



## Garden City Runners News Release

**27 August 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](mailto:results@gardencityrunners.org.uk)

### Steve's globetrotting parkrun journey



**Steve Grout** (above, third from the right with parkrunning friends) sent us this report about his recently-completed journey to 250 different parkrun locations:

"I recently completed my 321<sup>st</sup> parkrun at a 250<sup>th</sup> different parkrun location. It was at a new and a local one down at the Thames Path parkrun, Woolwich.

"I say 'local' as it's all relative as over the last few months, my train and car journeys have been getting longer and longer to reach parkruns that I had not yet done. So, for me, a parkrun over 40km away is very local.

"My journeys have been made all the harder by not actually being able to drive and having to deal with the dreaded early Saturday morning train cancellations and lately, train strikes.

"Despite the challenges, the added expense and getting up rather early, it's been fun travelling with smashing club members like Daniel P, Rob C, Caroline G, Alex F, Chris P and my wife Åsa helping me to get about and to run at all these new venues and so to see a new parts of the UK and beyond.

"To sum up why I rather enjoy touring, I spent the first 30 years of my life living in Zone 3 in North London. Much of London was a mystery to me but ticking off all the parkruns within the M25 has meant I have now been and seen parts of London I had never even heard of. Indeed, and new experience today came via walking under the Thames via the Victorian Woolwich foot tunnel to get to parkrun.

If you broaden that out, then parkrun has taken me recently to experience places like Tewksbury, Lowestoft, Stoke, Coventry and errrrr..... Dallas Burston Polo Club (wherever that is/was) etc etc. Plus parkruns in 11 other countries (holidays or weekends away usually revolve around a parkrun visit).

"I've had a think about some tips and thoughts to tempt you to perhaps venture further:

- Buy an annual Network Railcard and catch the 06:21 or the 06:51 train into London (saves 1/3 in the South East and beyond). From there you can easily reach places like Brighton, go deep into Kent or Essex and get to most of London parkruns to be ready for a 9am start.
- Favourite parkrun completed = Zuiderpark, The Hague, Netherlands. This isn't because it gets the letter 'Z' in the parkrun alphabet challenge, this is because it is the perfect parkrun. Great transport links, plenty of free parking, start/finish at the same place, very wide tarmac paths, very flat, nice café and facilities, lovely volunteers who are used to Brits turning up for a 'Z'. It ticks all the boxes.
- Hardest parkrun (in the mainland) to get to on my journeys = Thurso. It's a 4 hour train ride once you've made it to Inverness.
- Toughest parkrun done so far.... there are many and for many different reasons, but if you want a tough one, which is relatively 'local', then try Church Mead.

- Fastest parkruns – you need a parkrun with good very flat tarmac paths. Try Hackney Marshes, Dulwich or Hove.
- I sometimes get asked for info about a specific parkrun someone wants to do and I usually cannot remember where I went a couple of weeks ago, let alone what the parking was like. So, the best app (IOS) for aiding parkrun touring is the '5K parkrunner results' app. Read the reviews posted by other parkrunners.
- If you do want to travel far and wide early on a Saturday morning, always have a 'back up' parkrun plan. I have on numerous occasions aimed to do, for example, a parkrun in Surrey and ended up running a parkrun in Kent due to travel delays etc.
- Like Sid V and his recent pirate challenge '7 C's and an R', add the Google desktop app extension 'Running Challenges' and try one yourself (challenges can also be found on the 5k app).
- Worst parkrun done = none, all are fab, and thank you to the volunteers.

"Happy travels!"

And congratulations Steve from all of us on your epic achievement.

### **parkrun roundup**

It was a busy parkrunning weekend, with 103 GCRs taking part in parkruns across Herts and beyond.



**Richard Darley** (*pictured, left*)

indulged in a touch of seaside parkrun tourism on Saturday, taking part in the Whitby Cinder Track event, an out and back course down a well maintained but long gone railway line linking the town with Scarborough just down the coast. Two and a half kilometres slightly up hill was followed by the opportunity for a lung-busting second half before finishing in the playing fields of the local sixth form

college. Being a seaside run over half the two hundred participants were visitors with people from as far away as Australia getting some steps in before a Saturday of vampire hunting in the ruins of a Whitby Abbey.

