



## Garden City Runners News Release

**10 December 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)*

### **Festive 5**



Sixty-two GCRs (pictured above, at the start) took on the Festive 5, a 5 mile road race around central WGC, with others race directing and volunteering along the route and at the start and finish. Congratulations to Race Director **Dani Pruett** and **Rich Sidlin** of Races

Online for smooth as silk race organisation and timing. **Paul Guy** was first overall in 29:35 and part of a winning men's team comprising **Peter Harvey**, who finished third overall in 29:46, and **Nick Summers**, 6<sup>th</sup> overall in 31:35. In the women's event, **Martha Hall** was first finisher in 33:21 and part of a team with **Jessica Timmins** (34:58) and **Alex Faulkner** (34:58) that won gold for GCR women. **Janet Bream** was first W65 in 46:59 and **Dennis Draper** was first MV80, finishing in 1:17:25.

*Above: the winning men's team of Nick Summers, Peter Harvey and Paul Guy*

*Above: women's team winners Alex Faulkner, Martha Hall and Jessica Timmins*

*Above: supervet Dennis Draper brings it home for GCR*

Full results are available [here](#).

### **GCRs on tour, Lanzarote**

**Wayne Aylott** sent us this report from a GCR trip to Lanzarote to take part in the Club La Santa running challenge.

"We ran four races in four days: a 10k road race, a 13k volcanic ridge run, a 5k beach run and a half marathon. **Sophie Packman** finished 8th in her age group; **Caroline O'Dwyer** 3rd in her age group; **Wayne Aylott** 3rd in his age group. Other GCR finishers were **Emon Martin** and **Steve Williams**.

Next year's challenge will be from November 21st to 28th for 7 days or 9 days to 30th November - please message Wayne Aylott on 07843 273336 if you're interested as bookings go on sale at the end of next week."

### **GCRs Go Wild in Derbyshire**

Paul Gatens sent this report:

"Nine GCRs took on the Derbyshire peaks challenge, following a route inspired by the Bullock Smithy 56 mile event.

**Richard Somerset, Barbara Kubis-Labiak, Kath Evans, Roger Adey, Paul Gatens, Dave Gray, Johan Preis** and **Rob Casserley** took on the adventure. Three days around the

Peaks, starting at Longnor up to Cassleton for Day 1. Day 2 was Castleton to Bollington and the final day was Bollington back to Longnor. Weather and views were spectacular and on the Sunday we had good amount of snow to deal with.

Barbara commented: "an amazing adventure going from -5 degrees to snow, brilliant



company and a route I'd highly recommend."

### **Samantha's 12 halves in 12 months challenge**

**Samantha Hastie** sent us this report on her half marathon challenge: "In January when I started my 12 halves in 12 months challenge I naively thought it would get easier - I was greatly mistaken. Last month my November event was

cancelled three days before, so I ran a solo half from Edinburgh to Livingston. It was hard going alone but I got it done.

For my final half this year I flew out to Malaga and took on the Malaga Half. I hadn't done a lot of research so when I realised they had 39 minute cut offs for each 5km from gun time I was terrified. Massive thanks to Thippi and Willow who encouraged me to give it a go. I am so glad I did.

It's a mid-size event of 10000 people for the full and half marathon combined. You all start off together and then at 21km the full marathon runners peel off as the half runners come into the finish line. It was a lovely toasty 21 degrees, so a bit of a temperature change from chilly Scotland but I actually enjoyed the sunshine. The views were fabulous around the coast and despite only being here for less than 24 hours I felt like I saw a good part of the city just from the run. Great, regular hydration stops were needed and got us round the route.

I hadn't appreciated the physical and mental toll 12 halves in 12 months would take and it's genuinely probably one of the hardest things I have ever done. However, I am so proud of myself for keeping going, even with lack of training, crazy temperatures and race cancellations I got it done every month. Will I do it again? Not for a million quid. But it's done and I am feeling very happy with myself."

Samantha's half marathons were:

Jan - Farnborough

Feb - Brighton  
March - Paris  
April - London  
May - Hackney  
June St Albans  
July - Bedford  
Aug - Isle of Wight  
Sept - New Forest  
Oct - Glasgow  
Nov - Edinburgh  
Dec - Malaga

### **parkrun roundup**

Sixty-five GCRs braved weather and terrains that could be described as 'interesting' to take part in parkruns across Herts and beyond. Special thanks to the volunteers who turned out and stood in the wind and driving rain to make parkruns possible this Saturday (and every Saturday).

