



Garden City Runners News Release

13 August 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

Hatfield 5k Series sponsored by Affinity Water

GCR with Racesonline are hosting another set of three 5k races in Hatfield at the sumptuous Affinity Water corporate HQ on the following Wednesdays:

30th August (Herts Senior Champs + Avery race including volunteers)

6th September (Herts Vets Champs)

13th September

We need at least a dozen marshals and please contact **Peter Harvey** mentioning which races you can help out at, email: peterharveyone@gmail.com

Races start at 7.30pm and marshals briefing is from 6.00pm onwards up to 7.00pm.

Affinity Water HQ is on Tamblin Way, Hatfield, AL10 9EZ.

If you would like to have a go at being Chief Marshal allocating people to positions then Peter Harvey will assist you in this exciting opportunity.

Entry is online at:

<https://my.raceresult.com/236841/>

Look forward to seeing you there.

Newark Half Marathon

Chris Jones ran the Newark Half Marathon, in an amazing 1:18:42, finishing 39th and 3rd MV45.

Chris writes: "It was a superbly organised event. Relatively flat course on closed roads. Well worth the trip up the A1."

Welwyn Festival Charities Presentation Night

The 2023 Welwyn Festival charity cheque presentation was held on Wednesday night, with several of the Welwyn 10k team delighted to be able to attend this inspiring event.

The evening started with Festival Chair, **Catherine Farrell**, revealing that this year had been extremely successful in raising over £14,000 for local charities. The Welwyn 10k team were then invited onto the stage to reveal the size of the donation raised by this year's raise. The team, a collaboration of GCR's and members of the Panshanger parkrun core team, were proud to be able to hand over the customary 'big cheque' for a record amount of £8,810.

Race Director, **Barbara Kubis-Labiak**, confirmed that race day had been a great success, following the switch to Panshanger Park. We had almost 500 10k participants, despite the extreme heat on the day. Thanks were given to all the race participants, many of whom contributed additional donations as well as the entry fee. We are also very grateful for the active support and generosity of our race sponsors – Tarmac (who also hosted the race), HRJ Foreman Laws and Croudace Homes.

Cheques were then handed over to the various charities, with members of the W10k team having the privilege of presenting the donations to SERV Herts Bloodbikes (**Louise Smith**), Herts Young Homeless (**Rab Harley**), and Essex & Herts Air Ambulance (**Richard Somerset**). It was particularly relevant to be donating to the air ambulances this week, as one of our own, Sean Bowen, had to be air lifted off a Welsh mountain to Bangor Hospital last weekend. (Sean suffered cracked ribs so is out of action for a while, but reports being admirably looked after by the wonderful doctors and nurses.)

Each charity talked about the work that they do and it was uplifting and very moving to hear of all the good that is being done in our community. **Maria Murden**, of the W10k team, commented afterwards "Hearts have been warmed and faith in humankind has been restored this evening – there are some wonderful people in our community".

Here's a list of the charities and amounts distributed so far (more will be given out later in the year):

- SERV Herts ("Bloodbikes") £2000
- Herts Young Homeless £2000
- Digswell Riding for Disabled £1000
- Herts Air Ambulance £2000
- Defibrillators in public places £1000
- Tenterfield Garden Project £1000
- Digswell Community Cafe £500
- Herts MIND Network £1000
- Making Life Beautiful £500
- Community portable Defib. £500
- Codicote Food Bank £500
- St Mary's/St Michaels food tables £500

Welwyn Festival also supported the Oaklands School choir £400, and provided a new hot water boiler for hot drinks for St Mary's church. The Andy Trotter Award of £600 went towards the St Mary's/St Michael's church food tables.

Pictured below: from the left: Richard Somerset, Barbara Kubis-Labiak and Jane Molloy



Pictured below: from the left: Louise Smith, Maria Murden, Rab Harley, Richard Somerset, Barbara Kubis-Labiak and Jane Molloy



parkrun roundup

An impressive and round number of 100 GCRs took part in parkruns, home and abroad.

parkrun adventures in Canada

Alex Faulkner (*pictured, below*) definitely travelled to the one furthest from home, in Canada. Alex writes: "As part of my travels through Canada I have of course found some parkruns to join! I ran River Oaks parkrun, on the edge of Toronto and managed to sign my family of non parkrunners up in the process! During the run I not only saw dogs on leads, but 2 bunny rabbits on leads! It was a particularly great for me as it was my first full 5k run in 12 weeks as I'm recovering from a fractured pelvis and a double bonus of coming 1st female too!"



Thetford parkrun for Richard

Richard Somerset (*pictured, below*) travelled a bit closer, and took part in Thetford parkrun. Richard writes: "I took my son away to Thetford to go mountain biking at High lodge, and as so often happens (funny that) there is a local parkrun! Being injured (hamstring problems) I volunteered to be a parkrunner. I turned up at 8:30 and met my fellow parkrunner Trev. We then walked round together in about 50 minutes having a good chat, so I got a volunteer and running point! It's a nice compact parkrun, worth a visit especially if you need a 'T' for the alphabet challenge."



Locally, at Panshanger, **Tom Buzzard** finished 4th (19:26), **Chris Eland** was 6th (19:34) and Joe Ansbro 7th (19:48). For the ladies, **Felicity Wadley** was 6th (25:19).

Top ten finishers at other locations were as follows:

- **Chris Dungate** finished 8th at Rugby in 19:18
- **Amber-Leigh Marvin** was 5th lady at Durham in 23:43
- **James Huish** was 2nd at Stevenage in 18:10
- **Caroline Hale** was 2nd lady at Stevenage in 21:57
- **Lucy Iles** was 3rd lady at Queen Elizabeth in 24:55
- **Alex Faulkner** was 1st lady at River Oakes (Canada) in 23:30
- **Alex Newman-Smith** was 2nd overall at Sizewell in 18:12
- **Jamie Rose** was 3rd at Dunstable Downs in 20:47
- **Daniel Pudner** was 2nd overall at Thames Path, in 17:11, and **Robert Casserley** was 8th in 19:17

parkruns in addition to those already mentioned: Sharpham Estate, Henlow Bridge Lakes, Hunstanton Promenade, Jersey Farm, Littleport, Letchworth, Exmouth, Tooting Common,

Swansea Bay, Aldenham, Thetford, Sheringham, Houghton Hall, Ally Pally, Gunpowder, Barnstable, Ferry Meadows, Medina I.O.W, Poole, Westmill, Nothampton, Eastleigh, Norwich, York, Tamar Trails, Luton Wardown and Bramhall.

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

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

Tuesday 15th August:

- **Intervals this week will be at Moneyhole Playing Fields - meet at the Ridgeway at 6.30pm for a warm up to venue or at the venue for 6.45pm.**
- **All other groups are at Ridgeway Academy as normal**

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.

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.

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.

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, Watford	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	https://www.parkrun.org.uk/panshanger/
17	V	30/08/2023	Hatfield 5k Race 1	Hatfield	tbc	Details tbc
18	CC	01/10/2023	Standalone 10k	Letchworth	£18.00 affiliated	http://www.nhrr.org.uk/standalone-10k.html
19		15/10/2023	XC 1	tbc	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	tbc	free	Club will send out details via email
22		5/11/2023	XC 3	Stevenage tbc	free	Club will send out details via email
23	CC	26/11/2023	Hatfield 5	Hatfield	£22.26	http://hatfield5mile.co.uk/
24		17/12-2023	XC 4	Stevenage	free	Club will send out details via email
25	V	December tbc	Festive 5	Welwyn Garden City	Entry cost tbc	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/