



Garden City Runners News Release

10 March 2024

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

Judging from our depleted mailbox, racing was at a premium this weekend—possibly a combination of the ongoing inclement weather, Marathon training ... and Mothers Day. So we will (literally) plunge straight into the weekend parkruns.

parkrun roundup

There were 119 GCR runners in action at the weekend parkruns. Panshanger was an Avery League event, and as usual attracted a good GCR turn-out. Congratulations to **DAN PUDNER** who finished 2nd at Panshanger in 18:34, closely followed by **SIMON BOSTOCK** (4th in 18:39) and immediately behind him **PETER HARVEY** in 18:43. Emulating his personal record the previous week **JAMIE ROSE** again scored an excellent PB, to finish 7th in 18:48, with **BRUCE JUDGE** also finishing in the top 10 in 19:17. Another excellent PB at Panshanger was achieved by **MARTIN MITCHELL** who finished 12th in 19:36, and finally, **STEVE ELLERD-ELLIOTT** (19:51) and **MATT BAKER** (20:00) also broke that magic time barrier. We also send congratulations to **JESSICA TIMMINS**, first lady to finish, and she will be delighted that her incredible time of 20:38 was enough to give her a PB. Other GCRs achieving PBs at Panshanger included **SAM MALES** (24:05), **CLARE WILDEY** (24:44) and **ALISON PATERSON** (30:25).

Elsewhere, other notable results that stood out included **PAUL GUY**, who ran 18:30 at Moors Valley to finish 6th; at Stevenage **NIGEL CAVILL** PB'd in an excellent 21:09; close to that time, and over at Great Denham, **CHRIS JONES** PB'd in 21:18. Finally, **STEPHANIE KEARNS** recorded her best time of 33:53 at Conyngham Hall.

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

1st Welwyn Scouts fund-raise at Panshanger

Speaking of Panshanger, Bruce Judge writes, "As well as a runner, I am also a Scout Leader in Welwyn village. As part of the fund-raising for our International summer experience the Scouts are providing hot drinks and cakes at Panshanger parkrun each week."

1st Welwyn Scouts is organising this fundraiser, and undeterred by the appalling weather on their first outing (March 3) are returning to Panshanger each week to serve GCR's a drink and a snack. Don't forget to bring a card, phone or good old fashioned cash money.

The fund-raiser is designed to help finance 1st Welwyn's summer trip to Kandersteg International Scout Center in Switzerland, where they hope to meet Scouts from all over the world and help to further develop the international scouting community.

"We are hoping to raise £4,000 to help pay for the trip and make this amazing opportunity affordable for our young people," says Bruce. Scouts will also be running a bake sale in the local area; doing a sponsored litter pick, and much more.

GCR First Walk of the Season

GCR's first walk is confirmed for next **Sunday, March 17th at 9:30am**. Meet at the Bell in Benington (SG2 7LA) for a 10K circular off-road walk via Walkern. The route is picturesque but the ground is very muddy and slippery so suggest sensible footwear and ideally poles. For further information, contact Jerry Gilbert: jerry@jgp-pr.com

GCR Awards Night

As no doubt everyone is aware, this year's GCR Awards evening will take place on Friday, March 15 at the Cocktail Bar, Misya Meze & Grill, in WGC.

"Tickets at £12.50 each will buy you a wonderful evening with running buddies, celebrating all the magnificent achievements and contributions of Club Members over the last year," says **Jane Molloy**. "This is when we have the chance to clap and whoop to show our admiration and gratitude for those who have done amazing things for and with the club. Delicious food, a bar and a disco are all promised. Don't delay, as **only a handful of tickets left!**

Deadline for the last remaining tickets is this Monday (March 11th), click [here](#).

Who is the headless runner?

An unusual item in our digital mailbag was this photo from **Alan Donovan**. He says, "I came



across this old photo, but can't remember which race. In the photo with me are **Maureen [Steed]**, **Peter [Harvey]**, **Jerry [Gilbert]**, my old friend **Trace [Allen]**. But who is the headless runner on the left? There are no prizes for guessing, but Alan may be generous enough to

buy you a beer at the GCR Awards Night.

