



Garden City Runners News Release

17 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

<i>In this week's newsletter...</i>	
Race & Run Reports	Awards Night Milton Keynes Festival of Running / Hundred Hills 50K Ultra Falesia 5K GCR Inaugural 2024 Walk parkrun roundup
Future Events	Quiz Night Mid-Week League GCR Club Championships 2024 GCR Avery League 2024
Regular Training	Tuesday Group Runs Tuesday Intervals Thursday Group Runs Track Intervals Circuit Training
Other	Club Kit Strava Join GCR

Awards Night

One of the highlights of the GCR calendar is the evening we get together to celebrate one another's achievements and enjoy the camaraderie of being part of the best running club. This year's event, held at Misya Meze & Grill in Welwyn Garden City, was once again expertly organized by our social queen Sophie Packman. Many other club members had been involved in calculating scores and finishing positions, nominating and selecting winners, preparing and delivering presentation speeches, organizing the medals, trophies and shields, and corralling unknowing winners to attend!

Avery Competition	1 st Peter Harvey 2 nd Jamie Rose 3 rd Dom Thomas 4 th Roger Adey 5 th Dai Selwood Joint 6 th Chris Baylis, Richard Darley, Lee Mansfield Joint 9 th Steve Ellerd-Elliott, Peter Jasko, Bruce Judge	Joint 1 st Chrissy Johnson and Clare Wildey Grover Joint 3 rd Sophie Packman and Maggie Wright Joint 5 th Melanie King and Rebecca Barden Joint 7 th Sarah Durston and Kath Evans Joint 9 th Lucy Iles and Alison Meaden
Westlake Championship	1 st Chris Baylis 2 nd Peter Harvey 3 rd Jamie Rose MV40 Simon Bostock MV50 Russell Morris MV60 Roger Adey MV70 Jim Davis MV80 Dennis Draper	1 st Lucy Iles 2 nd Rebecca Barden 3 rd Sophie Packman FV40 Clare Wildey Grover FV50 Maggie Wright FV60 Veronica Shadbolt
Mid Week League	1 st Bradley Birch (3 rd open) 2 nd Daniel Pudner (9 th open) 3 rd Chris Baylis (18 th open)	1 st Juliet Vine (3 rd open) 2 nd Lizzie Parry (22 nd open) 3 rd Rebecca Barden (23 rd open and 1 st FV55)
Sunday Cross Country	Joint 1 st Herbie Hopkins & Jamie Rose 3 rd Bruce Judge	1 st Rebecca Barden 2 nd Lucy Iles 3 rd Sarah Durston
Star Beginner	Sharon Reynolds	
Most Promising New Member	Bradley Birch Vet: Martin Mitchell	Jess Timmins Vet: Sarah Durston
Most Improved Runner	Jamie Rose	Lucy Iles
Award for Excellence	Peter Harvey	
Representation	Daniel Pudner	Martha Hall Juliet Vine
Award for Achievement	Chris Jones	
Special Award	Kath Evans	
Running Community	Patrick Pearce	Barbara Kubis-Labiak
Bouncing Back Award	Jim Forrester	Charlotte Jones
Captain's Award	Dom Thomas	
Club Member of the Year	Thippi Rashleigh	
Club Runner of the Year	Sidney Valentine	
Lifetime Member	Terry Fowler	



(Above) Avery Competition Winners (l to r): Clare Wildey-Grover, Peter Harvey and Chrissy Johnson

(Below) Westlake Championship Winners: Chris Baylis and Lucy Iles



Community Award - Barbara Kubis-Labiak



Club Member of the Year – Thippi Rashleigh



Club Runner of the Year – Sidney Valentine (r)

Milton Keynes Festival of Running / Hundred Hills 50k Ultra

His and hers running events for the Dwyers this weekend!

Aiden Dwyer (*pictured, right*) completed the 20-miler at the Milton Keynes Festival of Running in 03:21:22: "Started off very wet but dried up just in time for the race. A great event, well organised and covering a variety of distances. Managed to set a new PB!"

