



## Garden City Runners News Release

**28 April 2024**

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)

### **Renew your GCR membership now!**

Want to continue enjoying all the benefits of GCR membership? Annual memberships expired on 31<sup>st</sup> March, so if you'd like to remain a member of The World's Best Running Club™, simply [follow this link](#) to renew for another year, all for the bargain price of £39, which includes membership of England Athletics.

### **Calderdale Ultra**

Our ultra-running superhero Kath Evans sent this report: "This weekend took **Kath Evans,**



**Alex Yates and Elaine Giles** (pictured l-r left) off to tackle the Calderdale Ultra. The 50k route started at Brookfoot Lock, Brighouse, finishing at Heptonstall Bowling Club. We covered moorlands, woodland trails, as well as passing through some working farmland, and we were given some seriously scenic views across Yorkshire! There

were plenty of banks of bluebells and wild garlic, challenging climbs with a bit of mud and

boulder clambering thrown it too! An added bonus was that all the aid stations were vegan, which made Alex very happy! All in all a great girls day out on the Yorkshire hills, taking inspiration from the spirit of the #SmallEuropeanWoman."

### **ATW Bison Trail at Dunstable Downs**

Also taking on the trails were **Willow Gibson, Tedy St Francis** and **Charlotte Jones**.

Tedy sent this report: "I was slightly defeated by the ATW Bison trail, completing two laps instead of my target three. The rain and mud proved too much for my road shoes. I fell twice but no damage was done! A run is never wasted, especially with friends. Thanks to Charlotte and Willow for making a messy run so much fun, and thanks too to all the volunteers for standing in the rain for hours." *Below: Tedy and Charlotte contemplate The Hill of Doom; Charlotte, Willow and Tedy still smiling despite the mud and rain.*



### **parkrun roundup**

96 GCRs shook the mud off their trainers and tackled parkruns across Herts and far beyond. At Gadebridge, **Richard Somerset** was 4<sup>th</sup> in 22:08, **Barbara Kubis-Labiak** 4<sup>th</sup> lady in 27:35 and **Caroline Griffith** 5<sup>th</sup> lady in 27:56. **Michael Germany** and **Katharine Farrell** pilgrimaged to Bushy, the birthplace of parkrun, where among 1588 other parkrunners they

finished in 22:57 and 27:05 respectively. At Bexley, **Chris Dungate** was 5<sup>th</sup> in 19:59. At Stevenage, **Adam Wadley** was 5<sup>th</sup> in 18:42; **Martin Mitchell** 7<sup>th</sup> in 19:13; **Caroline Hale** 3<sup>rd</sup> lady in 21:41 and **Felicity Wadley** 8<sup>th</sup> lady in 24:37. At our home parkrun Panshanger, RD **Lucy Iles**, aided by her team of doughty volunteers, saw **Chris Baylis** run into the finish funnel in a winning time of 18:32, followed by **Bruce Judge** in 19.47 and **Simon Bostock** in 20:32. **Hannah Frank**, continuing a run of strong form, was 3<sup>rd</sup> lady in 23:53; **Rebecca Barden** 6<sup>th</sup> lady in 24:58 and **Katy Healy** 7<sup>th</sup> in 25:09. **Michael Scutt** ran at Dulwich and clocked his fastest time this year in 26.56. Michael reports: "It's a fast flat tarmacked course and also an elusive D for alphabet purposes." At Aldenham, **Robin Newby** was 9<sup>th</sup> overall in 22:11 and **Bernadette Newby** ran in 36:00.

**Samantha Hastie, Sharon Threlfall and Willow Gibson** (*pictured below*) attended the Parkrun World Tourists European Meetup in Warsaw, including a parkrun at Jablonna Palace. Willow sent this report:

"We had a fabulous 24 hours enjoying the best food and wine in awesome company. Such a



beautiful city, with a beautiful forest parkrun with the most incredible people who cooked us a Polish feast for finishing the run. The course is located at Jablonna Palace and is three laps of a beautiful forest. The volunteering team were very welcoming, encouraging us along the way and even offering us a shot of vodka (which a couple of us enjoyed). Jablonna is about 30 mins outside of Warsaw and very easy to get to on a public bus or Uber. Warsaw and Jablonna are definitely worth a visit. The people make Poland!"

### **Louise Beale, Jo Grant and Sam Males**

(pictured, right) travelled to the northernmost parkrun in England in Alnwick, aptly named The Pastures as, like Panshanger, the course is run through fields inhabited by cows and calves. The course is a very scenic three lapper with amazing views of Alnwick Castle and very friendly volunteers and marshals. Due to a broken foot, Sam acted as barcode scanner whilst Jo finished as 4th female in 26:32 and Louise was 9th female in 31:11.



Meanwhile, **Steve Grout** ran at Rome's Caffarella parkrun in 26:14 and **Dom Thomas** was 7<sup>th</sup> at Melksham in 20:49.

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

### **GCR Track Relays: Thursday 30<sup>th</sup> May**

In preparation for the FVS 3K Relays in July, our very own chip timing guru **Richard Sidlin** will be running a test event at our track session on Thursday 30 May 2024. This will be a 4 x 400 metre relay and will take place after the usual drills and warmups. Nearer the time, an entry portal will be available to enter teams. It'll be a fun event and more importantly, free of charge. Teams will consist of four runners and they can either be Senior Male, Senior Female, Vet Male, Vet Female or Mixed Senior or Vets (2 Male & 2 Female).

Details to follow but make a note in your diary.