The run is just a short walk from the town centre with plenty of parking and a on-site cafe for that post-run restorative caffeine hit and sausage butty. Richard was pleased with his time of 26:42 and wishes Panshanger was just as flat!

Speaking of Panshanger, at this week's event **Thom Buzzard** was 8<sup>th</sup> overall in 20:04 and **Rebecca Barden** was 4<sup>th</sup> female in 24:11. **Jim Forrester** ran his 25<sup>th</sup> parkrun in 24:22, a season's best – well done Jim. At Ambleside parkrun in Vancouver, **Alex Faulkner** was 2<sup>nd</sup> female in 23:18, while at South Oxhey, **Jamie Rose** was first into the finish funnel in 19:45. **Simon Bostock** was 7<sup>th</sup> overall at Bideford in 18:57 and **Lucy Iles** was 5<sup>th</sup> female at Letchworth in 24:07. At Wöhrder See in Germany, there was a judgement at Nuremberg that **Rob Hughes** finished 13<sup>th</sup> in 21:08 and partner **Caroline** 87<sup>th</sup> in 33:31. **Jonathan Foan** was 3<sup>rd</sup> at Dunstable Downs in 20:48. At Moors Valley, **Katherine Philp** was 6<sup>th</sup> female in 22:37. **James Huish** was 3<sup>rd</sup> overall at Rickmansworth in 17:24, and **Katharine Farrell** was 5<sup>th</sup> female at Valentines parkrun in 24:16. At Westmill, **John McDowall** was 5<sup>th</sup> in 21:49; **Chris Jones** was 4<sup>th</sup> at Stevenage in 18:59 and **Caroline Hale** was 3<sup>rd</sup> female at Houghton Hall in 21.48.

Full results for GCRs participating in Saturday's parkruns can be found [here](#).

### **Update from Sean Bowen**

GCRs may have heard that our club secretary **Sean Bowen** had a nasty fall while mountaineering in Snowdonia. Sean has sent up an update from his convalescence:

"Hi, clubmates! Thank you so much for all your goodwill messages and enquiries.

Three weeks ago on holiday in Snowdonia, I fell awkwardly on the summit of Tryfan. I was helicoptered to Bangor hospital, where the CT scan revealed seven fractured ribs.

There was no surgery, as unlike other bones in the body, they repair naturally in time. I remained there for a week on painkillers, for observation and tests.

My sister and partner very kindly insisted on driving to North Wales to collect me, my car, and my stuff, and bring me all the way back to Southampton. I have been very well looked after there for a fortnight.

The rib discomfort gets a little better every day, and I was able to walk for a mile and a half today reasonably easily. No official ETA as yet for a return to WGC, to work nor to driving, and it will be some weeks before I attempt to jog again. Meanwhile, I'm enjoying taking it easy, watching the world athletics on the TV and keeping in touch with the club.

Cheers!"

## **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>

### **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 30<sup>th</sup> August 2023 (Herts Senior Champs)

Race 2: Wednesday 6<sup>th</sup> September 2023 (Herts Vets Champs)

Race 3: Wednesday 13<sup>th</sup> 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, 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	<a href="https://my.raceresult.com/236841/registration">https://my.raceresult.com/236841/registration</a>
18	CC	01/10/2023	Standalone 10k	Letchworth	£18.00 affiliated	<a href="http://www.nhrr.org.uk/standalone-10k.html">http://www.nhrr.org.uk/standalone-10k.html</a>
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	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
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	<a href="http://hatfield5mile.co.uk/">http://hatfield5mile.co.uk/</a>
24	V	10/12/2023	Festive 5	WGC	£12.00	<a href="https://my.raceresult.com/257922/registration">https://my.raceresult.com/257922/registration</a>
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](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/)