



Garden City Runners News Release

3 November 2024

Please send reports of races and milestones, with photos if available, before 7pm Sunday evening for (almost) guaranteed inclusion, to results@gardencityrunners.org.uk

Fredi runs Venice marathon

Fredi Giliberti (*pictured, below*) sent us his run report from Venice, where he ran the Venice marathon last weekend.

Fredi writes: "On Sunday 27 October 2024 I ran the 38th Venice marathon. After doing Rome earlier this year, I closed my racing season with another 42.2k, which gives me rights to brag about running multiple marathons! It had been raining for 2 weeks solid prior to race day and I was not looking forward to facing a sodden few hours, whereas the weather on race day stayed dry with temperatures definitely warmer than expected at around 18 degrees.

The pancake race started at a town called Stra, and snaked along the River Brenta towards the city, passing a number of famous villas and sleepy towns. As the skies cleared, we crossed the Ponte della Liberta', a dreary 5K straight causeway connecting Venice to the mainland, where I hit the wall and had to alternate running with walking.

With a few kilometres to go, I somehow recovered and found the stamina to run the 14 ramps and one massive temporary bridge across the Gran Canal. The short loop in St. Mark's Square was the loudest section of the race and with some help from the crowd I sprinted to the finish in a handful of seconds inside 5 hours."



Rocket round the running track

Peter Watts sent us this run report from the running track.

Peter writes: "Saturday 2 November found me up early and on a running track in Ware for a 12-hour challenge. I knew I would not achieve the best I did in 2022 but hoped to better last year's result.

The weather was kind to us as we only got a couple of brief light showers. There were two events. There was one that started at 9am and people had options of 5k, 10k, half-marathon, marathon, six hours or the full 12 hours. There was also a race that set off at 3pm with all options apart from the 12 hours, I fell three laps short.

My race started well and by halfway I was up on last year's. My halfway was better than last

year but it fell apart in the second six hours, where I only achieved another 75 laps. With my quads hurting from around 30km I was pleased with the final total but also disappointed I could not have done better.

If it had not been for the pain in the upper legs I am sure I could have done a lot better.

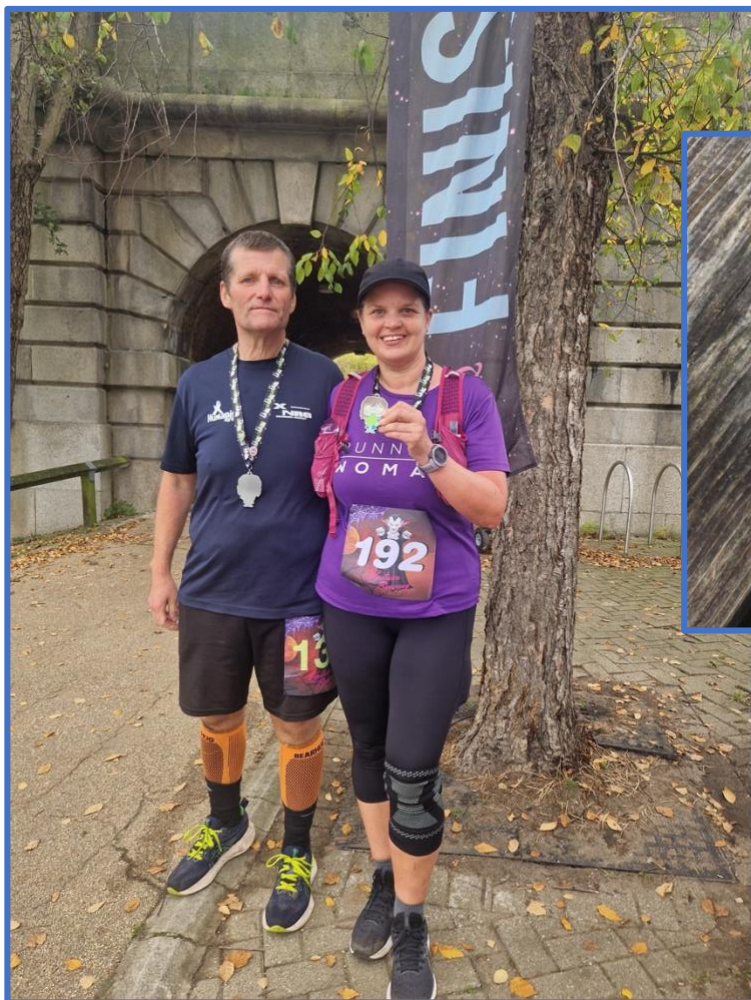
Still, onwards and upwards, here's to the next race."

