



Garden City Runners News Release

26 November 2023

Reminder: Deadline for purchasing Xmas party tickets is on **Monday 27 November** – the party is on Friday 15th December

Hatfield 5 – Sunday 27 November

Rain or shine, or freezing cold – GCRs (pictured below) never fail to appear in good numbers, and so they did to attend the annual Hatfield 5 race.

Full results below, as well as some highlights, including **Dave Goosetree** guiding **Paul Watts** (Dave finished in 48.28 and Paul in 48.25) and by **Peter Harvey** who reported the key results for GCRs. Chris Baylis, Jamie Rose, Peter Harvey, Paul Guy achieved Men's Senior County Bronze, also GCRs led in the following categories:

- Peter Harvey 1st MV55
- Zoe Stephens 1st FV40
- Lucy Isles 2nd FV40
- Rebecca Barden 2nd FV55
- Paul Guy 3rd MV45
- Keith McLellan 3rd MV65
- Sarah Durston 3rd FV55

Name	Chip Time	Name	Chip Time
Chris BAYLIS	28:01	Zoe STEPHENS	33:34
Jamie ROSE	29:04	Lucy ILES	37:48
Peter HARVEY	29:13	Rebecca BARDEN	38:11
Paul GUY	29:20	Sarah DURSTON	39:58
Chris DUNGATE	30:40	Clare GROVER	40:42
Matt BAKER	30:49	Holly WISE	42:14

Simon BOSTOCK	30:56	Maggie WRIGHT	43:24
Martin MITCHELL	31:50	Sarah MERRIGAN	43:50
Dom THOMAS	32:10	Chrissy JOHNSON	45:57
James DUNMORE	32:10	Melanie KING	45:58
Steve ELLERD-ELLIOTT	32:47	Thippawan RASHLEIGH	46:20
Lee MANSFIELD	36:25	Carol REID	46:31
Andy MORGAN	37:03	Gail MUNRO	46:50
Keith MCLELLAN	38:50	Alison MEADEN	49:17
Roger ADEY	39:28	Alison PATERSON	50:37
Richard DARLEY	41:13	Kath EVANS	51:18
Robin CATTLE	43:10	Naz GEZER-CLARKE	51:50
Robert CARTWRIGHT	43:19	Louise BUHAGIAR	52:08
Thomas PARMLEY	45:36	Debbie PIERSON	52:46
Paul WATTS	48:25	Emily HAMMOND	56:13
Dave GOOSETREE	48:28	Charlotte JONES	1:01:37
James DAVIS	49:28	Hiran RANA	1:15:55
Peter LAPHORNE	54:56		





GCR Race Committee

Sarah Halliday, a long-serving member of the Race Committee, has recently stood down. Sarah has been instrumental in managing the process of reviewing and revising the Avery rules and, more recently, helping to create and define the Club Championship competition. Speaking for the Race Committee, I thank Sarah for the huge amount of work she has put in over the years, and particularly in 2021 when the Avery Calendar was being frequently revised after the emergence from the second national CoViD-19 lockdown. Sarah, you will be missed!

We now look forward to welcoming **Lucy Iles** to the Race Committee. Lucy will join the following continuing committee members:

Daniel Pudner

Hannah Frank

James Huish

Peter Harvey

Rebecca Barden

Richard Somerset

Sean Bowen

Tim Cooke

News of GCR's Avery and Club Champs calendars for 2024 will be published by the committee during the next few weeks.

Tim Cooke

parkrun roundup

89 GCRs were parkrunning on Saturday morning – for all sorts of reasons, including parkrun tourism, alphabet challenge, or just their nearest parkrun with a coffee shop.

Wimpole estate parkrun

Willow Gibson (pictured below) sent us her write report: "**Samantha Hastie**, who recently moved back home to Scotland, came to visit and run Wimpole parkrun. We also had another visitor, Barbara's friend Kasia, who is over from Poland. She did very well to run most of the course, since she is very new to parkrun.

A group of GCRs went along and enjoyed the course on a chilly but sunny November Saturday morning, including **Richard Somerset** 23:12, **Hiran Fernando** 25:51, **Ann Hayden** 29:43, **Peter Laphorne** 36:10, **Samantha Hastie** 38:06, **Willow Gibson** 38:15, **Barbara Kubis-Labiak** running with **Kasia Roesler** 39:17.

Wimpole Estate has loads of parking, nice toilets and a lovely cafe. It's definitely worth a visit."





Tendy St Francis wins for going furthest away to run the Yodogawa parkrun in Japan, in 37:39.

Closer to home at Stevenage parkrun, **Caroline Hale** was 2nd lady home in 21:35. At Panshanger, **Adam Wadley** was 3rd overall in 19:21, followed by **Chris Eland** in 19:39, **Robert Casserley** in 19:40, **Nicholas Summers** in 20:21 and **Dom Thomas** in 20:59. **Felicity Wadley** was 2nd lady in 24:13, **Sam Males** was 3rd lady in 24:37, **Katy Healy** 4th in 24:38, **Helen Stratford** 7th in 25:52 and **Rebecca Barden** 9th in 26:51.

Philip Brookes was 9th overall at Sizewell, in 21:45, and at Presint parkrun **Lizzie Belcher** was 10th lady in 31:42, followed by **Bernadette Byrne** in 34:56 (13th lady). **Bruce Judge** was 9th at Jersey Farm, in 21:08 and **Jennifer Williams** finished in 29:58.

At Henlow Bridges, **Michael Germany** finished 13th overall in 23:59 and **Katharine Farrell** was 32nd lady in 55:14. **Andrew Holt** finished 1st overall at Stockley Country parkrun in 22:06.

Apologies for any significant achievements overlooked, but for all the results can be found [here](#).

Canicross calling

Canicross—running with dogs—is a fairly new and fast-growing sport. Reports **David Hale**, "It was suggested at last AGM that we should explore organising some canicross meet-ups. We are looking at organising an initial Sunday morning meeting, which would be a social 5K run around the Tewin area. If you are new to canicross, we are able to provide equipment to try out (ie leads, harnesses, belts) and some basic instruction. Dogs would have to be kept

on leads and it should be noted that this is a social event not a GCR event, so not covered by club insurance. At this stage we are trying to assess who might be interested, so if you are, please email davidnhale6@gmail.com and include a brief description of dog (size, weight) and whether or not you have canicross kit.

Seasonal Jollies

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. Deadline for booking is Thursday, 30th November, if tickets haven't sold out before.

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.

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	Completed
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/

Avery Events / Club Championships

The GCR Race Committee is working on the 2024 calendar of events for both the Avery Competition and the Club Championship, and we'll publish them as soon as possible - that's likely to be in about three weeks' time.

Before that, we'd like to give everyone a heads up for the first few races in 2024. The popular **Fred Hughes 10**, most likely hosting a Herts County Championship race, and the **Watford Half Marathon**, incorporating the Herts Vets County Championships, will be

both an Avery and GCR Club Championship event, so you can enter these straight away here:

Fred Hughes 10: 22nd January 2024

<https://www.atwevents.co.uk/e/fred-hughes-10-mile-10377>

Watford Half Marathon: 4th February 2024

<https://www.atwevents.co.uk/e/atw-watford-half-marathon-8841>

The Sunday League Cross Country race at Royston on 18th February (the final race of the 2023/24 season) has now also been confirmed as an Avery event.

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