



## Garden City Runners News Release

**6 August 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](mailto:results@gardencityrunners.org.uk)*

### **Louise Needs YOU!**

#### **BIG HALF (SUNDAY 3 SEPT) - WOULD YOU LIKE TO JOIN THE GCR VOLUNTEER TEAM?**

This is a fun occasion with a privileged view at the finish (in Greenwich Park) of one of the London majors whilst reuniting runners with their baggage.

Transport is provided both ways from WGC plus a packed lunch, jacket and sometimes a T-shirt too.

It's a great occasion to meet and mingle with club members and be part of something special.

Drop an email to Louise asap - [louise.smith0@icloud.com](mailto:louise.smith0@icloud.com) - if you would like to be part of this team on Sunday 3 September and join those who have already put their hands up to be involved.

### **South West Coast 50**

**Kath Evans** headed west once again for another adventure on the trails. Kath writes:

"This weekend included a 50-km looped route, with Action/Ultra Challenge. The basecamp was in the shadow of Dunster Castle, the route took in the fabulous 1<sup>st</sup> section of the 630-mile South West Coastal Path – from Minehead to Porlock, with fantastic views out towards Wales. Sadly the trek up to Dunkery Beacon needed to be rerouted due to the wind, but at 25k we headed back to basecamp after plenty of elevation! There aren't many ultras where you get almond croissant and coffee at the 1<sup>st</sup> stop! It provided a great day out and a wonderful excuse for fish and chips by the sea in Minehead."



## **London Triathlon**

**Barbara Kubis-Labiak** completed another triathlon today, despite a minor setback.

Barbara reports: "This morning I travelled to Excel to take part in London Triathlon, Olympic distance. I didn't realise it was such a massive event, it was great to see so many people competing. The weather was good for a change and for once I didn't get soaked during a Tri (well, apart from the swim!).

Had some adventures, including a puncture about 30k into the bike ride and I'm not sure how I managed to finish. The best part was the cycling route to Westminster, in the sunshine.

The swim was challenging but nice, Victoria Dock has been one of my recent open water places to swim.

My time was 3:16:18 (Swim 1500m: 43:29; Bike 40k: 1:26:11; Run: 10k: 55:32)."



## **Welwyn Centenary 20.20k**

**Peter Harvey** reports on the annual circumnavigation of our garden city:

"Good weather prevailed for the 65 Garden City Runners navigating the 20.20(km) Centenary Route tracing the perimeter of the new town. There were four staggered starts according to expected finishing time. This year the runners went anti-clockwise. Conditions

in Commonswood were certainly slippery and the big hill up to The Ayots was tackled deep into the run.

Recent club member **Bradley Birch** was first home in 85:27 followed by **Peter Harvey** just under four minutes later. **Herbie Hopkins** was also under 90 minutes and would have finished second but for lack of course knowledge taking a diversion near Tewin. **Anna Lillie** was the first woman in 1:57:37 closely followed by **Veronica Shadbolt** with no others beating two hours.

**Brad Smith** pushed a buggy with two-year-old Linden in taking 2:22. **Peter Jasko** ran the route clockwise before going anti-clockwise and did 2:19 for the second loop. **Steve Grout** picked up litter on the way. All finishers got a medal and that feeling of satisfaction after a decent run."

Rebecca Barden also writes: "Also running the course but too early to qualify for the official results were the hardy trio of **Johan Preis, Malcolm Baron** and **Rebecca Barden**. Setting off at 8am to scope out the course in advance of the main GCR party, the renegade triumvirate, even with a pause to snack on ripe blackberries and a paddle under the bridge to Stanborough Lakes, completed the 20.20 challenge in a time of 2:02."

