



Garden City Runners News Release

28 January 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	Southern XC championships Essendon 10k Serpentine 5k parkrun roundup
Future Events	Foodbank Run GCR Awards Night Cross-Country Fixtures 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

Southern XC championships

Chris Jones writes: "3 GCR men (*pictured, below*) travelled across London to compete in the historic Southern Senior Cross Country Championships which once again was in the beautiful Beckenham Place Park.

The course was one of the best out there. A few challenging hills, grassland, woodland and a few muddy bits in places. The senior men got to experience 14km of it!

The mens race final kicked off in the late afternoon sun at 1435 with over 700 runners from a multitude of clubs across the region.

1st home for GCR was **Benj Carr** in 55:36 which was even more impressive given his spike fell apart after 5K (*named shoe pictured, right*). Next was **Chris Jones** in 58:55, followed by **Dom Thomas** in 1:03:51."

Dom also sent us his run report, adding : "A beautiful sunny day in ideal conditions with a few patches of mud awaited . A new course compared with last year , made more scenic with the run up towards Beckenham Palace incorporated into the route , 1 small mini lap around the centre & then 2 bigger laps making it 8.5 miles (13.67K - shy of the 15k target) / with 691 foot of elevation - more or less the same as last year."



Essendon 10k

Dave Goosetree and **Paul Watts** (pictured, below) did the Essendon 10K today, 28 January. **Dave** writes: "We did the Essendon 10k today, a run that we have done before so knew the course. We were aware that would need to take it easy at points, as it is 2 laps around the outside of the Golf course with lots of trees around which has caused the pathways to be uneven at times. Our times were: **Paul** in 1:04:35 and **Dave** 1:04:37."



Serpentine Last Friday of the Month 5k

James Huish sent us his report from the Serpentine Last Friday of the Month 5k race in Hyde Park, London.

James writes: "Two GCRs took part, in perfect racing conditions (blue skies and not too cold): **James Huish** - 17:06 - 21st and **Steve EDWARDS** - 19:48 - 99th."

Full results - <https://www.serpentine.org.uk/rdb/showrace.php?race=14555>

parkrun roundup

94 GCRs were encouraged by the below zero temperatures (getting used to it as it's January) and went out to visit various parkruns.

At Panshanger, **Adam Wadley, Rob Casserley** and **Simon Bostock** achieved top 10 finishes for the men (19:03,19,20 and 19:51), and **Katherine Lees, Jessica Timmins** and **Felicity Wadley** finished in the top 10 for the ladies (23:45,23:52 and 23:58).

Top 10 finishers elsewhere were as follows:

- **Jamie Rose** was 4th overall at St Albans in 19:00
- **Jennifer Williams** was 9th lady at Westmill in 31:07
- **Caroline Hale** was 2nd lady at Stevenage, in 21:19
- **Chris Baylis** was 4th at Gunpowder in 17:26
- **Chris Eland** was 6th at Keswick, achieving another new course PB of 18:16, after last week's 18:30.
- **Lucy Iles** was 1st lady at Aldenham in 25:06

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

Foodbank Run

Volunteers needed!

Foodbank Run is an initiative that encourages running groups to partner with local food banks to organise a run and get participants to bring donations. GCR are getting involved by planning a parkrun take-over the first weekend in February (3-4)—providing pacers at Panshanger, and volunteering at both Panshanger and Beehive.

The club is asking members, whether running or walking, to arrive with donations for the Food Bank. **GCR will be providing pacers at Panshanger on Saturday 3rd February**, please join us!

While the volunteer roster at Panshanger parkrun is now full for 3rd February, please do continue your support and volunteer for the weeks to come pasnshanger@parkrun.com

Also, on Sunday 4th February there is the opportunity volunteer at Beehive Junior parkrun. Anyone interested in volunteering should email beehivejuniors@parkrun.com

Over 2.1 million people use food banks—up from 1.5m five years ago. February has been chosen, as it is a key time of the year when families are hardest hit, with utility and food bills up, and the arrival of all the post-Christmas bills. More information on the Foodbank Run initiative can be found on their website and their Facebook page using these links
<https://runr.co.uk/pages/foodbankrun>

<https://www.facebook.com/groups/foodbankrun/?mibextid=c7yyfP>

There are some inspiring stories of runs already completed.

More information on Hertford & District Food Bank can be found at
<https://hertforddistrict.foodbank.org.uk/>

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 capacity is restricted to 100 people.

Tickets are available [here](#).

2023-4 Cross-Country Fixtures

The last of the 2023-2024 Sunday League cross-country fixtures will be:

- 18 Feb 2024 – Royston (Therfield Heath)

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).

All five venues are challenged for parking spaces at the venue, and the popularity of the League means ever more cars trying to park. After the popularity of the MWL, we have arranged for a coach to take runners from WGC to each venue. Further details on how to book to be issued shortly.

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

- 27 Jan 2024 - Southern Main Champs - Beckenham
- 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.

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.	Register here
3	18 th February	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	Mid-May (tbc)	MWRRL #1	tbc	Free	Club will send out details via email
9	End May (tbc)	MWRRL #2	tbc	Free	Club will send out details via email
10	Start June (tbc)	MWRRL #3	tbc	Free	Club will send out details via email
11	End June (tbc)	MWRRL #4	tbc	Free	Club will send out details via email
12 (V)	End June (tbc)	Welwyn 10k (if going ahead)	tbc	tbc	Details tbc
13 (V)	Start to mid July (tbc; poss. second week)	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 (tbc)	Hatfield 5k #2 (Vets)	Hatfield	tbc	Details tbc
17	15 th September	Stevenage 10k	Stevenage	£16.00 aff. (before 31 Dec) £18.00 aff. (from 1 Jan 2024)	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/

