



Garden City Runners News Release

6 May 2024

Harvey and Hall hit the high spots in Hitchin And Guy is the Kimpton king

Head out on the roads and trails around WGC at any given time and on any given day, and chances are you will encounter the ubiquitous **Peter Harvey** out on a training run. All that speed work again paid off, as it has it has so many times in the past, when Peter (*pictured right*) found himself on top of the podium at this weekend's *Hitchin Town Centre 10K* after finishing first in the MV50 category with a blistering time of 38:37. As is customary, the race started and finished in the Market Square and for once the weather was warm and sunny as the runners headed out through the villages. Making it a double celebration for the club, another GCR stalwart **Martha Hall** (41:30) led a ladies team that included **Jess Timmins** (43:34) and **Zoe Stephens** (44:16) to team silver. In the County Champs this placed the three ladies 3rd, 8th and 9th respectively. *Martha is pictured below and with Jess Timmins*. Thanks to **Thippi Rashleigh** for these and the following group pic.



Also competing for GCR were **Steve Mowles** (46:47); **Veronica Shadbolt** (47:15); **Clare Wildey Grover** (50:06); **Ailsa Abbott** (50:05); **Hiran Fernando** (52:47); **Carol Reid** (59:54), and **Thippi** (1:10:33). Unfortunately some club runners were categorised as 'Unattached' so apologies if we have missed any.



Kath a-spires to run Prague Marathon

If there's a runner in the County who burns more miles in a month than **Kath Evans** I'd like to meet her. A weekend without an Ultra for Kath is like a day without sunshine. And what's more for this stalwart of the NHS there is generally a worthy fund raiser attached. This weekend Kath headed off to the centre of Europe and Prague's famous spires for the City's Marathon, running for the WellChild charity that provides specialist nurses for children who have complex needs. She described the event as superbly organised, and the route as "flat and scenic, with some wicked cobbles thrown in." Kath



(pictured above on the podium) took every opportunity to soak up the views (including running over the Charles Bridge). High fiving as many supporters and thanking all the volunteers resulted in a completion time of 5:18. "Definitely more training needed," she says. "If you fancy a European weekend trip, this is definitely one to do! We stayed at the Metropolitan Hotel in the Old Town, which was perfectly located for the start and finish."

May The 4th Be With You

The 4th of May is *Star Wars Day*. So on Saturday, **Nadine** and **Aiden Dwyer** (pictured) entered the 'May The 4th Be With You Run' organised by Phoenix Running. They completed



six laps (32K). Aiden writes, "It was a perfect sunny morning to run along a stretch of the Thames. We were briefly joined by the Centurion



runners doing the Thamespath 100 miler that day — lucky for us, we didn't have to match their distance though. Given the date, there was a choice of Star Wars themed medals to pick from. A great day out, with a really good atmosphere."

Kimpton May Festival 10K Fun Run

The thing about an event dubbed a 'fun run'—especially one linked to a traditionally popular village festival programme—is that participants have different approaches, whether in Welwyn, Ware or indeed Kimpton. The changeable weather that suddenly followed the two preceding days of sunshine, certainly didn't dampen the spirits on May Bank Holiday Monday. In fact the downpour that accompanied many GCRs that turned up at Kimpton's Recreation Ground for the annual *Kimpton May Festival 10K Fun Run*, may have been a blessing, as they undertook the testing loop, out past the church, and eventually along the River Mimram at Codicote Bottom before climbing the big hill up to Ayot St. Lawrence.

For four GCRs the party started early as **Richard Somerset**, **Barbara Kubis-Labiak**, **Roger Adey** and **Sophie Packman**, opted to cycle through the rain to the registration point, meeting up with **Helen Stafford** en route. Sophie writes, "We were all soaked when we got there. While Helen went off to do the fun run with her kids we hid in the marquee to await the soggy start. It even stopped raining in the end. "They followed this with post-race brunch at Spokes and then a cycle home.



No such diversion for **Paul Guy** (*pictured left*), who had his eyes on the prize in his home village. Clad in purple ... “that’s the Kimpton May Festival colour, and I was representing Kimpton today”— he finished virtually a minute ahead of the second competitor (in 40:39), with **Peter Harvey** (43:15) following his exertions the previous day, in 4th place.

