



Garden City Runners News Release

29 October 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

LiRF-a-Minute

Our dedicated and wonderful run leaders gave up their Saturday to build and increase their skills for our benefit.

Sid Valentine reports: "14 Group Run leaders completed the England Athletics Leadership in Running Fitness (LiRF) course on Saturday 28th October at Ridgeway Academy. This is a great course and all the leaders including myself took lots away from on the course that we cannot wait to put into practice on the clubs group runs . Well done to all the leaders that attended and passed the course!"

Big thanks as always to the Run Leaders! 😊



Sunday League Cross-Country – Race #2 (Watford)

A strong contingent of GCRs (many of whom had boarded the XC fun bus from Stanborough) gathered together around the hallowed GCR flag and tarpaulin in Cassiobury Park in Watford, for the second cross-country fixture of the 2023-2024 season. Those who might have felt that their club vest/t-shirt would benefit from an extra rinse / spin-cycle were in luck, as it's fair to say that we got drenched on the squelchy two-lap course. The majority of the two laps is around rather undulating woodland, which provided some cover from the rain, but was a little hair-raising on some of the downhills.

James Huish and **Steve Ellerd-Elliott** found some shelter after the finish line to record the finish positions (thank you!) – full results will be available on the Run Herts website some time in the coming week.

Pro tip from Sophie Packman: a large black plastic bag is an excellent idea to keep your bag/kit dry (and can double as a very fetching poncho, as modelled by Rebecca Barden [sadly no photos available]).

Only one week to dry out your trail shoes, as the next cross-country fixture is next Sunday (5th November) at Trent Park. Keep an eye out this week for further details.



5k Your Way

Alison Paterson shares her experience of a great initiative to support the wellbeing of people affected by cancer: "The last Saturday of the month is 5k Your Way meet up at some parkruns. 5k Your Way is an initiative run by MOVE charity. MOVE charity was set up in 2016 to encourage people affected by cancer to harness the positive impact of exercise. The 2 'local' to us are Harlow and Bedford. It was a beautiful morning for my 2nd run at Bedford, the course is 2 and half laps run on paved tracks around Bedford Town Park. It's very busy so if you want a quick time you need to start out at the front. Definitely not the most scenic but inclusive for the 20 of us who went. I managed a PB which I was pleased with."

More info is available at <https://5kyourway.org/>



parkrun roundup

Putting an alternative C in GCR, 100 runners were out at parkruns across the land (and beyond) on Saturday morning, across no less than 36 locations. 31 contributed to the steadily swelling numbers at Panshanger, **Alex Newman-Smith** finished first in 22:19 and **Jamie Rose** was 2nd in his third course PB smash this year – 19:17. Three GCR made the top ten for the ladies, with **Alex Faulkner** (2nd), **Katherine Lees** (3rd) and **Rebecca Barden** (6th) coming through the funnel in 23:28 (PB!), 24:31, and 26:01, respectively.

Top 10 finishers elsewhere were as follows:

- At St Albans, **Neil Hume** was 7th man (9th overall) in 19:32 and **Lauren Potter** was 5th lady in a course PB of 22:19
- **Samantha Males** was 9th lady at Luton Wardown in 25:57
- **Caroline Griffen** was 6th lady at Sheffield Castle in 26:47
- **Lizzie Belcher** was 6th lady at Presint 18 parkrun, Putrajaya in 30:42
- **Paul Guy** was 9th man (12th overall) at Jersey Farm in 20:58
- **Katy Healey** was 6th lady at Abbey Park in 24:21

Bernard Rockhill achieved a new course PB at Keswick (27:45).

Other parkrun locations attended by touring GCRs were: Aldenham, Barnstaple, Bedford, Brooklands, Fairview, Gladstone, Gunnersbury, Gunpowder, Leavesden Country, Markeaton, Milton Country, Morecombe Prom, Oakhill, Osterley, Preston Park (Brighton), Queen Elizabeth, Riddlesdown, Roosevelt Island DC, Sizewell, Southampton, South Oxhey, Stevenage, Thames Path, Torbay Velopark, Troon, Watermeadows, Wimpole Estate, Yarborough Leisure Centre.

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

2023-4 Sunday League XC fixtures

Two down, three to go! The next cross-country fixtures are as follows:

- Trent Park - 5 November 2023
- Stevenage - 17 December 2023
- Royston - 18 February 2024

They're also 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.

Any queries about Trent Park or the wider series, should be directed to GCR captains: James Huish, Dan Pudner, Hannah Frank or alternatively Rebecca Barden.

Please also note the dates of other Cross-Country fixtures over the 2023-24 season:

- 9 Dec 2023 - Southern Vets Champs - Oxford
- 8 Jan 2024 - Herts Senior Champs - Watford
- 27 Jan 2024 - Southern Main Champs - Beckenham
- 24 Feb 2024 - Nationals - Telford
- 26 Mar 2024 - Herts Vets – Watford

GCR Christmas Bash at Best Western Homestead Court, Friday 15 December

80s Night Fancy Dress £42.50pp

(3-course dinner and disco) Christmas 2023 (bw-homesteadcourt.co.uk)

Please phone/email Kasia at Homestead Court asap (contact details below) to book your dinner/disco and place your food order direct with her. It's £10 deposit to hold your place or pay in full £42.50. Please also let her know of any allergies/requirements at the time of booking.

Events Tel: (01707) 385515

Front Desk Tel: (01707) 324336

Email: events@homesteadcourt.co.uk

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, as the evenings are getting darker

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.

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.

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, Watlington	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	Completed
17	V	30/08/2023	Hatfield 5k Race 1	Hatfield	tbc	Completed
18	CC	01/10/2023	Standalone 10k	Letchworth	£18.00 affiliated	Completed
19		15/10/2023	XC 1	Cheshunt	free	Completed
20	CC	22/10/2023	Stevenage Half Marathon	Stevenage	£28.00 affiliated	Completed
21		29/10/2023	XC 2	Watford	free	Completed
22		5/11/2023	XC 3	Trent Park	free	Club will send out details via email
23	CC	26/11/2023	Hatfield 5	Hatfield	£22.26	http://hatfield5mile.co.uk/
24	V	10/12/2023	Festive 5	WGC	£12.00	https://my.raceresult.com/257922/ registration
25		17/12/2023	XC 4	Stevenage	free	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.

Additionally, bobble hats are now available (£12), as modelled by Peter Harvey.



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/