



Garden City Runners News Release

25 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

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Focus of the month - Tuesday steady runs

GCR offers a number of steady run groups on a Tuesday evening. The table (included in the Tuesday Group Runs section) shows the **target distance** for each group and also the **target pace**. When deciding which group to join runners should consider both pace and distance. All groups aim to complete their run in about 60 minutes.

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

Each group has a volunteer run leader who will plan a route to meet the target distance and then during the run they will do their best to run within the target pace. The target pace is an average over the whole run. Downhill sections may be slightly faster and uphill sections will inevitably be slower.

For safety reasons it is important that the group stays together and does not get too stretched out. The run leader should be at the front of the group both to set the pace and because they are the only one who knows where they are going. If other runners get ahead of the leader it is vital that they **loop back**, not just to the front of the group but to the back of it.

If a runner finds that they are regularly ahead of the leader then their natural steady pace is faster than that group and they should really move up to a faster group. The difference in pace between groups is not huge and they will normally be absolutely fine in the faster group. Likewise if a runner is regularly falling a long way behind the leader they should really drop down to a group where they will be more comfortable with the pace.

If these simple rules are followed each group should get back on time, having covered the target distance at the target pace on a run that was relaxed, safe & enjoyable for everyone in the group.

GCR Run Leaders

Tarpley 20

Eleanor Sage ran the Tarpley 20 mile race today. The course started in Bury St Edmunds and ran along local country lanes.

Eleanor finished 8th in her age category out of 29, in a gun time of 02:43:56 (chip 02:43:53).

Northumberland coastline ultra

Kath Evans (pictured, below) embarked on another one of her amazing running journeys and sent us her run report.

Kath writes: "I certainly didn't appreciate that the Northumberland coastline boasts some dramatic coastal scenery and I didn't know about its sweeping sandy beaches, rolling dunes, high rocky cliffs, and isolated islands. It's a landscape steeped in history and the sight of Bamburgh Castle and its expansive, exposed bayside setting is pretty impressive! This trail route covered 28.5 miles of a beautiful coastal path, significantly enhanced by the kindness of the weather! With castles, sea air, sand dunes, mud and rock scrambling, it was a perfect natural assault course. Endurance Life put on another brilliantly organised event that facilitated a weekend escape with a little plod! If anyone hasn't done this and fancies a bash, here is a tip, go for the marathon plus distance rather than the ultra which just loops the finish to make up the extra miles!"



Kath with her well deserved medal



London Winter 10k

The annual London Winter 10k was attended by a number of GCRs (*pictured, below*), welcomed by the freezing temperatures to make this a proper winter race.

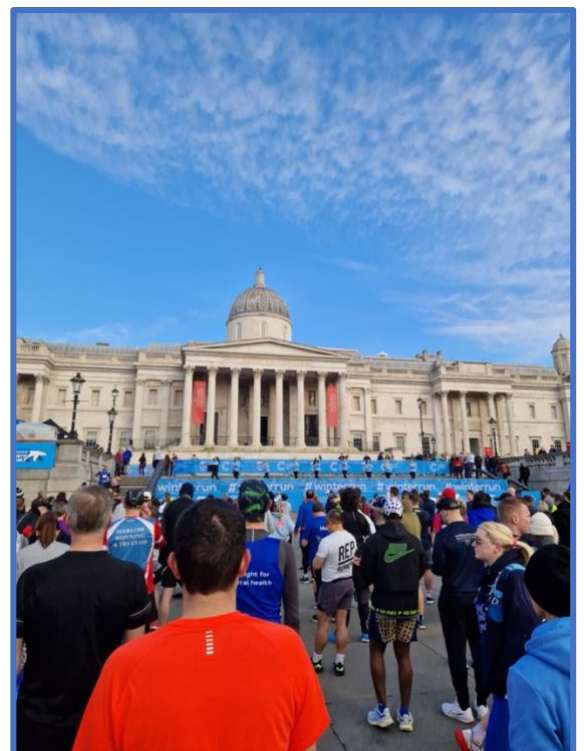
Sid Valentine writes: "A group of GCR members took on the winter 10k run this Sunday morning, and it definitely felt like a winter's day in London, with a race start temperature of 3 degrees. The party atmosphere, along with dancing penguins, huskies, polar bears and yetis, helped the runners complete the 10k course whilst weaving through the streets of London.

