of some parkrun tourism up in God's Own County (Yorkshire):

"A Bonfire Night trip to my home town of Leeds prompted me to give a different parkrun a try from my usual three lap jaunt around Rothwell Park; flat and pretty boring to be honest, but close to an aunt who supplies post-run coffee and biscuits. So on Saturday I gave Middleton Woods a try. A two lapper situated in one corner of a large 630 acre park in south Leeds which includes 200 acres of ancient woodland as well as one end of Middleton Railway, the worlds oldest continuously operating railway line and now a heritage steam line.

"The two laps is mainly on tarmac although definitely with a feel of being "in the woods"

throughout, and passing the remains of bell pits and old mining pit heads. Each lap is split between a longer gentle down hill into the woods followed by a sharper up hill section (or slope as the friendly Marshalls we're at pains to call out). Finish line by the car park gave easy access to the cafe for the obligatory post-run refreshment.

There are plenty of parkruns around Leeds including a large one on Woodhouse Moor, but this is one just 10 or so minutes drive from the city centre is well worth a visit if you're in the area."

parkrun roundup

GCRs were busy taking part in parkruns across Herts and beyond. **James Huish** was 2nd at Coldham's Common in 17:55 (in a dead heat with the first-placed runner who ran in the same time); at Panshanger, **Tom Buzzard** was 7th in 19:31 and **Chris Eland** 10th in 20:11. **Caroline Hale** was second lady at Aldenham parkrun, where **Jamie Rose** was 8th in 22:20 and **Alex Faulkner** was fourth lady in 25:01. At Lordship Recreation Ground parkrun, **Dan Pudner** was 3rd in 17:40.

Full results for all GCRs taking part in Saturday parkruns can be found [here](#).

Festive 5 – call for volunteers



VOLUNTEERS NEEDED FOR THE FESTIVE 5
Sunday 4th December



Calling all GCRs – if you are not planning to run the Festive 5, or even if you are, we have a variety of exciting roles and need your help including but limited to:

Marshals
Cake Stall Manager
Chocolate Manager
Water Manager

If you can't make the day you may be able to help us before or after the race, and we also welcome cake donations for our cake stall. All monies raised will go to our local Isabel Hospice.

If you can assist, please e mail
volunteer@gardencityrunners.org.uk

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.

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 2023 competition: the Race Committee will shortly be announcing the events in next year's Avery competition, but in the meantime, we suggest getting your entry in for the Fred Hughes 10 on Sunday 22 January 2023, as this will very likely feature as one of the Avery events.

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	Complete
01/06/2022	MWRRL 3	Harlow	free	Complete
26/06/2022	Welwyn 10k (V)	Singlers Marsh, Welwyn	£18.00 affiliated	Complete
30/06/2022	MWRRL 4	Therfield, Royston	free	Complete
06/07/2022	MWRRL Mob Match	WGC	free	Complete
21/7/2022	Fairlands Valley Relays*	Fairlands Valley, Stevenage	free	Complete
07/08/2022	Stopsley Trail Race	Stopsley	£21.20 10 mile race; £15.90 5 mile race (affiliated rate)	Complete
14/09/2022	Hatfield 5k Race 2	Hatfield	tbc	Complete
18/09/2022	Stevenage 10k*	Stevenage	£18.00 affiliated	Complete
16/10/22	XC 1 (V)	Cheshunt	free	Complete
30/10/22	XC 2	Trent Park	free	Club will send out details via email
6/11/22	Stevenage Half Marathon*	Stevenage	Tbc (£28 2021)	Complete
19/11/22	parkrun	Westmill	free	https://www.parkrun.org.uk/westmill/
4/12/22	Festive 5 (V)	Welwyn Garden City	£8.00	Enter here
18/12/22	XC 3	Stevenage	free	Club will send out details via email

Races marked * = Club Champs race

Races marked (V) = volunteering points are available

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/