The Exorcise-ist Run

Nadine and **Aiden Dwyer** (pictured below, with their medal) were off to yet another adventure run and it had to be Halloween-themed, of course.

Nadine writes: "On Saturday, Aiden and I headed to Staines to run a half-marathon in The Exorcise-ist Run, organised by Saturn Running. This was another timed event where you can run as many of the 7k loops as you like - all on a nice flat course along a beautiful stretch of the Thames towpath. A friendly and easy-going event, with a great medal and a goodie bag of treats for every runner to take home.

As usual at these events, there were lots of familiar faces/regulars taking part - including the incredible Collette O'Hagan who just completed her 1,000th marathon in Dublin last weekend (at the age of 75)! Collette is a regular at these events and told me that she has no intentions of stopping anytime soon. Guess that means we'll also just have to keep going."



Knebworth 10k and Hertfordshire Half

Today saw GCRs travel to various local races, including Knebworth, where the annual Knebworth 10k was taking place. They included **Michael Scutt** and **Daniel Fallon**, among others.

Michael writes: "I ran the Herts 10km at Knebworth Park today and was pleased with my time of 58:16. There were a few other GCRs there too. It was a good well organised event and the weather was ideal."

Daniel was also pleased with his run: "I ran the Hertfordshire 10k at Knebworth House today. My time was 47:59, finishing 73rd out of 842 runners and 9th in my category. Pleased with the run, only the 2nd time I've run under 48 minutes and when I did it last year, my time was 51:56, so a big improvement.

I think that time was probably a result of my first track session at Gosling this week and the intervals I did on Tuesday, so thanks to those coaches for helping with some progress."

Other GCRs opted for the half-marathon option and did Hertfordshire Half. **Dave Goosetree** reported having finished the race in 2:06:28 (chip time) – 'not PB but still a good race'.

Wendover Woods Marathon

Yet another marathon in the bag for **Nick Genever** and if anyone wanted to stop counting at 100 or 200, they'd better not!

This time **Nick** ran around the beautiful Wendover Woods, and sent us this run report: "Wendover Woods Marathon is a 4-lap course on wide forest tracks with a total ascent of 900m. I completed the marathon in 4:01 and it was my 14th marathon or ultra in 16 weekends to take me to a total of 249 marathons."

parkrun roundup

GCRs clearly loved the beautiful autumnal Saturday morning and 109 participated at events across Herts and beyond.

- At Braunstone, **Matt Baker** was 7th overall in 19:15
- At Pymmes, **Lauren Potter** was 4th lady in 22:59
- At Stevenage, **Zoe Stephens** was 1st lady in 20:35

- At Panshanger, **Joe Ansbro** was 1st overall, in 17:53 and **Graeme McSorley** finished 4th in 19:02. **Jessica Timmins** was 4th lady in 21:23, **Hannah Frank** was 7th lady in 22:48 and **Rebecca Barden** 10th lady in 24:38
- **Jamie Rose** was 3rd overall at Harlow in 19:14, and **Alex Faulkner** was 5th lady in 23:35
- At Zillmere, **Nick Portalski** was 9th man in 25:06
- **Andrew Holt** finished 6th overall at Haverhill, in 23:16
- **Sharon Threlfall** was 3rd lady at Vääksyn kanava, in 31:07
- At Henlow Bridge Lakes, **Thomas Buzzard** was 2nd overall in 19:31
- At Ganger Farm, **Sean Bowen** was 9th male in 21:18
- **Robert Casserley** finished 7th overall at Yarborough Leisure Centre, in 19:50

Full results for GCRs taking part in this week's parkruns are available [here](#).

Nick Portalski completes his Alphabet Challenge, with a Z in Australia

Nick (*pictured, below*) writes: "I completed my Parkrun alphabet challenge this weekend with the letter Z in Australia.

