



Garden City Runners News Release

17 September 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

It's Cross Country time!

Men's captain James Huish has sent us details of the upcoming 2023-4 Sunday League XC fixtures:

"With the September heatwave now behind us, we can turn our attention to the return of the Sunday League Cross Country (SLXC) series.

Race 1 details are attached at the end of the news release – the season kicks off with the usual CHESHUNT fixture on SUNDAY 15 OCTOBER 2023 @ 11am.

This is a call to arms for everyone to dust off their trail shoes and ensure GCR has a strong start to the season. It's also the usual call for volunteers to:

(a) Provide assistance to Broxbourne Runners - likely as marshals (GCR usually proves half a dozen extra helpers each year).

(b) Help with recording the Men's and Women's GCR team results, at the finish.

If you are available to help, please let me know by email below so that I can pass on your details to Broxbourne.

Relatives, friends and significant others also very welcome, if they can help out - or be there to cheer runners on, around the course.

Details about the series for new members and those who need a reminder...

The SXCL is free to enter to any GCR member who:

- a) has paid their club subs for the 2023-24 year.
- b) is wearing GCR club colours. This can be a vest or t-shirt and can be purchased from the Club Kit Rep, Richard Somerset.

You do not need a race number – all results are processed by name and finishing position. No faffing with safety pins!

The **dates and venues** of all five league fixtures, running from October to February are as follows (the majority of which happen in the next 7 weeks!):

Cheshunt - 15 October 2023

Watford - 29 October 2023

Trent Park - 5 November 2023

Stevenage - 17 December 2023

Royston - 18 February 2024

They're also on the runherts website: <http://www.runherts.com/xc.htm> which also has a link to previous years' results. The XC races also form part of GCR's Avery League.

The Sunday League is for all runners, irrespective of pace, experience or ability. League placings are determined by the first eight men and first five women in each club, but there are B/C/D teams as well. The races are an enjoyable way to spend a Sunday morning, with events always being a distance of five to six miles (usually 8km).

All five venues are challenged for parking spaces at the venue, and the popularity of the League means ever more cars trying to park. After the popularity of the MWL, we have arranged for a coach to take runners from WGC to each venue. Further details on how to book to be issued shortly.

If you have any queries about Cheshunt or the wider series, please do contact the GCR captains: me, **Dan Pudner**, **Hannah Frank** or **Rebecca Barden**.

We'll send out separate correspondence in advance of each fixture and in relation to the Championship races happening over the winter too.

Please also note the dates of other Cross Country fixtures over the 2023-24 season:

9 Dec 2023 - Southern Vets Champs - Oxford
8 Jan 2024 - Herts Senior Champs - Watford
27 Jan 2024 - Southern Main Champs - Beckenham
24 Feb 2024 - Nationals - Telford
26 Mar 2024 - Herts Vets - Watford

Many Thanks

James

(OBO the GCR team captains!)

james.huish247@btinternet.com

07835527027

Hatfield 5K series: Race 3 and series report

Peter Harvey sends this report fresh from the finish line of Race 3, the final event in the Hatfield 5k series: "Race 3 saw success for Garden City Runners with wins for both the men and women. **Daniel Pudner** judged his race to perfection slicing through the sharp end of the field to win in a personal best of 16.16. In the women's race, **Lizzie Parry** beat off fierce competition to take the crown in 18.39. Runners from Hertfordshire and neighbouring counties attended with all three races filled to capacity of 300 per race.

The event was rounded off in style with the Series Presentation. Garden City Runners receiving trophies included: **Martha Hall** who won the FV45 category and long-time Race Director's Assistant **Peter Harvey** was second in the MV50s. **Richard Bloom** from Herts Phoenix AC was second in the MV70s. The overall men's winner was **Jonathan Parr** from Fairlands Valley Spartans. **Lucy Waterlow** from St Albans Striders won the women's series with the Garden City Runners team of **Martha Hall, Zoe Stephens** and **Amber Leigh-Marvin** third. Waterlow helped St Albans Striders take the women's team prize and Ware Joggers won the men's competition.

Donations of shoes and clothing plus £900 were made to Kit Aid who supply running kit to developing nations. A special presentation to mark the 10th anniversary of the Series was made to Racesonline/GCR Race Director **Richard Sidlin** and his colleague **Craig Stephenson** for organizing the races at Affinity Water."



Above: winning GCRs Lizzie Parry and Peter Harvey in action at the Hatfield 5K. Race winner Dan Pudner was going too fast to be captured.

Pride 10K



Saturday morning saw **Nikki Cowen** and **Richard Darley** (*pictured left, with splendid medals*) venture to the far reaches of the London Overground network to take part in the Pride 10k run at Victoria Park, Tower Hamlets. Organised by the London Frontrunners Running club, over six-hundred runners gathered to start the twentieth

running of the event which raises funds for the Micro Rainbow International Foundation, a charity supporting LGBTI communities around the world.

While not necessarily the most scenic 10k race around, the flat conditions on the three lap course does make for a fast course with definite PB potential even with the need to dodge other park users. Unfortunately the flare up of a recent injury meant Nikki had to hold back from going full throttle achieving a finish time of 1:01:40. Richard finished in 54:17 just

a few seconds shy of his course PB time from 2018; if only he hadn't slowed down for refreshments on lap 3!

All finishers received a 20th anniversary medal and goodie bag.