Results for all participants are as follows:

Number	Name	Start Time	Actual Time
500	Bradley Birch	10.00	1:25.27
497	Peter Harvey	10.00	1:29.12
796	Herbie Hopkins	10.00	1:29.44
777	Rob Casserley	10.05	1:32.22
798	Paul Guy	10.00	1:33.50
494	Thom Buzzard	10.00	1:33.50
799	Steve Ellerd-Elliott	10.00	1:35.46
800	Domonic Thomas	10.00	1:42.22
496	Jamie Rose	10.00	1:42.22
797	Michael Grant	10.00	1:49.41
499	Martin Mitchell	10.00	1:49.43
511	Richard Sidlin	9.03	1:50*
513	Andy Ackrill	9.03	1:50*
566	Gareth Askey	10.00	1:53.52
495	Lorenzo Franchi	9.42.10	1:55.25
795	Andrew Pocock	10.00	1:57.12
794	Andrew Morgan	10.00	1:57.13
520	Michael Tandy	9.40	1:57.28
581	Anna Lillie	9.40	1:57.37
564	Alex Malzer	9.40	1:58.09
539	Veronica Shadbolt	9.40	1:58.15
562	Martyn Perrin	9.40	1:58.39
580	Katharine Farrell	9.40	2:01.09
554	Ruby Spencer	9.40	2:01.09
523	Freddie Giliberti	9.40	2:01.09
569	Matthew Renney	9.40	2:01.34
592	Roger Adey	9.40	2:01.57

557	Sophie Packman	9.40	2:05.07
567	Thomas Parmley	9.40	2:05.12
591	Sanjeev Kaushal	9.40	2:05.20
568	Jessica Timmins	9.40	2:05.49
524	Ilona Peva	9.40	2:05.49
565	Ricardo Gregorio	9.40	2:06.07
493	David Edwards	9.40	2:06.38
574	Matt Lees	9.40	2:07.48
575	Katie Lees	9.40	2:07.48
492	Steve Williams	9.40.17	2:09.51
498	Rachel Hickey	10.00	2:11.52
522	Steve Grout	9.40	2:16.11@
596	Andy Henderson	9.40	2:16.11
595	Steve Mowles	9.40	2:16.11
543	Sophie Marchant	9.40	2:16.11
544	Richard Darley	9.40	2:19.15
555	Chris Ward	9.40	2:19.17
778	Peter Jasko	10.05	2:19.36\$
491	Brad Smith & Linden	9.43	2:22.18£
559	Carol Reid	9.40	2:24.45
571	Kathryn McGuinness	9.40	2:26.38
593	Maggie Wright	9.40	2:26.41
542	Elaine Moore	9.40	2:26.45
546	Jennifer Williams	9.40	2:26.50
537	Melanie King	9.40	2:26.50
530	Alison Meaden	9.40	2:28.05
541	Chrissy Johnson	9.40	2:28.05
525	Lorraine Bell	9.40	2:28.05
589	Sharon Stephens	9.21	2:43.41
587	Ann Hayden	9.21	2:43.41
515	Gail Munro	9.20	2:56.05
519	Gemma Sloan	9.20	2:56.10
597	Willow Gibson	9.20	2:58.32
510	Charlotte Jones	9.00	3:31.10
512	Tendy St Francis	9.00	3:31.10
509	Emily Shepherd	9.00	3:31.10
588	Philippa Thorogood	9.21	DNF
521	Chris McGurk	9.40	DNF
			63 finishers
	Peter Harvey	Lakes	RD
	Tim Cooke	Lakes	Assistant to RD
	Nikki Cowen	Tewinbury	water manager
	Gaaya Thiagaraja	Tewinbury	water
	*started early in respect of ability		
	\$also ran the route in the other direction		
	@ picked litter along the way		
	£ pushed a buggy		



## **parkrun roundup**

94 GCRs were not put off by the wet weather this weekend and went off to squelch around a variety of parkruns.

It has been said that a dedicated parkrunner will travel to the ends of the earth to get their Saturday morning fix. **Hannah Frank** and family put that theory to the test this weekend. Hannah writes: "Whilst away, myself and Mat [*both pictured below*] decided to do a little bit of parkrun tourism. So we headed as west as we could go to Lands End. A parkrun where there tends to be more tourists than locals, it was the windiest parkrun we have ever done. The course was an out and back with incredible sea views and was very friendly. Mat finished in 25<sup>th</sup> and I plodded along in just over 30 minutes to finish 69<sup>th</sup>. A time I'm very happy with, with only 10 weeks to go. If you're ever in Cornwall I would highly recommend this parkrun."