Nadine Dwyer (*pictured, below*) completed the Hundred Hills 50k Ultra on Saturday: "My first Centurion Running event and the clue really was in the title...the hills just kept on coming!



Certainly the hardest ultra I've done so far. Muddy, slippery trails and a brutal elevation gain

equivalent to climbing Ben Nevis (1425 metres for this ultra), so this was tough going. I'm not a fast runner but I can do hard things and I'm chuffed I managed to complete this."



Falesia 5K

Terry Fowler reports from sunnier climes and climbs:

"Elaine and I went on our annual Pilgrimage to the small village of Falesia which is located in the Algarve Portugal. We've been going there for the past 25 years to get a bit of warm weather and for the running as it's got absolutely everything you could ask for. It has a

track, a cross country course and stunning runs across the cliff tops. Also this time they have the annual Falesia 5K which always attracts top quality runners and this year was no exception with previous London marathon runner Mike Gratton making an appearance along with previous GB international Mara Yamauchi. Huge disappointment for us this year was that Elaine broke her ankle 3 weeks before we arrived so therefore unable to take part but she was kind enough to take a few pictures and videos.

The sun was out when the race started and the course is described as very hilly despite the fast 400 metre start being downhill.



This years race was won in 16 minutes.

I lost my V60 title this year despite running 20:41, a

few seconds slower than last year but unfortunately a new 60 year old turned up and firmly put me in my place.

We are out here for 9 days and the venue is absolutely superb for those thinking about some warm weather training. There is literally so many runners out here from all over Europe. The nearest hotel is Victoria Sports hotel in Falesia which is ideally located next to the track and cross country course.

Lots of activities to get involved in, daily runs at 08:30 and 4:30. Two days after the race I entered the 6K handicap on the tough cross country course which is great fun but be warned the course is quite brutal on

the legs.

Already planning next years trip as have made so many running friends out here. I'd encourage everyone to try the 2.09 training company (owned by Mike Gratton who won the London Marathon in 2.09). Absolutely everything planned for you during your stay. All you need to do is turn up and run. An extremely friendly group with a wide range of abilities so no need to worry."



GCR Inaugural 2024 Walk

Eight GCRs braved the weather to take on a 10K muddy trail walk out to Ayot St. Lawrence. The familiar route — via the Ayot Greenway and back through Ayot Mountfitchet — was hastily constructed after the originally planned Benington > Walkern loop was completely waterlogged. Circa 10K walks from different locations will take place regularly throughout the summer (on Sundays and Wednesdays) with some spectacular trails lined up, particularly for the bluebell season. Details will be posted on Facebook and direct to the walking group. Contact jerry@jgp-pr.com for further info or to be added to the list.

Thanks to Michelle Thornton for this photo



parkrun roundup

98 GCRs started their weekends off at parkrun, with 38 staying local at Panshanger. **Rob Casserley** celebrated his 400th parkrun with a 5th place finish, with **Daniel Pudner** and **Bruce Judge** coming in 3rd and 6th. **Katherine Lees** was 4th lady and **Lucy Iles** was 7th lady. **Charlotte Jones** ran her 300th parkrun, **Richard Brown** ran his 100th parkrun, and **Nikki Cowen** achieved a new course PB.

Louise Beale, Michelle Cotter, Sam Males and **Jo Grant** took advantage of a weekend away in North Norfolk to run the Holkham parkrun. Beautiful undulating course set in the

grounds of Holkham Hall. Sam Males continued her impressive streak and came in 4th lady and Jo Grant was 9th lady.



Top 10 finishers elsewhere were as follows:

- **Kate Winter** was 1st lady at Sizewell
- **Samantha Hastie** was 9th lady at Agnew