Round Norfolk Relay



A hardy group of GCRs (*pictured, above*) took on this popular team event which starts and finishes in Kings Lynn. GCRs did their club proud, both as runners and on bike and car support (**Barbara Kubis-Labiak** both running and providing bike support). GCR finished 21st out of 56 teams, with their actual cumulative time of 25:02:34 only 35 seconds slower than their predicted time. **Juliet Vine** was 3rd lady in stage 9, only one second off the 2nd placed runner, and **Dan Pudner** was 3rd man in stage 10. A full report will follow next week.

Stevenage 10K

A select group of six GCRs tackled the Stevenage 10k on Sunday morning and, if more were needed, the race provided further proof of GCR vet excellence. **Peter Harvey** sent this report: "This is a race of two halves - the first half is downhill but the second uphill, making

the race around the cycle tracks a real slog." Peter was first GCR over the line in 37:42, good for 4th out of 273 runners. He was the first MV50 and best age graded runner too.

Carol Reid adds: "I didn't think my time of 58.31 would be good enough to win any prizes so I was surprised and pleased to discover I was first in my age group, FV55.

Congratulations, Peter and Carol! Also representing GCR were Steve **Mowles**, **Hiran Fernando**, **Thomas Parmley** and **Alison Paterson** (who ran a new 10K pb of 1:09:14) and their results can be viewed [here](#).

Chas Avis Harvest Trail

Kath Evans sends this report: "The trails of Royston never fail to bring a smile to my face and Sunday's Chas Avis Harvest Trail did exactly that! The rolling hills, herds of deer, docile cows and inquisitive horses along the route, along with towering hay walls and gnarly tree roots in the woodlands, made this half marathon great training for future events. There was fabulous route marking and outstanding volunteers (as always) thanks to Royston Runners, with yummy celebratory cake at the end. This is great local adventure that never fails to provide a breathtaking morning out in the undulating Hertfordshire countryside."

Dorney Lake 'Season Finale' triathlon.

James Dunmore reports:

"Today I completed the Dorney "Season Finale" triathlon. I set an Olympic distance PB of 2:45 with a 32 minute 1.5k swim, 1 hour 22 minutes 42.8k bike and a 45 minute 10k run (plus transitions).

A really well run event, great lake to swim in too. Laps on the bike (8 of them) were a bit monotonous, but closed roads smooth and flat made it fast but relentless. This would be a great venue for a 1st triathlon, with lots of good support.



Richard Robinson also completed, and **John Matthews** did the duathlon.

parkrun roundup

It was a busy parkrunning weekend, with 101 GCRs taking part in parkruns across Herts and beyond.

At St Albans, **Chris Dungate** was 7th in 18:46. At Bath Skyline, **Chris Eland** was 10th in 20:13. **Philip Brooks** was 7th at Kettering in 20:53; **Chris Jones** was first into the finish funnel at Stevenage in 17:49. At Panshanger, **Katherine Lees** was 2nd woman in 22:04; **Rebecca Barden** was 5th woman and first overall by age grade in a time of 23:50/77%. Not far behind, **Katy Healy** was 6th woman in 24:07 and **Felicity Wadley** 7th in 25:04. At Thomas Mills, **Lauren Potter** was 3rd female in 23:57, and at Hunstanton Promenade, **Jamie Rose** was 3rd overall in 20:00; **Michael Germany** was 49th in 31:10 and **Alex Faulkner** 50th in 31:11. At Rothay Park, **Jonathan Foan** was 13th in 20:22 and at Thames Path parkrun, **Lucy Iles** was 6th female finisher in 23:41.

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://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.

Please note: this Tuesday's group run will be the second out and back of the year. Leaving from Ridgeway and heading up the Cole Green Way, running 25 minutes in each direction so you will need a watch. Please also remember to wear a head or body torch.

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.

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	http://www.nhrr.org.uk/standalone-10k.html
19		15/10/2023	XC 1	Cheshunt	free	Club will send out details via email
20	CC	22/10/2023	Stevenage Half Marathon	Stevenage	£28.00 affiliated	https://stevenagehalfmarathon.org.uk/
21		29/10/2023	XC 2	Watford	free	Club will send out details via email
22		5/11/2023	XC 3	Trent Park	free	Club will send out details via email
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. 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 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/

Sunday Cross Country League

First fixture 2023 – 2024 season

Sunday, 15th October at Cheshunt Park at 11:00am

PLEASE NOTE THE RACE START TIME OF 11am

Broxbourne Runners are delighted to welcome you to the first fixture of the 2023–2024 season. We do hope that you enjoy the run. We also welcome and thank Garden City Runners for providing marshal support.

Location: Cheshunt Park. Park Lane. Cheshunt Herts. EN7 6QD

In order to maintain our good relationship with the Local Council and the Golf Club please be mindful of the following:-

There are no changing facilities, but toilets and refreshments are available in the Golf Centre nearby. Showers are NOT available. Only food and drink purchased on site can be consumed on the premises. Dirty shoes are not allowed on the premises. This applies to all users.

Providing the ground is not too wet a field will be available for car parking. Follow the Marshals directions and car share as much as possible. Please vacate the Parking Field ASAP after race OR YOU MAY BE LOCKED IN.

The course is the same as in previous years, circa 5 miles, with three circuits of the Park. Kit is usually left (unsupervised) at the finish point. Do not bring valuables to the course. The start is in the adjacent field and is signed.

Please can runners race in their club colours.

Finish place discs will be handed out at the finish. Team Managers - please ensure that your runners do not take them home!

Please will all Team Managers bring to the attention of all their runners the following League Race Rule:

Headphones – For safety reasons, runners must not run wearing headphones or other impediments to their hearing. Runners must be able to hear any warnings or guidance given by course marshals or race officials.

John Nugent – Broxbourne Runners