41 GCRs stayed local at Panshanger at the 400<sup>th</sup> event, where parkrunners and parkwalkers were back on the standard course, the Longhorn cattle having moved on to new pastures. For the men, 5<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> places went to **Tom Buzzard** (19:29), **Adam Wadley** (19:38), **Paul Guy** (19:47) and **Martin Mitchell** (a course PB of 19:59). For the ladies, 5<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> places went to **Rebecca Barden** (24:02), **Rebecca Cullers** (25:27) and **Felicity Wadley** (25:28).

Top ten finishers at other locations were as follows:

- **Chris Dungate** achieved a new course PB at St Albans where he finished 9<sup>th</sup> in 19:27
- **Helen Stafford** achieved a new course PB and was 3<sup>rd</sup> lady at Tramore (Waterford) in 23:00

- **Juliet Vine** was 1<sup>st</sup> lady at Jersey Farm in 19:24
- **Gilly Holdsworth** was 10<sup>th</sup> lady at South Woodham Ferrers in 31:52
- **Sharon Threlfall** was 6<sup>th</sup> lady at Kirkwall in 27:42
- **Lucy Iles** was 4<sup>th</sup> lady at Clevedon Salthouse Fields in 23:13

parkruns in addition to those already mentioned: Barclay, Bushy, Catton, East Grinstead, Letchworth, Longrun Meadow, Oak Hill, Osterley, Rising Sun, Roding Valley, Sandwell Valley, Seaford Beach, Stevenage, University of Northampton, Valentines

Full results for all GCRs taking part in parkruns can be found [here](#).

**Group Runs - Tuesdays 6.20pm for 6.30pm start, Dance Studio Ridgeway Academy**

**Tuesday 8<sup>th</sup> August:**

- **Meeting point for 8k group will be Panshanger Golf Course (Herns Lane) at 18:20**
- **All other groups are at Ridgeway Academy as normal**

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.

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
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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.

### **Hatfield 5K race series**

The dates of the Hatfield 5k race series have now been confirmed. The fast and flat road route is an excellent opportunity to develop your speed in a competitive field. Race 1 is an Avery race, and details are in the Avery calendar. Dates of the three races are as follows:

Race 1: Wednesday 30<sup>th</sup> August 2023 (Herts Senior Champs)

Race 2: Wednesday 6<sup>th</sup> September 2023 (Herts Vets Champs)

Race 3: Wednesday 13<sup>th</sup> September 2023

Further details on registration to follow.

### **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, Watford	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	<a href="https://www.parkrun.org.uk/panshanger/">https://www.parkrun.org.uk/panshanger/</a>
17	V	30/08/2023	Hatfield 5k Race 1	Hatfield	tbc	Details tbc
18	CC	01/10/2023	Standalone 10k	Letchworth	£18.00 affiliated	<a href="http://www.nhrr.org.uk/standalone-10k.html">http://www.nhrr.org.uk/standalone-10k.html</a>
19		15/10/2023	XC 1	tbc	free	Club will send out details via email
20	CC	22/10/2023	Stevenage Half Marathon	Stevenage	£28.00 affiliated	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
21		29/10/2023	XC 2	tbc	free	Club will send out details via email
22		5/11/2023	XC 3	Stevenage tbc	free	Club will send out details via email
23	CC	26/11/2023	Hatfield 5	Hatfield	£22.26	<a href="http://hatfield5mile.co.uk/">http://hatfield5mile.co.uk/</a>
24		17/12-2023	XC 4	Stevenage	free	Club will send out details via email
25	V	December tbc	Festive 5	Welwyn Garden City	Entry cost tbc	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.

You can pay by cash or bank transfer. Please Facebook message or text Richard on 07790 591868 or email [rich.somerset@ntlworld.com](mailto:rich.somerset@ntlworld.com) to arrange pick-up.

"Puffa" jackets are also available for £42, please contact Martha Hall on: [ma-hall28@hotmail.com](mailto: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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)