2023-4 Cross-Country Fixtures

Details of past and future fixtures are 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).

Please note the dates of county and national cross-country fixtures over the 2023-24 season:

- 26 Mar 2024 - Herts Vets – Watford

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

Mid Week League

Dates and venues for the Mid-Week League fixtures have been announced – see the Avery league table below. Further information will be sent out nearer the time.

Club Championships 2024

The Club Championships principally consist of races open to the public, although other races may be included as long as they are not hosted by Garden City Runners. The races are ideally chosen from the Avery calendar; however, Race Committee may express flexibility

including prestigious events and those facilitating Hertfordshire County Championships.

parkruns may be included and should be local.

The full 2024 Championship race programme is:

Race #	Event	Date
1	Fred Hughes 10	21 st January
2	Watford Half	4 th February
3	Panshanger parkrun	9 th March
4	Flitwick 10k	14 th April
5	St Albans Half	9 th June
6	FVS 3k Relay	End July (tbc)
7	Stevenage 10k	15 th September
8	ATW Hatfield 5	24 th November

GCR Avery League 2024

The GCR Race Committee has produced the calendar of races for the Avery League Competition and the Club Championships. Details on all of the 2024 races are below, and these will also be published on the GCR website as soon as possible, and on the GCR Facebook group. Please note that the Avery Rules have been simplified by removing the Tiebreaker - in future, joint winners will share the trophy. Happy Racing!

Avery Event #	Date	Event	Venue	Cost <i>Registration fees may apply</i>	Status / Notes
1	21 st January	Fred Hughes 10	St Albans	£20.00 aff.	Completed
2	4 th February	Watford Half	Watford	£31.00 aff.	Completed
3	*postponed*	SXCL Royston (Race #5 of 2023-2024 season)	Therfield Heath, Royston	Free	
4 (V)	9 th March	Panshanger parkrun	Panshanger Park	Free	Completed
5	24 th March	Run Fest at Lee Valley (choice of Half or 10k)	Lee Valley Water Park, Waltham Cross	10k: £26.00 aff. Half: £34.00 aff.	Register here
6	14 th April	Flitwick 10k	Flitwick	£18.00 aff.	Register here
7	6 th May (tbc)	Kimpton Fun Run 10k	Kimpton	tbc	Details tbc
8	15 th May	MWRRL #1	Stevenage	Free	Club will send out details via email
9	23 rd May	MWRRL #2	Ware	Free	Club will send out details via email
10	6 th June	MWRRL #3	Royston	Free	Club will send out details via email

11	27 th June	MWRRL #4	Trent Park	Free	Club will send out details via email
12 (V)	30 th June	Welwyn 10k	Panshanger Park	tbc	Details tbc
13 (V)	10 th July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Club will send out details via email
14	End July (tbc)	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Club will send out details via email
15 (V)	4/11/18 th August (tbc)	GCR Centenary 20.2k	WGC Centenary Route	Free	Club will send out details via email
16 (V)	4 th September	Hatfield 5k #2 (Vets)	Hatfield	tbc	Details tbc
17	15 th September	Stevenage 10k	Stevenage	£18.00 aff.	Register here
18 (V)	Mid October (tbc)	SXCL #1	tbc	Free	Club will send out details via email
19	20 th October	Stevenage Half Marathon & Marathon	Stevenage	tbc	Register here
20	End October (tbc)	SXCL #2 (poss. Jersey Farm parkrun as back-up)	tbc	Free	Club will send out details via email
21	Start November (tbc)	SXCL #3 (poss. Jersey Farm parkrun as back-up)	tbc	Free	Club will send out details via email
22	24 th November	Hatfield 5	Hatfield	£22.00 early-bird aff.	Register here
23 (V)	Early December (tbc)	Festive 5	WGC	tbc	Club will send out details via email
24	Mid December (tbc)	SXCL #4	tbc	Free	Club will send out details via email

Group Runs - Tuesdays 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

Group/Distance	Pace (mins/km)	Pace (mins/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.

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.

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, **and *new* a cosy GCR-branded woolly hat**. See club website for photos. All items are £20 (£19.99 if you pay by bank transfer) except for the hats which are £12.

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/