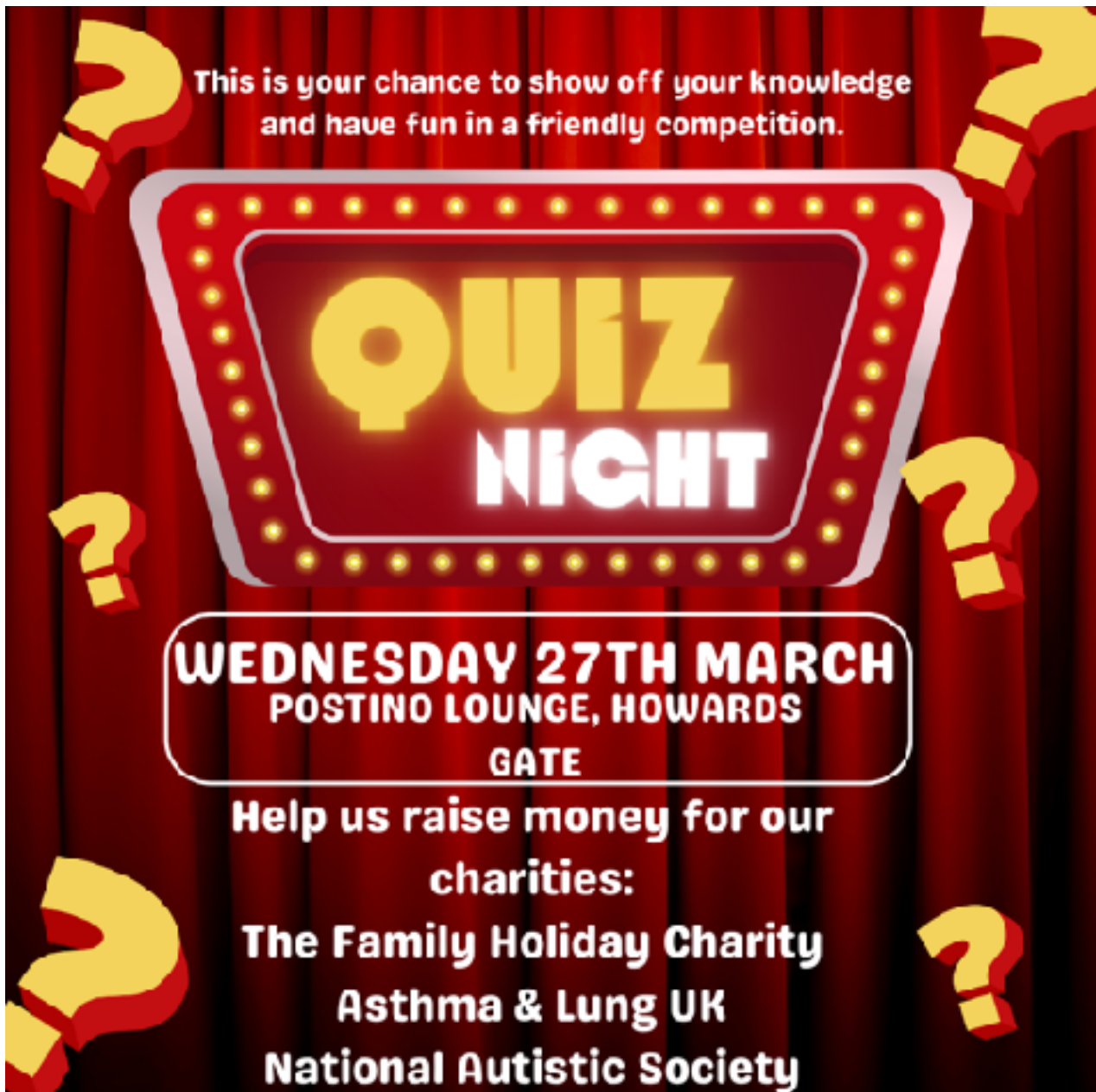
Barbara Kubis-Labiak achieved a new course PB at Jersey Farm.

Other parkrun locations attended by touring GCRs were: Peel, Rutland Water, Salcey Forest, Sunny Hill, Woolacombe Dunes

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

Quiz Night

Vicky Rogers, Caroline O'Dwyer and Lee Wood are organizing a quiz night to raise money for the charities they have chosen to support for their upcoming London Marathon races. There will also be a raffle on the night. More details on quiz entry cost and raffle prizes to follow.



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.

For 2024 the Championship races are:

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	*cancelled*	SXCL Royston (Race #5 of 2023-2024 season)	Therfield Heath,	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 6.20pm 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

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/