



Garden City Runners News Release

1 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

Hertfordshire Urban Orienteering Club 8th May

Our friends at Hertfordshire Orienteering Club have an urban orienteering event on 8 May celebrating our town's centenary. The event starting point is Oaklands College, Campus East.

There are a variety of courses available, each ranging in length. For anyone concerned about how to read a map, there are some excellent training videos available [on YouTube](#).

The event has been given funding by Welwyn Garden City's Business Improvement District - which means WGC residents can participate for free using the discount code WGC100. More details can be found here: <https://www.herts-orienteeing.club/wgc/?GCR>

The Atkinsons Visit Birmingham



On Sunday, **Karen and Nick Atkinson** travelled up to Birmingham for this city centre 10K, part of the Great Run series. Nick finished in 59.09 and Karen in 56.40 (an unexpected PB).

Recipharm Gear 10k - Kings Lynn

Chris McGurk made the trip up to King's Lynn on Sunday to take part in the Recipharm Gear 10K. He reports, "Having run this previously in 2019, I know it is a flat and fast course, and definitely one where a PB is possible, although given recent niggles and how recent runs/races had gone it was the last thing on my mind when lining up for the start. After managing to settle into a group around the 50 minute pacer and surprisingly feeling ok for the first half, an increase in pace over the second half resulted in a time of 47:50 - placed 341st overall out of 1500 runners, and a PB some 2 and a half minutes quicker than my last one."

Next GCR Beginners' Course starts 10th May

Do you know anyone who would like to start running? We have the answer!

Our next 10-week beginners course starts 6.15pm on Tuesday 10th May at Ridgeway Academy. This friendly course is aimed at people with little or no previous running experience. It's a 'Couch to 5k' programme - gradually building up from 60 second jogs in week one to doing a 5k by week 10.

More information can be found on the club website

<https://www.gardencityrunners.org.uk/membership/beginner-course/> or by emailing beginners@gardencityrunners.org.uk.

An English A to Y of parkrunning - by Jim Davis

I restarted running towards the end of 1980, to race a chum in the first London Marathon. Then I kept running, and completed the first 5 London's, plus numerous other marathons and races of further distance.

I started running parkruns back in November 2014. I think this was down to encouragement from Andy Holt. He said they were great fun and acknowledged the older runner. Panshanger was the site of my first run. I started venturing further afield when up in Suffolk, with a trip to Fritton Lake. (Sadly no longer a parkrun site.) Then St Albans, Harlow and Cleethorpes.

I had never heard of collecting an alphabet of parkruns, until standing at Ellenbrook Fields to register my finishing with the barcode scanner, and hearing someone behind me talk about how the opening of Jersey Farm, had made the alphabet so much easier.

I had already thoroughly enjoyed visiting other parkruns, but now there was a purpose. I set about running Raphael, Northala, Upton Court, Dunstable Downs, Medina, Wanstead Flats and Irchester County with a purpose. Along the way I ran a few parkruns abroad - Vejen (Denmark), Beach Strip (Ontario) twice, Chain of Lakes (Nova Scotia), Weedon Island Preserve (Florida) three times.

Eventually, a couple of weeks back, I needed just a Q and a Y. There is only one Q in England. That's Queen Elizabeth Park, on the A3, about 15 miles north of Portsmouth. There's also only one Y. That is York. What a pair of opposites they are. I found Queen Elizabeth Park to be the hardest of all the parkruns I have visited. Please note, I am not saying that is the hardest. I am simply saying it was the hardest I have ever done. This is because I am staggeringly useless at running uphill, and QE has two real beauties. Actually it's the same hill twice, but you do much more of it on the second lap. There are also no concrete path sections. It is all rough, stony ground or grass. York is sooo different. Pretty much flat as a pancake and a beautifully concreted surface all the way. Consequently I recorded a time over 3.5 minutes quicker at York.

There is, as you may know, no X or Z in the UK. In fact there isn't currently an X worldwide. But there is now a Z in the Netherlands, in the Hague. So that's another trip for this year.

