



## Garden City Runners News Release

**17 December 2023**

### **GCRs put up strong showing at penultimate Cross Country race**

#### **Men's captain James Huish leads the way with a storming finish**

GCRs put on another strong showing at the penultimate race in the 2023-24 Sunday Cross Country League at Stevenage, *reports **Rebecca Barden***. After last year's race was cancelled due to a frozen car park, GCRs were pleased to reacquaint themselves with the course, a surprisingly testing, undulating three-lapper around Fairlands Valley Park, with a nicely squelchy muddy section leading up to the finish.

Men's captain **James Huish** led the team in, first home for GCR in a storming 30 minutes, picking off five of his competitors in the final 200 metres and beating off a challenger with a sprint finish at the line. First GCR lady was **Martha Hall**. Well done everyone who ran and

volunteered, with special mention to **Tim Cooke** for bringing the groundsheet, **Jane Molloy** for organising the coach, **James Huish** and **Rebecca Barden** for results recording, and **Peter Jasko** who ran a 20-mile round trip from and to WGC with a 5-mile race in between.



Peter (*pictured below left*) explains that he

got round with the aid of a 'few micro-naps' on the course—an eccentric tactic that we do not officially endorse. Full results were not available at press time. *Photos from the event above and below, with thanks to **Sophie Packman, Willow Gibson and Tedy St. Francis.***

The fifth and final race of the season is at Royston on 18<sup>th</sup> February.

### **Hertfordshire XC Champs**

James Huish himself reminds members that entries are open for the Hertfordshire XC Championships, which take place on 7th January 2024 at Verulamium Park, St Albans. He is hoping to make up several teams of both women (four to score) and men (six to score). These are the Senior Champs so all ages (and abilities) are welcome!

The 8km Women's race starts at 12:30pm, followed by the Men's at 1:15 (over 12km). With no Sunday League fixture in January, this provides a great local alternative XC event to kick off the new year.

Anyone wishing to enter should email [james.huish247@btinternet.com](mailto:james.huish247@btinternet.com), stating:

- Name
- Date of Birth
- EA Number
- Whether you were born or live in Herts.

Full details of the race can be found here - <https://my.raceresult.com/259826/>

The event cannot take place without marshals, and all clubs are required to provide a minimum of two volunteers for the day (10:30am - 2:30pm), so anyone available should contact James, providing the following information:

- Name
- Mobile number
- Email address
- Preferred shift (whole day or 10:30-12:15 or 12-2:30ish).

Any questions, contact James, Rebecca, Dan or Hannah.

### **Christmas Party (1)... 80s fancy dress night**

Homestead Court Hotel turned the clock back to the 80s last Friday when around 40 GCR's dusted off their glad rags and turned out in force to enjoy dinner and disco. Members responded to the call of organiser Sophie Packham, by arriving in some inspired outfits.

**Sid Valentine** won best outfit with his Run DMC look, wearing his Volkswagen necklace. Police are still trying to find the car he removed it from.

*Below is a selection of pictures.*



### **Christmas Party (2)...and London Marathon draw**

We're not finished with Festive Fun yet. The official GCR Get-Together takes place this Wednesday (20<sup>th</sup> December) at the Postino Lounge, from 7pm onwards. First drink for everyone is on the Club. GCR chair, **Jane Molloy** welcomes everyone to come along and raise a festive glass with club mates. As well as an opportunity to show off your best Christmas jumper, you can share in the excitement of the draw for the club's London Marathon



places,” she says. “We are delighted to be joined by a representative from Isabel Hospice, to give us an update on the wonderful work they do, and to receive our donation from the Festive 5 race.”

**Gill Westlake**, Peter's widow, has gifted a limited

edition print of a picture of the Round Norfolk Relay course (*pictured left*), which will be auctioned to raise money for the Disgwell Dementia Friendly Café. If you love RNR, or know someone who does, this would make a splendid Christmas gift.

## **parkrun roundup**

No fewer than 88 GCRs took advantage of the vast parkrun network this weekend. Starting close to home, **Jamie Thomas Rose** secured a personal best at Panshanger, finishing fourth in 19:16, one place behind **Adam Wadley**, who finished in 19:03.

Elsewhere, at Stevenage **Paul Guy** finished 3<sup>rd</sup> in a commendable 18:42 and **Zoe Stephens** was 10<sup>th</sup> (and first female) in 20:32. Congratulations also to **Hiran Fernando**, who PB'd in 24:03. Furthest afield were **Steve Grout** (35:43) in Uppsala, Sweden and **Lizzie Belcher** (with a 26:35 PB) in Presint 18, Putrajaya, Malaysia.

Finally, **Brian Robbins** reports that while visiting family in Dorset he decided to try out the local Durlston Country Park, just outside Swanage. "Local runners I was chatting to said it has the highest elevation of any parkrun in the country at 200 metres. It certainly felt like Britain's toughest parkrun. It was mostly uphill with the occasional very steep downhill gradient and absolutely no level ground," he says. "I did it a full seven minutes slower than my last Panshanger parkrun. If anyone wants a challenge for the New Year, that's the place to go."

Full parkrun results are [here](#).

## **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. This Tuesday's group runs will be taking in the Christmas lights, with all groups taking their own routes. Christmas fancy dress is optional.

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 the end of year table below (and early dates for next year). 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, Watlington	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	Completed
24	V	10/12/2023	Festive 5	WGC	£12.00	Completed
25		17/12/2023	XC 4	Stevenage	free	Completed

## Avery League Competition 2024

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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/)

*Finally, 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)*