



Garden City Runners News Release

1 October 2023

Please send reports of races and milestones, with photos if available, before early Sunday evening for (almost) guaranteed inclusion, to results@gardencityrunners.org.uk

Standalone 10k

Once again, the azure and gold shirts of GCR runners flecked the 1105-strong crowd of participants at the Standalone 10k on Sunday 1st October. The annual event, hosted by North Herts Road Runners, starts and finishes at Standalone Farm in in the "other" garden city of Letchworth. Despite the farm setting, this is not in fact a trail race and is an all-road course (so your newsletter writer this week was very glad she chucked her road shoes in the car "just in case" for a quick change – a lesson in reading up on the race beforehand and not just blithely turning up uninformed!).

Having been heckled by the farm sheep, who were openly mocking the participants queuing for the loos beforehand, we made our way down the road to the start, where there were handy pace markers to help get everyone in order. Once we were all on our way, we were greatly supported by so many people lining the route to cheer us on, including a father and son trumpet/bugle duo, and a drumming band. There were many high viz heroes to keep us safe on the on-road course, including on the dual carriageway section – kudos to all the volunteers who were fabulous in keeping spirits up.

Tippi Rashleigh writes: "Lots of us said this is a tough course and it was warmer than we thought it would be. Everyone did really well though, great efforts. I enjoyed my first time race at Standalone, very well organised. We had a good lunch afterwards – love the GCR spirit!"

In the Herts County Championships **Jessica Timmins, Helen Stafford** and **Rebecca Barden** were the bronze winners for the ladies, and **Daniel Pudner, James Huish, Peter Harvey** and **Thom Buzzard** took silver for the men (with Peter also 1st in his category of MV50).

Special mention to **Dennis Draper, Dawn Redwood** and **Maureen Steed**, running to [raise money](#) for the dementia-friendly Community Café in Digswell, in memory of Peter Westlake.

The trio have an amazing combined age of 221 years, hence their fundraising target of £221 – which has been totally smashed! Huge congratulations for both the running and the fundraising achievements. (At the time of writing, they have raised £985 – can we tip this over the £1000 mark?)



Pictured above: super fundraisers Dawn, Dennis and Maureen

Results (gun times) of the 44 GCRs who took part are below. Full race results available [here](#).

Daniel Pudner	34:56
James Huish	36:15
Peter Harvey	37:20
Thom Buzzard	37:27
Paul Guy	38:30
Jamie Rose	39:42
Dom Thomas	42:48
Jessica Timmins	45:43
Helen Stafford	46:45
Lee Mansfield	46:58
Rebecca Barden	48:03
Lucy Iles	49:37
Steve Mowles	50:35
Roger Adey	51:34
Liz Watson	51:55
Russell Morris	51:55
Sarah Durston	51:59
Rob Jones	53:14
Tom Parmley	54:43
Clare Grover	55:38
Maggie Wright	55:44
Richard Brown	55:49
Holly Wise	55:55
Tippi Rashleigh	59:46
Sharon Stephens	1:00:57
Karen Atkinson	1:01:00
Ursula Somers	1:01:28
Chrissy Johnson	1:01:37
Brian Robbins	1:02:11
Gail Munro	1:02:15
Rob Cartwright	1:02:51
Melanie King	1:03:47
Alison Meaden	1:03:51
Peter Laphorne	1:04:01

Elain Moore	1:05:41
Naz Gezer-Clarke	1:09:00
Caroline O'Dwyer	1:09:02
Emily Hammond	1:16:32
Bernadette Byrne	1:20:26
Hiran Rana	1:26:36
Maureen Steed	1:35:50
Dennis Draper	1: 35:50
Dawn Redwood	1: 35:50
Kath Evans	1: 35:51

Pictured above: Dan and Peter, standing alone

Pictured below: GCRs not standing alone





*Pictured above: Thom, Dan and Peter (men's silver winners) and
Rebecca, Jessica and Helen (women's bronze winners)*

Pictured below: Kath, Maureen, Dennis and Dawn at the finish



LFOTM

Richard Willcox ran the LFOTM (Last Friday of the Month) 5k in Hyde Park on 29th September. Richard writes: "I ran 18:55 and finished 53rd out of 225 runners. It's a very competitive race with the top 18 all going under 17 minutes and the winning time was 15:33. Next one is 27th October (12:30pm start) for anyone that fancies it."