Would I encourage others to do the same? Well, my wife and I have often stayed away for the night before the runs, and it often makes for interesting places to visit. Plus, I am afraid I am no puritan. I'll happily have a pint or two the night before a run.

Along the way I collected my 250th vest. Andy Holt will make 400 this summer. I saw one chap with a 500 vest in York. And I once met Danny Norman, one of the very first to collect a 500 vest. But I think that 500 may be too far into future for me.

I should add that I really like to take part in other runs. I greatly enjoyed the run round the Centenary course on Sunday, and would like to add my thanks to Sue, Peter & Richard for putting this on.

Notice of GCR Annual General Meeting - 23 May 2022

This year's Annual General Meeting will be held on **Monday 23 May 2022** at 7.30pm. To make the meeting accessible to as many members as possible, it will be hosted virtually using Zoom, with a link being sent to members shortly before the event.

AGENDA

1. To receive the Chair's Report.
2. To receive the Treasurer's Report and Financial Statements.
3. To receive the Membership Secretary's Report.
4. To receive the Captains' Report

5. Notification of proposed changes to the Club's Constitution
6. Election of Officers.
7. Election of Committee Members.
8. Any Other Business.

ANY OTHER BUSINESS

Any member wishing to place business on the Agenda must give written details via email to the Secretary secretary@gardencityrunners.org.uk not later than Monday 9th May

ELECTIONS (of Officers and Committee Members)

Nominations for election should be sent to the Secretary secretary@gardencityrunners.org.uk via email not later than Monday 9th May with the email containing the following information:

- Name of person nominated
- Position nominated for
- Name of proposer
- Name of seconder

We currently have some gaps on Committee that require filling to allow for the normal business of the Club to be undertaken:

- Treasurer (Committee Officer)
- Committee Members with particular interest in the following
 - Technology Support
 - Social Secretary
 - Volunteer Co-ordinator
 - Marketing & Social Media

More information on what each of these roles entails is available on request from chair@gardencityrunners.org.uk

Mid-Week League Race No.1: 18 May Hitchin

A reminder to all Garden City Runners that the Mid-Week League Road Race series is back in-person starting in Hitchin on 18th May.

You should have already received an e-mail from Helen Paine listing the dates of all the race meets together with a request for you to check, correct or provide Helen with your details by the end of Friday 8th May so that she can send updated runner information to the Results Secretary *before* the first race. Please contact helenpaine@hotmail.co.uk if you haven't already.

parkrun roundup: 30 April

Many **GCR** runners were out and about this Saturday for their weekly 5k parkrun fix.



Alex Faulkner travelled to Milton Keynes parkrun to complete her 50th event on Saturday with teammates Sally, Chris, Asa, Steve, Rob, Daniel and Caroline who came along to celebrate, and her dad (Dave) who, unable to run this week, cheered from the sidelines! Alex was 5th woman home in a time of 23:40 - "Great time, Great company, Great weather".

It was a *Tale of Two Toms* at Panshanger, where fifty of our members made a tour of the park. **Thomas Buzzard** was second male over the line in 18:59 with **Thomas Wackett** crossing exactly half a minute later. **Martha Hall** was third GCR and third lady in 20:31. Shout out to **Sanjeev Kaushal** who continues to get the hang of the Panshanger route as demonstrated by yet another PB on Saturday in a time of 24:44; Sanjeev has now shaved

almost five minutes off his time in the last eight months.

At Westmill, **Richard Somerset** crossed the line second in a time of 20:31 while at Aldenham, Jamie Rose broke into the top ten finishers in a time of 22:17 and **Owen Gallagher** pocketed 31:06 at Pocket.

Tony Harden continued his tour of local(-ish) park runs with a trip to the Millennium Country parkrun where he finished in 29:24.

Finally **James Huish** made his Amsterdame Bos debut, sprinting up the tulip-lined finish funnel of glory in a time of 18:56.

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 - Call For Volunteers

Garden City Runner's flagship event, the Welwyn 10K, is taking place on Sunday 26th July 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 it's 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

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	<u>Enter here</u>
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 5k Race 2	Hatfield	tbc	Details tbc
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	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 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/