



Garden City Runners News Release

13 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

Festive Get Together at Postino Lounge including London Marathon draw



Fancy raising a festive glass with running buddies? We've got an area reserved in Postino Lounge, Howardsgate, WGC from 7pm on Monday 12 December, and your first drink is on the Club. Put the date in the diary and pop in if you can. We'll be making the draw for the club places for the London Marathon during the evening, and there will be an e-mail beforehand outlining eligibility and what to do. Bring along some cash, as there will be various running goodies on offer in exchange for a donation, which will go to charity. Of course, Christmas jumpers and accessories greatly encouraged for all.

Parkrun collection for Hertford & District Foodbank

Panshanger parkrun is once again supporting the Hertford and District Foodbank. Last month's donations amounted to 125kg of donations which was hugely appreciated and the next collection for donations is at next Saturday's event (19th November). If you are able, please bring any donations to the event. November's shopping list includes long-life milk, instant mash, cooking sauces, tinned spaghetti, tinned custard, tinned rice pudding but anything you can spare really.

If running to the event with food donations isn't practical, cash donations are also gratefully accepted and will be used to supply fresh produce. The normal £2 parking fee is again being waived by Tarmac for this event. The subsequent collections will be on the 3rd Saturday of every month.

parkrun roundup

Eighty-seven members made the most of a mild November morning to complete this week's parkrun at venues up and down the country and beyond. As usual Panshanger proved the most popular venue with nearly half of those running choosing this one-lapper. TOM BUZZARD was first GCR over the line, and fourth overall, in 19:03 with HANNAH FRANK first lady, and second lady overall, in 22:55.

Elsewhere, JULIET VINE was first lady, and sixth finisher at Jersey Farm in 19:40, DANIEL PUDNER was third at Reading, CAROLINE HALE was second lady at Stevenage, PAUL GUY was third at Sedgefield in 18:59 whilst JAMES HUIISH was second up the funnel at Stratford-upon-Avon in 17:07

There were PBs at Stevenage for SARAH DURSTON, GAIL MUNRO and WENDY LEVER SUCH.

GCRs resident Malaysian-based runner LIZZIE BELCHER was first lady and third overall at Presint 18, in 27:57 but was this week joined by fellow GCR member BERNADETTE BYRNE who completed the course in 37:11.

Well done to everyone who ran this week. All GCR results can be found at the end of this link.



Meanwhile on Sunday morning, Willow Gibson reports that current and some future GCRs members were out in force at the 6th Birthday of Beehive Junior parkrun. The 245th running of the event was overseen by a plethora of GCR volunteers including Jane Molloy, Nick Portalski, Lee Mansfield, Dawn Redwood, Maureen Steed and Jacqueline McCallum. A mild but misty morning saw 34 youngsters run the 2km course and were rewarded with birthday cake at the

finish.

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

14/09/22	Hatfield 5k Race 2	Hatfield	tbc	Complete
18/09/22	Stevenage 10k*	Stevenage	£18.00 affiliated	Complete
16/10/22	XC 1 (V)	Cheshunt	free	Complete
30/10/22	XC 2	Trent Park	free	Complete
6/11/22	Stevenage Half Marathon*	Stevenage	Tbc (£28)	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/