



Garden City Runners News Release

18 February 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	Seville Marathon parkrun roundup
Future Events	GCR Walking Group GCR Awards Night Quiz night Cross-Country Fixtures 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

Seville Marathon

This year's Seville Marathon was attended by two GCRs- Anna Lillie and Colin Grace. Colin sent this report:

"With its vibrant cosmopolitan city centre, great transport links, fast, flat and wind-free course, passing by iconic landmarks and picturesque neighbourhoods, it's no wonder that Seville attracts more than 12,000 runners from across the world. This was my second visit to Seville - on my first trip five years ago I was unable to run the marathon due to injury, so this was unfinished (actually un-started) business for me! The race had an early-ish (8:30) start in dry, cool conditions (10C) so I was glad of the arm warmers included in the race pack. Once the sun settled in the temperature reached a comfortable 18C, and I was pleased to stow away my buff and arm warmers and run in shorts and T-shirt. I was grateful

to latch on to a pacing group and chatted and ran with the group until around half way, then gradually drifted a few minutes ahead to create a bit more space and avoid the crowds. The race was very well supported by locals and visitors alike, with lots of cheering and encouragement. Organisation was top notch and the route was traffic free and well marked, with good well-placed drinks stations and aid support. Finishers received a very nice medal, a mint green 'technical' T-shirt and a decent goody bag. Recommended event."

Colin finished in a gun time of 04:24:56 (chip 04:19:12) and Anna finished in 04:18:30 (chip 04:14:40).



Colin in the Seville sunshine with his medal

parkrun roundup

105 GCRs took their weekly prescription of parkrun, with 43 staying local at Panshanger.

Daniel Pudner and **Adam Wadley** achieved top 10 finishes for the men (19:00 and 19:43), and **Sam Males**, **Felicity Wadley** and **Rebecca Barden** finished in the top 10 for the ladies (24:54, 25:08 and 25:14). 21 GCRs turned up at Stevenage, where **Jamie Rose** was 6th man (7th overall in 19:18)

While some might like a bacon bap or a toasted teacake after a parkrun (or both), others prefer more of a parkrun sandwich. One of no doubt a number of GCRs buttering up was

Kathryn McGuinness, who managed to record a new parkrun PB of 24:46 at Luton Wardown parkrun on Saturday, finishing 9th female. Kathryn says "It was part of a 17-mile parkrun sandwich, and I had run 7 miles to get there before , so was very surprised! Particularly as I've never gone under 25mins at a parkrun before." Congrats on the new PB as a very satisfying sandwich filling.

Top 10 finishers elsewhere were as follows:

- **Amber-Leigh Marvin** was 1st lady at Cassiobury in a blistering 21:59
- **Clare Wildey Grover** was 10th lady at St Albans in 24:31
- **Lucy Iles** was 2nd lady at Barclay in 24:45
- **Richard Somerset** was 4th at Wormwood Scrubs in 22:36

New course PBs were achieved by **Robin Newby** at North Yorkshire Water Park (21:55).

Other parkrun locations attended by touring GCRs were: Bedfont Lakes, Burgess, Catton, Chalkwell Beach, Church Mead, Southampton, Stevenage, Girvan Prom, Great Denham, Gunpowder, Henlow Bridges, Holkham, Jersey Farm, Letchworth, Milano Nord, Mile End, Norwich, Oakhill, Seaton, Westmill, Woolacombe Dunes

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

GCR Walking Group

In the hope that the ground will soon start drying up we intend to restart the GCR Walking Programme in March. This year we will add some new trails while revisiting some old favourites (in particular maximising the bluebell season). Distance is generally circa 10K. Anyone wishing to join the group — which generally meets on Sundays and Wednesdays — should contact Jerry Gilbert: jerry@jgp-pr.com

GCR Awards Night

This year's GCR Awards evening has been announced. It 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 31 tickets remaining!**

Tickets are available [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.

A promotional poster for a Quiz Night event. The background is a red curtain with several large, 3D-style yellow question marks scattered around. In the center is a red, glowing sign with a white border and a row of small yellow lights. The sign says "QUIZ NIGHT" in large, bold, yellow and white letters. Below the sign, the date and location are listed in white text on a dark red background. At the bottom, the charities being supported are listed in white text.

**This is your chance to show off your knowledge
and have fun in a friendly competition.**

**QUIZ
NIGHT**

WEDNESDAY 27TH MARCH
POSTINO LOUNGE, HOWARDS
GATE

**Help us raise money for our
charities:**
The Family Holiday Charity
Asthma & Lung UK
National Autistic Society

2023-4 Cross-Country Fixtures

As communicated by email this week, the Sunday League cross-country fixture originally scheduled to be held on 18th February at Royston could not go ahead due to the recent weather conditions impacting Therfield Heath. **An alternative date of 10th March has been proposed**, but please watch out for further communications.

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:

- 24 Feb 2024 - Nationals - Telford
- 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.

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	*postponed*	SXCL Royston (Race #5 of 2023-2024 season)	Therfield Heath, Royston	Free	Club will send out details via email
4 (V)	9 th March	Panshanger parkrun	Panshanger Park	Free	https://www.parkrun.org.uk/panshanger/
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/