Great Scottish Run

Samantha Hastie has completed the tenth of her half marathons for her 2023 personal challenge. Samantha writes: "The last few weeks since the New Forest have been crazy for me and so going into month 10/12 today my expectations were low in terms of how the race would go. A finish was all we needed."

I have done a few Glasgow runs and the start of all the races is up a massive hill at St Vincent St which is always awful. After this it was over a motorway flyover so another hill but otherwise the route was actually a lot nicer than expected with a particularly lovely section through Pollok Park where there were some hairy coos! The race is AJ Bell and was very well organised given 30000 people take part. There was also a lot of music at the start and on the course which made the atmosphere fab. And the people of Glasgow are super friendly which is a nice plus.

All in all not my favourite race but certainly not my worst. I was 11 mins slower than last month but given my lack of training I think that was to be expected. Definitely a great

option for anyone looking for a race north of the border and with my imminent move I can even offer some free rooms!”

Swindon Ultra Trail 50k

Katharine Farrell has been bitten by the ultra bug! Katharine writes: “This weekend I attempted my first ultra! I headed down to Wiltshire for the weekend and took part in the Swindon Ultra Trail 50k - a small local event into its third year. It was a technical course with lots of hills and mud. I managed to not get lost and completed the 52km course in 7 hours (official results to be released this week).” Congratulations to her on her fabulous achievement.



parkrun roundup

103 GCRs started their weekends with a parkrun, 52 of whom stayed local at Panshanger, where **Michael Scutt** ran his 100th Panshanger parkrun. **Willow Gibson** chose Panshanger for the location of her 100th parkrun, reporting: “Thank you to everyone who came to celebrate my 100th parkrun at Panshanger this weekend. I feel lucky to have such lovely people cheering me on, taking pics and running alongside me. Congrats to anyone else who is celebrating milestones this weekend.” **Ceri Pollard** also celebrated her 50th parkrun

milestone. **Katherine Lees, Lucy Iles, Felicity Wadley** and **Rebecca Barden** were 1st, 3rd, 6th and 10th ladies, respectively, and **Chris Dungate** and **Bruce Judge** were 5th and 6th overall (Chris achieving a course PB of 19:50). Panshanger course PBs were achieved by **Hiran Fernando** (26:51), **Viv Brennan** (30:02), **Alison Paterson** (31:23), and **Sharon Reynolds** (36:07 – 4th course PB this year!).



Pictured: Willow and friends at Panshanger

Top 10 finishers elsewhere were as follows:

- **Rebecca Cullers** was 10th lady at Moors Valley in 24:45
- **Caroline Hale** was 1st lady at Aldenham in 22:28
- **Rob Casserley** and **Daniel Pudner** were 3rd and 4th at Horspath in 20:00 and 20:10, respectively
- **Alex Faulkner** was 1st lady at Salcey Forest in 23:32

New course PBs were achieved for the following fleet-footed GCRs: **Daniel van der Walt** (22:20 at Luton Wardown); **Nigel Cavill** (20:24 at Rickmansworth); **Richard Sidlin** achieving his 5th course PB this year at Stevenage (21:47); **Caroline Hale** (22:28 at Aldenham), **Deborah Kirby** (27:47 at Jersey Farm).

Kath Evans, not one to wimp out on an opportunity for a plod, sent in her tourist report: "For a bit of parkrun tourism, **Louise Buhagiar** and I headed up to Wimpole Estate for their parkrun, folled by coffee and cake, a potter around the grounds and a bit of early Christmas shopping at the National Trust shop. All for £2 for the car park! If you haven't done this one yet, it's a lovely one loop course, probably not PB potential dur to grassy areas, some undulations and a few bottle necks, but if you're looking for an enjoyable morning out this may just fit the bill."