At Stevenage, **Jamie Rose** was 2<sup>nd</sup> overall in 19:10 and **Alex Faulkner** was 4<sup>th</sup> lady in 23:08. At Panshanger, **Dan Pudner** was 8<sup>th</sup> overall in 19:44 and **Felicity Wadley** was 4<sup>th</sup> lady in 25:59. In pursuit of their parkrun alphabet, **Tendy St Francis** and **Valerie Levinson** ran Zuiderpark parkrun in The Hague in 36:51 and 34:35 respectively, while **Sharon Threlfall** completed her triple alphabet parkrun challenge, becoming only the 36<sup>th</sup> person in the world to do so, at Jesmond Dene parkrun in 30:09.

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

### **GCR Christmas Bash at Best Western Homestead Court**

Sophie Packman has sent details of this year's GCR Christmas knees up, an 80's Extravaganza, at Homestead Court on 15<sup>th</sup> December:

#### **Friday 15th December**

80s Night Fancy Dress £42.50pp

(3-course dinner and disco) [Christmas 2023 \(bw-homesteadcourt.co.uk\)](http://Christmas 2023 (bw-homesteadcourt.co.uk))

"Last year, a group of GCRs got together for a fab Christmas meal/party at Homestead Court. It was such fun, it'd be good to do it all again. Join me for an 80s themed party where everyone is encouraged to dress up (If you don't feel comfortable with fancy dress then come in all your glitz and glam!). I'm holding 60 places for GCRs +1 (as long as accompanied by a GCR). If you don't know anyone or are concerned about coming solo then please message me 07736 362311

Here are some examples of fancy dress outfits; Queen, Ghost Busters, WWF, Batman, Mr T, Madonna, Karate Kid, Prince, Rubik's Cube, MC Hammer, Anything Neon, leg warmers, fishnets, hair sprayed hair! etc.

As I'm holding 60 places, 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](mailto:events@homesteadcourt.co.uk)

HOMESTEAD COURT HOTEL

Homestead Lane,

WGC

AL7 4LX

**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.

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.

### **Cross Country fixtures:**

Please note the dates of Cross Country fixtures, in addition to the Sunday League, over the 2023-24 season:

7 Jan 2024 - Herts Senior Champs – Verulanium Park, St Albans

27 Jan 2024 - Southern Main Champs - Beckenham

24 Feb 2024 - Nationals - Telford

26 Mar 2024 - Herts Vets – Watford

## **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.

<b>Event no.</b>		<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Cost</b>	<b>Status / notes</b>
1	<b>CC</b>	22/01/2023	Fred Hughes 10	St Albans	£21.20 affiliated	Completed
2		19/02/2023	XC 3	Cassiobury Park,	free	Completed
3	<b>CC</b>	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	<b>V</b>	18/03/2023	Stevenage parkrun	Fairlands Valley Park	free	Completed
6		07/04/2023	St Albans Easter 10k	St Albans	£25.44	Completed
7	<b>CC</b>	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	<b>V</b>	25/06/2023	Welwyn 10k	Panshanger Park	£20; £18 affiliated	Completed
12		06/07/2023	MWRRL 4: Stevenage (NHRR)	Stevenage	free	Completed
13	<b>V</b>	12/07/2023	MWRRL Mob Match: WGC	Ridgeway Academy, WGC	free	Completed
14	<b>CC</b>	20/07/2023	Fairlands Valley Relays	Fairlands Valley, Stevenage	free	Completed
15	<b>V</b>	06/08/2023	GCR Centenary 20.2k	WGC Centenary Route	free	Completed
16	<b>V/CC</b>	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	Completed
23	CC	26/11/2023	Hatfield 5	Hatfield	£22.26	Completed
24	V	10/12/2023	Festive 5	WGC	£12.00	Completed
25		17/12/2023	XC 4	Stevenage	free	Club will send out details via email

## **Avery League Competition 2024**

Event no.		Date	Event	Venue	Cost	Status / notes
1	CC	22/01/2024	Fred Hughes 10	St Albans		<a href="https://www.atwevents.co.uk/e/fred-hughes-10-mile-10377">https://www.atwevents.co.uk/e/fred-hughes-10-mile-10377</a>
2	CC	04/02/2024	Watford Half marathon	Cassiobury Park, Watford		<a href="https://www.atwevents.co.uk/e/atw-watford-half-marathon-8841">https://www.atwevents.co.uk/e/atw-watford-half-marathon-8841</a>
3		18/02/2024	Sunday League XC, Royston	Therfield Heath, Royston	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, **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 and 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/)