



Garden City Runners News Release

12 November 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

'Tis nearly the Season to be Jolly

Here are three dates for your diaries – opportunities to get together, have fun and celebrate Christmas with your GCR buddies.

Sunday 10 December – Festive 5. GCR's traditional 5-mile romp round the streets of WGC, raising funds for Isabel Hospice. Festive attire much encouraged. Sign up here <https://my.raceresult.com/257922/registration>. There are only 300 places available, so make sure you don't miss out. There will be cakes at the end.

Friday 15th December - 80s Night Fancy Dress at Homestead Court

There are still a few places left for what will be a great night out. £42.50pp – 3-Course Dinner and disco. Please phone/email Kaska 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

Email: events@homesteadcourt.co.uk

Wednesday 20th December – Christmas Drinks and London Marathon Draw, from 7 pm, Postino Lounge

Come along and raise a glass of festive cheer with club mates. Expect to see a lot of Christmas jumpers. First drink for everyone is on the club.

Gower – Coastal Trail Series

Markus Allen (*pictured, below*) sent this report: "Fancy an Epic trail run in a fantastic part of the country, then take a look at www.endurancelife.com for their events. I believe the closest ones to WGC are in Sussex in March or Suffolk in October. Yesterday I ran in the Gower edition of Endurance Life's race in Wales. It has been a number of years since I have entered any of their events and was happy to see the events are still epic and well sign posted.



We were treated to 10 degrees, no wind and sunny weather (very lucky). Race distances for yesterday's edition were Ultra, Marathon, Half Marathon & 10km, distances are to be taken with a pinch of salt. Longer distance races start earlier in the day and need some compulsory safety kit. Their 10km typically requires no extra kit. The race organisation is professional and well managed, as well as friendly and relaxed.

At 10:30 promptly we were set off with a short dash across the beach before turning for the dunes and further 10km of turns, lumps, bumps, hill and narrow paths awaited us. The top of



the course came around 7km with magnificent views of the bay.

Then down to the beach and what must be the world's longest "finishing straight", the finish is the white tent in the distance barely visible. Fortunately, the sand was firm. It was a great day out for all of the people I knew who were running and something we have talked about making weekends out of in the past and will do in the future.

Events allow dogs - if you want to run with your dog, search 'Endurancelife Canicross' for more info, their dog rules are quite relaxed. There were quite a few dogs in the 10km race, Endurance Life typically start the dogs at the back to avoid issues."



STOOP

Roger Adey sent this report: "A band of GCR's and a couple of potential GCR's all at a loose end on Sunday ran the complete STOOP (Stevenage Outer Orbital Path). The path is nominally 44Km around the perimeter of Stevenage, but runners should not become too distracted as turnings are easily missed adding to your journey. Waymark signs are present but not everywhere or always obvious. A few sections at this time of year have the combination of a ploughed field and saturated ground with more mud than on a GCR Cross Country. Runners invariably leave these fields slightly taller than when they entered it. The outing was meticulously planned by **Paul Gatens** catering for the ever-changing participants and needs.

Those that completed the 44+Km route were:- Rob Casserley, Nicholas Genever, Paul Gatens, Colin Bickle, Becca Hayden, Russell Casey, Peter Jasko, Adam Arnold, Roger Adey, Johan Preis."



parkrun roundup

This weekend 103 GCRs joined parkruns across Hertfordshire and beyond.

Pilgrimage at Bushy parkrun

Sidney Valentine (*pictured, below*) sent us his parkrun report: "Yesterday Sarah and I travelled down to Bushy parkrun, this is where it all began and it did not disappoint. There were 1362 runners and their 956th event. The course itself is super flat and in the beautiful surroundings of the Royal Park, with lots of wildlife to see including the deer. Everything was so well organised including the finish funnel which is a sight to behold. If you have not made the pilgrimage, I can highly recommend it."



Stevenage parkrun

Derek Avery has also shared his parkrun experience: "It's been a long time since I last posted any results. Think it was 2019 since I last did a parkrun and I haven't run for 12 months due to injury. In June this year, I underwent major surgery for prostate cancer. Yesterday's run was the culmination of 9 weeks training (Couch to 5K) to try and get fit again. Hoping to do more parkruns and also progress to 10K. Maybe even get back to running with the club again? I finished Stevenage parkrun in 30:40 min position 237."

Yarborough parkrun in Lincoln

Willow Gibson (pictured, below, with Peter and Sharon) sent us her parkrun tourism report: “**Peter Laphorne, Sharon Stephens** and I travelled to Lincoln to get our 'Y' at Yarborough parkrun. We stayed on the Friday evening, to make it easier to get there on the Saturday morning.

Peter did very well running again after having a procedure 5 weeks ago. Sharon ran in a speedy 28:04 and got an impressive Pb of 48 secs! I ran a little faster than usual and enjoyed the flat/pathed cycle path course around the running track. It was a multi lap course but the paths were very wide, so it was easy to let the speedy people pass. The first finisher ran it in 15:15, so it certainly is a very fast course!

We had a good look around the historic town of Lincoln afterwards and really enjoyed sightseeing as tourists. I would recommend this parkrun for anyone looking for a 'Y'.”



Across other parkruns, **Bruce Judge** was 3rd finisher at Westmill in 20:12 and **Jennifer Williams** was 7th lady in 30:00. At Princes parkrun, Liverpool, **Daniel Pudner** was 5th overall in 17:35 and **Kath Evans** was 187th lady in 33:42. At Stevenage, **Jonathan Foan** was 9th in 19:55. At Gladstone parkrun, **Laura Sach** was 7th lady in 24:56.

At our local Panshanger parkrun, **Chris Eland** was 3rd in 19:05, **Adam Wadley** 7th in 19:55, **Helen Stafford** was 2nd lady in 23:57 and **Felicity Wadley** was 8th lady in 26:05.

At Pocket parkrun, **Rob Casserley** was 8th in 20:32 and **Johan Preis** was 50th in 24:56. At Rushmere, **Jamie Rose** was 1st overall in 19:41 and **Alex Faulkner** was 1st lady in 24:30.

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 15th December:

Friday 15th December

80s Night Fancy Dress £42.50pp

(3-course dinner and disco) [Christmas 2023 \(bw-homesteadcourt.co.uk\)](http://Christmas2023(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

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.

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	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	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, **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 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/