Pictured: Kath and Louise at Wimpole Estate

Sidney and **Sarah Valentine**, now fully qualified pirate parkrunners, have been proving their navigation credentials by completing the compass point challenge at Southend parkrun. Sid writes: " The course is a very fast three lapper that goes around a lake and taking in sea views from the sea wall. We topped the run off with a jacuzzi and sauna followed by a walk on the sea front with some seaside delights."



Pictured: Sarah and Sid at Southend

Other parkrun locations attended by touring GCRs were: Barnstaple, Blickling, Coldham's Common, Eglinton, Great Lines (Medway), Gunpowder, Harrogate, Haverhill, Morecombe, Oakhill, Queen's (Glasgow), Rutland Water, Southwick Country, St Albans, Thames Path (Woolwich).

Full results for GCRs participating in Saturday's parkruns can be found [here](#).

2023-4 Sunday League XC fixtures

Just a reminder that dates and venues of upcoming five league XC fixtures, running from October to February are as follows:

- Cheshunt - 15 October 2023
- Watford - 29 October 2023
- Trent Park - 5 November 2023
- Stevenage - 17 December 2023
- Royston - 18 February 2024

They're also on the runherts website: <http://www.runherts.com/xc.htm> which has a link to previous years' results. The XC races also form part of GCR's Avery League.

The Sunday League is for all runners, irrespective of pace, experience or ability. League placings are determined by the first eight men and first five women in each club, but there are B/C/D teams as well. The races are an enjoyable way to spend a Sunday morning, with events always being a distance of five to six miles (usually 8km).

All five venues are challenged for parking spaces at the venue, and the popularity of the League means ever more cars trying to park. After the popularity of the MWL, we have arranged for a coach to take runners from WGC to each venue. Further details on how to book to be issued shortly.

Any queries about Cheshunt or the wider series, should be directed to GCR captains: James Huish, Dan Pudner, Hannah Frank or alternatively Rebecca Barden.

Please also note the dates of other Cross Country fixtures over the 2023-24 season:

- 9 Dec 2023 - Southern Vets Champs - Oxford
- 8 Jan 2024 - Herts Senior Champs - Watford
- 27 Jan 2024 - Southern Main Champs - Beckenham
- 24 Feb 2024 - Nationals - Telford
- 26 Mar 2024 - Herts Vets - Watford

GCR Christmas Bash at Best Western Homestead Court, Friday 15 December

80s Night Fancy Dress £42.50pp

(3-course dinner and disco) Christmas 2023 (bw-homesteadcourt.co.uk)

Please phone/email Kasia at Homestead Court asap (contact details below) to book your dinner/disco and place your food order direct with her. It's £10 deposit to hold your place or pay in full £42.50. Please also let her know of any allergies/requirements at the time of booking.

Events Tel: (01707) 385515

Front Desk Tel: (01707) 324336

Email: events@homesteadcourt.co.uk

Group Runs - Tuesdays 6.20pm for 6.30pm start, Dance Studio Ridgeway Academy

The group runs are planned to take approximately an hour, the following table gives an idea of the pace. To give variety, especially in the summer, distances will vary a little.

Please remember to charge your head/chest torches, as the evenings are getting darker

Group/Distance	Pace (mins/km)	Pace (mons/mile)
5k social	A gentle-paced run that would suit those who are still new to running, like a slower pace, are returning from injury or a break from running	
7k	7:30 – 8	12 – 13
8k	7 – 7:30	11 – 12
9k	6:30 – 7	10 – 11
10k	5:45 – 6	9 – 9:30
12k	5 – 5:30	8 – 8:30

Interval Sessions: various locations in Welwyn Garden City, 6:45pm start

Approximately 25 mins of high intensity intervals over distances from 400m to a mile, with rest periods, in various locations in WGC. Runners of all abilities are welcome, pace is dictated by the runners themselves, slower runners will simply do fewer repetitions. Members will be notified of the locations and session format on email and Facebook.