The medals did not disappoint as usual, and some of the club members headed off to Weatherspoon's afterwards for a well-earned bite to eat and a drink."

Claire King also ran, finishing in 54:32 and **Maggie Wright** achieved a PB of 53:17.

Maggie also sent us her run report: "It was a great run despite the cold wet start which did turn to lovely winter sunshine soon after. Loads of great support too and a fab bit of bling to boot."

Helen Robinson also took part and finished in 54:34, **Sid Valentine** completed the race in 52:26.



parkrun roundup

92 GCRs took part in various parkruns this weekend, home and abroad.

At Panshanger, **Chris Eland** and **Daniel Pudner** achieved top 10 finishes for the men (19:33 and 19:35), and **Felicity Wadley** finished in the top 10 for the ladies in 24:53.

Top 10 finishers elsewhere were as follows:

- **Matt Baker** was 7th at Whitstable in 19:39
- **Chris Baylis** was 2nd at Stevenage in 17:33
- Also at Stevenage, **Jamie Rose** was 8th man in 19:25
- **Kathryn McGuinness** was 9th lady at Barclay in 27:38
- **Robin Newby** was 9th at Dalby Forest in 21:07

Other parkrun locations attended by touring GCRs were: Southampton, Milton Keynes, Rickmansworth, Westmill, Stevenage, Barnstaple, Gunpowder, Dulwich, Hazlehead (Aberdeen), Tamar Lakes, Cassiobury, Aldenham, Rutland Water, Templemore, Castle Park and Millenium Country (Forest of Marston Vale).

Knockbracken Reservoir parkrun, Northern Island

Willow Gibson (*pictured, below*) has now completed her parkrun alphabet challenge by running the 'K' parkrun in Northern Ireland.

Willow writes: "I ran my first parkrun in 2016 with my daughter in her buggy and today she ran with me, to get my 'K'. It was also their 4th anniversary of parkrun, so it was an extra special celebration.

Knockbracken is a fast course, 3 laps around a picturesque reservoir. It's all completely on paths, has great parking, toilets and cafe. In the summer there are loads of activities like inflatables, boating etc, so well worth a trip. If anyone was wondering about cost of doing an away parkrun, the flights to Belfast were £16 each way, so very affordable!



Thank you to everyone for helping me along the way. It's been the best adventure. Well done to everyone for their achievements this past weekend."

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

Trip Down Memory Lane for Garden City Runners - 1994

One of our members (thank you, Andrew Ackrill) posted the photo below from 1994 on the GCR Facebook page.

Thanks to some research done by GCRs who appear in the photo, we can confirm that it was taken at the **1994 Midweek League** division 2 Race #2 on Wednesday 1st June 1994.

We were able to identify most of the names.



At the back: Dave Newman, Steve Williams, Dave Quinworth (now Duckworth), Ken Barton, Keith Grey, Derek Avery, Rob Paulissen, Arnold Amesbury, Simon Best.

Just in front of them: Mick Bowe, unknown (Joe?) with black headband and glasses, Mick Wise, Giles Chick, Andrew Ackrill, Sean Bowen, George Woods, Quentin Harding (capt)

Just in front of them: Jackie Meredith, Mary Cole, John Davis the Shorter, Ian Lightbown.

Second from front: Tracy Lynch (4683) (with Veronica Shadbolt allegedly hiding behind her), unknown 469?, Louise Forrest (4687), Tom Young, Dave Ingram, Dave Edwards, Peter Game, Jim Oyston, Phyllis Ryan, Andy Shadbolt, Dick Meredith.

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 25 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.

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:

- 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	<i>*postponed*</i>	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.	<u>Register here</u>
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/