### **Mid Week League**

Dates and venues for the Mid-Week League fixtures have been announced – see the Avery league table below. Further information will be sent out nearer the time.

### **Club Championships 2024**

The Club Championships principally consist of races open to the public, although other races may be included as long as they are not hosted by Garden City Runners. The races are ideally chosen from the Avery calendar; however, Race Committee may express flexibility including prestigious events and those facilitating Hertfordshire County Championships. parkruns may be included and should be local.

For 2024 the Championship races are:

Race #	Event	Date
1	Fred Hughes 10	21 <sup>st</sup> January
2	Watford Half	4 <sup>th</sup> February
3	Panshanger parkrun	9 <sup>th</sup> March
4	Flitwick 10k	14 <sup>th</sup> April
5	St Albans Half	9 <sup>th</sup> June
6	FVS 3k Relay	18 <sup>th</sup> July
7	Stevenage 10k	15 <sup>th</sup> September
8	ATW Hatfield 5	24 <sup>th</sup> November

## **GCR Avery League 2024**

The GCR Race Committee has produced the calendar of races for the Avery League Competition and the Club Championships. Details on all of the 2024 races are below, and these will also be published on the GCR website as soon as possible, and on the GCR Facebook group. Please note that the Avery Rules have been simplified by removing the Tiebreaker - in future, joint winners will share the trophy. Happy Racing!

Avery Event #	Date	Event	Venue	Cost <i>Registration fees may apply</i>	Status / Notes
1	21 <sup>st</sup> January	Fred Hughes 10	St Albans	£20.00 aff.	Completed
2	4 <sup>th</sup> February	Watford Half	Watford	£31.00 aff.	Completed
3	*cancelled*	SXCL Royston (Race #5 of 2023-2024 season)	Therfield Heath, Royston	Free	--
4 (V)	9 <sup>th</sup> March	Panshanger parkrun	Panshanger Park	Free	Completed
5	24 <sup>th</sup> March	Run Fest at Lee Valley (choice of Half or 10k)	Lee Valley Water Park, Waltham Cross	10k: £26.00 aff. Half: £34.00 aff.	Completed
6	14 <sup>th</sup> April	Flitwick 10k	Flitwick	£18.00 aff.	Completed
7	6 <sup>th</sup> May	Kimpton Fun Run 10k	Kimpton	£10.00	Details <a href="#">here</a> – register on the day
8	15 <sup>th</sup> May	MWRRL #1	Stevenage	Free	Club will send out details via email
9	23 <sup>rd</sup> May	MWRRL #2	Ware	Free	Club will send out details via email
10	<b>New date</b> 4 <sup>th</sup> June	MWRRL #3	Royston	Free	Club will send out details via email
11	27 <sup>th</sup> June	MWRRL #4	Trent Park	Free	Club will send out details via email
12 (V)	30 <sup>th</sup> June	Welwyn 10k	Panshanger Park	tbc	Details tbc

13 (V)	10 <sup>th</sup> July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Club will send out details via email
14	18 <sup>th</sup> July	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Club will send out details via email
15 (V)	4/11/18 <sup>th</sup> August (tbc)	GCR Centenary 20.2k	WGC Centenary Route	Free	Club will send out details via email
16 (V)	4 <sup>th</sup> September	Hatfield 5k #2 (Vets)	Hatfield	tbc	Details tbc
17	15 <sup>th</sup> September	Stevenage 10k	Stevenage	£18.00 aff.	<a href="#">Register here</a>
18a	22 <sup>nd</sup> September (provisional date)	SXCL #1	Royston	Free	Club will send out details via email
18b (V)	13 <sup>th</sup> October (provisional date)	SXCL #2	Cheshunt	Free	Club will send out details via email
19	20 <sup>th</sup> October	Stevenage Half Marathon & Marathon	Stevenage	tbc	<a href="#">Register here</a>
20	27 <sup>th</sup> October (provisional date)	SXCL #3	Cassiobury Park, Watford	Free	Club will send out details via email
21	3 <sup>rd</sup> November (provisional date)	SXCL #4	Trent Park	Free	Club will send out details via email
22	24 <sup>th</sup> November	Hatfield 5	Hatfield	£22.00 early-bird aff.	<a href="#">Register here</a>
23 (V)	Early December (tbc)	Festive 5	WGC	tbc	Club will send out details via email
24	15 December (provisional date)	SXCL #5	Stevenage	Free	Club will send out details via email

## **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: the group run on Tuesday 30<sup>th</sup> April will be an out and back along the Cole Green Way. Leaving Ridgeway at 6.30pm, 25 minutes out and 25 minutes back.**

Group/Distance	Pace (mins/km)	Pace (mins/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

**QLVR footwear: Jas Newington** writes: "On Tuesday 30th April shoe designer Martin Dean is coming to Ridgeway Academy at 6.15pm to talk to GCRs before our group run.

The objective is have an informal meet and greet with female runners and introduce them to QLVR footwear.

- Provide a little background explaining who we are and what our plans are
- Show samples of the latest QLVR models and talk through the technologies and materials used.
- Conduct fit & wear tests of our latest prototypes with willing runners who are running shoe size 5, 5.5 & 6 UK.
- Discuss & receive feedback.

For more info on QLVR visit:

[https://www.instagram.com/get\\_qlvr?igsh=MXFua3V0ZGxjajF0eQ%3D%3D&utm\\_source=qr](https://www.instagram.com/get_qlvr?igsh=MXFua3V0ZGxjajF0eQ%3D%3D&utm_source=qr)

## **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.

### **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.

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/)