Tuesday 3rd October: Intervals this week will starting at the junction of Shackleton way and Waterbeach. We will be doing 1200m. Meet at The Ridgeway at 6.30pm to warm up or at the venue warmed up ready for the drills /session at 6.45pm

Group Runs – Thursdays 6.30pm Campus West

There are usually three groups as follows:

5k social	A gentle-paced run that would suit those who are still new to running, like a slower pace, are returning from injury or a break from running
Introduction to speed session	A training session for those who are daunted by the track. A mixture of intervals, fartlek and speed sessions. Ideal for those trying to improve their 10k time
Steady Group	Steady group run

Track Intervals – Thursdays 8:00pm Gosling Track

Meet at the track for 15 minutes of warm up activities followed by approximately 30 minutes of track intervals. Sessions comprise laps or multiple laps of the track followed by rest periods. Runners of all abilities are welcome, runners will be formed into groups based on targeted pace.

A reminder to GCRs that there are now parking charges at Gosling Sports Park – this page has details of car parking charges:

<https://www.better.org.uk/leisure-centre/welwyn/gosling-sports-park/gosling-car-parking>

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 2023

Please find this year's events table below. Eight Avery races, marked CC, are also part of the Club Championship competition (best five to score). Races marked V offer a volunteer point equivalent to a competing point.

Event no.		Date	Event	Venue	Cost	Status / notes
1	CC	22/01/2023	Fred Hughes 10	St Albans	£21.20 affiliated	Completed
2		19/02/2023	XC 3	Cassiobury Park, Watlington	free	Completed
3	CC	05/03/2023	Berkhamsted half	Berkhamsted Cricket Club	£33 from 01/01/23	Completed

4		12/03/2023	XC 4	Therfield Heath, Royston	free	Completed
5	V	18/03/2023	Stevenage parkrun	Fairlands Valley Park	free	Completed
6		07/04/2023	St Albans Easter 10k	St Albans	£25.44	Completed
7	CC	30/04/2023	Hitchin 10k	Hitchin	£18.00	Completed
8		17/05/2023	MWRRL 1: Chingford (Orion Harriers)	Chingford	free	Completed
9		31/05/2023	MWRRL 2: St Albans (St Albans Striders)	St Albans	free	Completed
10		08/06/2023	MWRRL 3: Trent Park	Trent Park	free	Completed
11	V	25/06/2023	Welwyn 10k	Panshanger Park	£20; £18 affiliated	Completed
12		06/07/2023	MWRRL 4: Stevenage (NHRR)	Stevenage	free	Completed
13	V	12/07/2023	MWRRL Mob Match: WGC	Ridgeway Academy, WGC	free	Completed
14	CC	20/07/2023	Fairlands Valley Relays	Fairlands Valley, Stevenage	free	Completed
15	V	06/08/2023	GCR Centenary 20.2k	WGC Centenary Route	free	Completed
16	V/CC	19/08/2023	Panshanger parkrun	Panshanger Park	free	Completed
17	V	30/08/2023	Hatfield 5k Race 1	Hatfield	tbc	Completed
18	CC	01/10/2023	Standalone 10k	Letchworth	£18.00 affiliated	Completed
19		15/10/2023	XC 1	Cheshunt	free	Club will send out details via email
20	CC	22/10/2023	Stevenage Half Marathon	Stevenage	£28.00 affiliated	https://stevenagehalfmarathon.org.uk/
21		29/10/2023	XC 2	Watford	free	Club will send out details via email
22		5/11/2023	XC 3	Trent Park	free	Club will send out details via email
23	CC	26/11/2023	Hatfield 5	Hatfield	£22.26	http://hatfield5mile.co.uk/

24	V	10/12/2023	Festive 5	WGC	£12.00	https://my.raceresult.com/257922/registration
25		17/12/2023	XC 4	Stevenage	free	Club will send out details via email

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, follow this link: <https://www.strava.com/clubs/garden-city-runners>

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/