



Garden City Runners News Release

23 July 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

Join the GCR Volunteering team at the Big Half

There are still spots available to be part of the crack GCR baggage squad at this year's Big Half on Sunday 3rd September.

This is a fun occasion with a privileged view at the finish (in Greenwich Park) of one of the London majors whilst reuniting runners with their baggage.

Transport is provided both ways from WGC plus a packed lunch, jacket and sometimes a t-shirt too.

It's a great occasion to meet and mingle with club members and be part of something special.

Drop an email to - louise.smith0@icloud.com - if you would like to be part of this team and join those who have already put their hands up to be involved.

Fairlands Valley 3k Relays



GCRs at the start of the Fairlands Valley Relays

Thursday evening saw the 2023 edition of this popular club event, hosted by Fairlands Valley Spartans, in which women's, men's and mixed teams of four race around the verdant pathways of Fairlands Valley Park. GCR's fantastic team spirit saw us put out no fewer than 20 teams, ably organised by club captains **Hannah Frank** and **James Huish**. The great turnout was matched by some winning performances* as women's team 3 – **Juliet Vine, Martha Hall, Zoe Stephens** and **Lizzy Parry** – won bronze in the women's open competition. Women's team 4 – **Helen Stafford, Rebecca Barden, Veronica Shadbolt** and **Barbara Kubis-Labiak** - brought home a silver in the overall vet women's competition and gold in the Herts county vet women's race. In the men's competition, Herts County open bronze was won by GCR's Speedy Seniors **Bradley Birch, Dan Pudner, Benj Carr** and **Chris Baylis**. Herts county vet bronze went to GCR Vets A-Team **Peter Harvey, Adam Wadley, Bruce Judge** and **Simon Bostock**.



Team 450 aka 'The Nifty Fifties': Justin Hill, Sean Bowen, Russell Casey, Rob Hughes



Winning women's team 3 (above): Juliet Vine, Martha Hall, Zoe Stephens, Lizzy Parry

Women's team 9 (below): Hayley Connelly, Louise Smith, Emily Hammond and Nikki Cowen



Below: Women's Team 2 (Elaine Giles, Kath Evans, Alex Yates and Charlotte Jones)



*subject to confirmation but correct at the time of going to press

Bedford Half

Tendy St Francis sent this report: "When a friend says let's run a half next weekend always say yes!

Today I joined **Samantha Hastie** for her 7th half this year, the Blues Foundation Bedford Half marathon.

Hay fever has left my lungs short so my hopes for running well were low. The course was just over two laps of a 10k course. As we lined up with the 10k'ers we were surprised by how few



runners there were. We set out with the crowd gently jostling for space. The route was stunning, paved, gently undulating, mostly through woodland and around the lake. By the second lap most of our running buddies stopped at 10k, including the tail walker, leaving Samantha and me to push each other. At the final k, Samantha finally felt confident I

could finish and stretched her legs finishing with a chip time 3:04:48. Inspired, I plodded on without stopping, cheer on by course marshals who came to see us finish. I finished with a chip time of 3:07:44, knocking 14mins off my previous PB! I'm now looking forward to joining Samantha for her 8th half on the Isle of Wight."

Above: Tendy and Samantha at the Bedford Half

Bigheat Trail Marathon

GCR marathon-running ace **Nick Genever** sent this report:

"The Bigheat Trail Marathon from BigFeat Events followed a marked course around the Surrey Hills. Starting on a hill near the Devil's Punch Bowl and the Hindhead tunnel, the first third was downhill through forests leading to the open sandy plains of Thursley and Hankley Commons. The return to the finish was inevitably uphill and contributed to the total ascent of 680m. I finished in 4:25:20."

parkrun roundup

It was a busy parkrunning weekend, with 109 GCRs taking part in parkruns across Herts and beyond.

Dan Pudner was 5th at Basingstoke in a time of 18:47; at the same event, **Rob Casserley** was 11th in 19:19. At Oak Hill, **Jamie Rose** was 12th in 20:00. At Stevenage, **Caroline Hale** was 3rd female in 21:50 and at Brockenhurst, **Sean Bowen** was 10th in 21:03. Nearer to home, at Panshanger **Bradley Birch** was 1st into the finish funnel in 17:33; **Thomas Buzzard** was 5th in 19:51, and **Cecilia Darcy** was 2nd lady in 24:40. At Mallards Pike parkrun, **Neil Brittain** was 4th in 20:29. Meanwhile, in Opole, Poland, **Barbara Kubis-Labiak** was 2nd female in 23:32. At Heslington, **Katharine Farrell** was 8th lady in 22:27. **Paul Guy** was 8th at Jersey Farm in 19:45, and at Millennium County parkrun **Lucy Iles** ran a parkrun pb of 22:47 to finish 2nd lady. Also 2nd lady was **Lauren Potter**, clocking a time of 22:27 at Leavesden County parkrun.

Full results for all GCRs taking part in parkruns can be found [here](#).

Group Runs - Tuesdays 6.20pm for 6.30pm start, Dance Studio Ridgeway Academy

Please note that on Tuesday 25th July, two of the steady run groups will be setting out from different locations:-

- 7k group at King George playing fields, meeting in the car park off Beehive Lane
- 8k group at Moneyhole playing fields, meeting by the car park

All other steadies will be setting off from Ridgeway Academy as usual.

All groups to meet 6.20-6.25, ready to run by 6.30.

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.

Hatfield 5K race series

The dates of the Hatfield 5k race series have now been confirmed. The fast and flat road route is an excellent opportunity to develop your speed in a competitive field. Race 1 is an Avery race, and details are in the Avery calendar. Dates of the three races are as follows:

Race 1: Wednesday 30th August 2023 (Herts Senior Champs)

Race 2: Wednesday 6th September 2023 (Herts Vets Champs)

Race 3: Wednesday 13th September 2023

Sign up details in the Avery table below.

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, 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	Club will send out details via email
16	V/ CC	19/08/2023	Panshanger parkrun	Panshanger Park	free	https://www.parkrun.org.uk/panshanger/
17	V	30/08/2023	Hatfield 5k Race 1	Hatfield	tbc	https://my.raceresult.com/236841/registration
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	tbc	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	tbc	free	Club will send out details via email
22		5/11/2023	XC 3	Stevenage	free	Club will send out details via email
23	CC	26/11/2023	Hatfield 5	Hatfield	£22.26	http://hatfield5mile.co.uk/
24		17/12-2023	XC 4	Stevenage	free	Club will send out details via email
25	V	December tbc	Festive 5	Welwyn Garden City	Entry cost tbc	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/