Other GCR placings include: **Nigel Cavill** (48:23); **Caroline Hale** (49:20); **Hannah Frank** (52:19); **Steve Mowles** (52:24); **Dave Edwards** (52:50); **Roger Adey** (53:27); **Barbara Kubis-Labiak** (55:06); **Richard Somerset** (55:16); **James Aitcheson** (55:42); **Sophie Packham** (56:03); **Veronica Shadbolt** (58:33); **Nikki Cowan** (58:36); **Maggie Wright** (60:02); **Tim Thornton** (62:13); **Chrissy Johnson** (65:47); **Alison Meadon** (68:39); **Alison Patterson** (70:43). **Gail Monroe** (70:47); **Holly Casey** (71:25); **Russell Casey** (71:27) and **Charlotte Jones** (93:40). Apologies for any names omitted (club assignation not given on the official results). One convoluted name could well have been **Clare Wildey Grover** (apologies if it was you Clare). *Some of the GCRs taking part are pictured below.*





parkrun Roundup

100 GCRs were out in force far and wide this week. It seemed unlikely that anyone could have been further afield than **Jacqui McCallum** and GCR chair, **Jane Molloy** (pictured left) who hopped on the plane to Billund for a bit of hardcore parkrun tourism in Vejen, Denmark. At the same time, over in Germany, **Peter**

Jasko was finishing 10th in Dreiländergarten. But rifling further through the weekend results revealed that **Samantha Hastie** had truly earned the overseas bragging rights by running Etna on the slopes of Italy's Monti Rossi. Surely nothing would eclipse striding out on the slopes of an active volcano. But wait ... nearing the end of the trawl through parkrun results, up popped the name 'California'. An intro rewrite beckoned until on further inspection it transpired that **Chris Dungate** and **Ilona Peva** had run California Country Park ... which in fact is in Wokingham!

Meanwhile, closer to home, **Bruce Judge** finished 4th in Stevenage in 19:23 while **Richard Somerset** also just broke the 20-minute barrier at Burgess. At Panshanger, **Joe Ansbro** and **Matt Baker** was respectively 3rd and 4th, in under 20 minutes while **Justin Swallow** set a new PB, finishing in 24:49. At Sherwood Pines **Alex Newman-Smith** ran a creditable 18:30 to finish 4th, while **Jamie Rose** finished 11th at Chalkwell Beach in 19:06. Full results for GCRs participating in Saturday's parkruns can be found [here](#).

GCR Track Relays: Thursday 30th May

A reminder that in preparation for the FVS 3K Relays in July, **Richard Sidlin** will be running a test event at our track session on Thursday, 30 May 2024. This will be a 4 x 400 metre relay and will take place after the usual drills and warmups. Nearer the time, an entry portal will be available to enter teams. It'll be a fun event and more importantly, free of charge.

Teams will consist of four runners and they can either be Senior Male, Senior Female, Vet Male, Vet Female or Mixed Senior or Vets (two Male & two Female).

Mid Week League: How It Works

Ladies club captain **Hannah Frank** writes, "Those of you who are new to the club may not have heard of the Mid Week League before.

"The MWL is a series of races which GCR takes part in every year. This year we are in Division 2 and have four races—at Stevenage, Ware, Royston and Trent Park. There is also an end of season Mob Match involving the clubs from all three divisions.

"Everybody that enters will receive a finish time and placing and those who complete all of the races could be in for a chance of winning an age category prize. There are also team prizes with the first twelve men and first eight ladies scoring for the team. And in the Vets competition the first six Vet men and the first four Vet ladies.

If you have not run in the MWL before and are interested in taking part please email Hannah Frank (hannahahmet@hotmail.com) with your full name, date of birth and age.

All those who have run before, I have your details. Bib numbers will be distributed as soon as they are received." Any questions contact Hannah at: hannahahmet@hotmail.com

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	18 th July
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	£10.00	Details here – register on the day
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	New date 4 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	18 th July	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

18a	22 nd September (provisional date)	SXCL #1	Royston	Free	Club will send out details via email
18b (V)	13 th October (provisional date)	SXCL #2	Cheshunt	Free	Club will send out details via email
19	20 th October	Stevenage Half Marathon & Marathon	Stevenage	tbc	Register here
20	27 th October (provisional date)	SXCL #3	Cassiobury Park, Watford	Free	Club will send out details via email
21	3 rd November (provisional date)	SXCL #4	Trent Park	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	15 December (provisional date)	SXCL #5	Stevenage	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 note: the group run on Tuesday 30th April will be an out and back along the Cole Green Way. Leaving Ridgeway at 6.30pm, 25 minutes out and 25 minutes back.

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/

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