I was in Oz for work, doing a whistle stop tour of Sydney, Melbourne and Brisbane. I realised I would be in Brisbane on the Saturday so looked around for Parkruns and found.... A Z! Zillmere Parkrun in a north Brisbane suburb. Not only was it a Z but also a mere 5 mins from a cousin - the stars had aligned.

Parkruns start at 7am in Australia due to the heat. Even at that time it was 20 degrees and 85% humidity so maybe not the most fun parkrun for a Brit but the locals were very friendly. Being a Z there were more tourists than locals (including people from London and Dublin). It was a two lapper with each lap being a figure of eight round two sports fields. There were cobwebs hanging in the trees - I stayed well away from those!"



Sunday League XC Fixtures

The following preliminary race schedules for the XC League are now confirmed. All times are 10:30am start, unless otherwise stated.

15 December - Fairlands Valley, Stevenage

16 February - Cassiobury Park, Watford

GCR Christmas Party Night – Friday 6 Dec 2024

GCR Christmas party at The View, WGC, on Friday, 6th Dec 24 – if you have already booked for what promises to be the social event of the year, please can you send the **remainder £35, due latest 1st November, to Sophie Packman.**

sophie.packman@meuk.mee.com

Name: Anne-Sophie Packman

Sort code: 070806

Account number: 34950676 **(Please include your name for reference)**

Other dates for your diary:

Weds, 18th Dec 24

GCR London marathon draw. From 7pm at Postino's Lounge, WGC (upstairs) and first drink free!

For anyone who wants to join Sophie for food before 7pm (and order/pay for your own food) please let her know.

Sat, 15th March 2025

Awards Night - venue TBC

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, Royston	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.	Completed
6	14 th April	Flitwick 10k	Flitwick	£18.00 aff.	Completed
7	6 th May	Kimpton Fun Run 10k	Kimpton	tbc	Completed
8	15 th May	MWRRL #1	Stevenage	Free	Completed
9	23 rd May	MWRRL #2	Ware	Free	Completed
10	4 th June	MWRRL #3	Royston	Free	Completed
11	27 th June	MWRRL #4	Trent Park	Free	Completed

12 (V)	30 th June	Welwyn 10k	Panshanger Park	tbc	Completed
13 (V)	10 th July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Completed
14	18 th July	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Completed
15 (V)	4 th August	GCR Centenary 20.2k	WGC Centenary Route	Free	Completed
16 (V)	4 th September	Hatfield 5k #2 (Vets)	Hatfield	tbc	Completed
17	15 th September	Stevenage 10k	Stevenage	£18.00 aff.	<u>Completed</u>
18	13 th October	SXCL #1	Barclay Park	Free	Completed
19	20 th October	Stevenage Half Marathon & Marathon	Stevenage	tbc	<u>Completed</u>
20	27 th October	SXCL #2	Royston	Free	Completed
21	3 rd November	SXCL #3	Trent Park	Free	Completed
22	24 th November	Hatfield 5	Hatfield	£22.00 early-bird aff.	<u>Register here</u>
23 (V)	8th Dec	Festive 5	WGC	£12	<u>Register here</u>
24	15 December	SXCL #4	Fairlands Valley, Stevenage	Free	Club will send out details via email

Group Runs - Tuesdays 6:20pm for 6:30pm start, Dance Studio Ridgeway Academy

Please note that the 10k has now changed from 5:45-6:00 to **5:45-6:15**.

Group run pace chart here as a reminder:

Group distance	Pace (mins/km)	Pace (mins/mile)
5k	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	7:30-9	12-13
8k	7-7:30	11-12
9k	6:30-7	10-11
10k	5:45-6:15	9-10
11k	5-5:30	8-8:30

Interval Sessions: Tuesdays 6:45pm start, from various locations

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 6:20pm for 6.30pm start, Campus West

Thursday group run meets at Campus West on the steps outside the library. The What3Words location for the start is for start location: <https://w3w.co/eager.bliss.stuff>. 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
7-8km	Route to take approximately an hour
9-10km	Route to take approximately an hour
Introduction to intervals	This is often time-based intervals rather than distance

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 of parking charges at Gosling Sports Park:

<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. See club website for photos. Vests, t-shirts and long sleeved tops are £21 jackets are £42.

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/

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