



Garden City Runners News Release

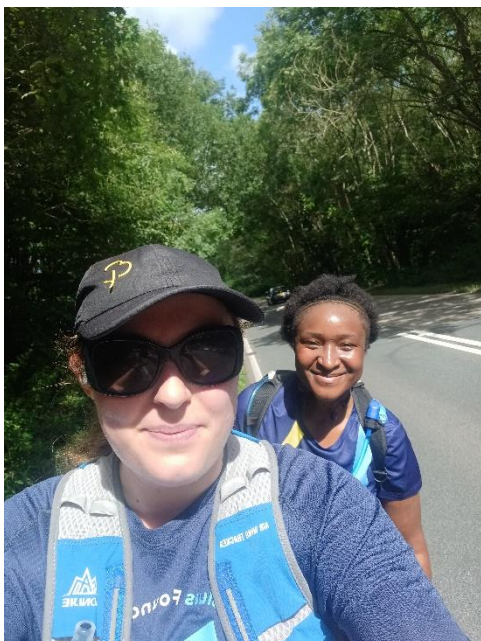
3 September 2023

Please send reports of races and milestones, with photos if available, before early Sunday evening for (almost) guaranteed inclusion, to results@gardencityrunners.org.uk

Isle of Wight Half

Out of the GCR Newsletter inbox ether comes this report from two weeks ago from **Samantha Hastie**, updating us on her personal challenge to complete 12 half marathons this year. Samantha writes:

"When planning my 12 halves this year I wanted to focus on memorable locations and so when I saw there was one on the Isle of Wight in August I thought how lovely it would be. I invited Tandy along for the fun and after spending the night in Portsmouth on the Saturday after the tough Queen Elizabeth parkrun we boarded the ferry to Fishbourne.



It's a complicated multi loop run and sadly with no views of the sea apart from a small section where you catch a glimpse of it over a field very far away. Undulating would be an understatement, and it was a hot day with the sun beating down on us. The water stations were very strangely set out with 2 very close to each other at 2 and 5km and then nothing for a long time.

We finished and it was another PB for Tandy which on such a hard course shows the incredible work she is putting in and I took 21 mins of my St Albans time which I think is a fairly good comparator. The worst

thing about this event, no medal! They gave us a buff and that was that. Don't think I have ever been so disappointed in my life. But the lovely sea swim in Ryde made up for a bit of our disappointment.

8 down, 4 to go."

Hatfield 5k Series – Race 1 (30th August)

(Report from Peter Harvey)

The 10th anniversary and 8th running of the Hatfield 5k Series got underway on a windy Wednesday evening at the end of August. Garden City Runners with Racesonline co-hosted the Series held at Affinity Water's impressive headquarters. The flat and therefore fast course traced the wide boulevards of Hatfield's Business District passing by many sports car showrooms.

The first race incorporated the Hertfordshire Senior Championships. North Herts Road Runners were particularly successful winning the men's County team competition and having the male and female winners: Ben Hadman in 15:31 and Katie Harbon in 17:7 which was a course record. St Albans Striders took the women's County title.

Kate Rennie from Dacorum Athletic Club, who is one of the fastest runners for her age in the country, was the fastest lady accounting for age and Russell Brown from Orion Harriers was the men's winner.

Daniel Pudner was the first out of 40 Garden City Runners by timing 16:39 finishing 15th out of the 245 field. He was followed by **Ben Carr** in 18th and **Chris Baylis** one place behind both under 17 minutes, then **Thom Buzzard** in 26th to complete the men's team who were just out of the team accolades by being 4th. The women were led home by stalwart **Martha Hall** clocking 19:26 and 9th lady. **Zoe Stephens** in 18th and **Katharine Farrell** 23rd completed the team which were outside the top three. **Peter Harvey** was the best placed Garden City Runner in a category being 2nd MV50 two places ahead of the ever-present **Rob Casserley**, whilst **Martha Hall** was 3rd FV45. There were some personal bests including up and coming members **Jamie Rose** and **Clare Grover**. Race two will incorporate the Hertfordshire Veteran's Championships at the start of September.

Full results available [here](#).



Ben Carr leading Chris Baylis



Jamie Rose literally flying along

St Albans Stampede

(Report from Rebecca Barden)

GCR had a strong showing at this year's St Albans Stampede, an endurance event in which runners aim to complete as many laps of a 4-mile course around the trails and woodlands of Heartwood Forest as their legs can manage within the hours of 9am to 9pm. It was a beautiful warm September day and competitors enjoyed not only the scenic course but the top-notch marshalling, catering and organisational support provided by the St Albans Striders events team, not to forget post-race pizza, chilled beer, a stylish t-shirt and a sustainable wooden medal.

Representing GCR in the solo category were **Nikki Cowen**, who completed 10 laps in 10:06:45, and **Daniel Ashcroft**, also clocking 10 laps in 10:58:58.

In the pairs, **Katharine Farrell** and partner **Michael Germany** ran as Team KFMG, completing an impressive 17 laps in 11:44:49. Team 'Pick 'n' Mix', **Gail Munro** and **Thippawan Rashleigh**, ran 5 laps in 6:10:02.

Teams of four Bob Graham Sounds, comprising **Mark Kennedy**, **Gaetano Basiaco**, **Gabor Nyers** and **Chris Eland** scooped silver in their category completing a staggering 26 laps, all except two in a sub-30 minute time, in 11:47:12. Also running in fours were the TTTR RAMS **Stuart Whitford**, **Rebecca Barden**, **Steve Ellerd-Elliott** and **Mat Frank**, finishing in 11th place in the category with 21 laps run in 11:35:33, including a brave and pacey double lap from Stampede newbie Steve. Team Mainly Here for Pizza - **Daniel Van de Walt**, **Sam Males**, **Katy Healy** and **James Healy** - ran 16 laps in 10:50:54. **Barbara Kubis-Labiak**, **Ann Hayden**, **Sophie Packman** and **Richard Somerset** lived up to their team name 'Legs on Fire', burning up the trails to complete 14 laps in 9:56:28.

In the eight-person team category, No Faster, Still Fabulous, comprising **Elaine Moore**, **Caroline O'Dwyer**, **Rachel King**, **Maggie Wright**, **Alison Meaden**, **Jessica Timmins**, **Sharon Stephens** and **Claire Wildey Grover** clocked 17 fabulous laps in 11:30:39.





Millstone 100

(Report from Peter Jasko)

Once in a while, a runner is crazy enough to attempt a 100-miler, that is nearly four marathons in a row. Some are further crazy to give it a go on hilly terrain. Such was **Peter Jasko's** effort on the Millstone 100 this weekend with 4.5km of vertical climbing (and descending).

Starting at 6pm on Friday, Peter ran through the night on a loop from Castleton around the Dark Peak area, followed by part of a loop around the White Peak area. The weather was almost ideal cloudy, 10C - 17C, though with steady drizzle at night and bright sunshine in the afternoon.

He completed 70 miles (113 km) in 23 hours 38 minutes, before retiring (DNF) from slowness due to navigation issues and tired quads from 3200m of elevation.

A lovely route through beautiful Peak District countryside. Just a shame that 10 hours were in darkness. Peter can recommend the Peak District for hiking and short runs, and, only if you are crazy enough, a 100-miler.



Peter, at his Peak

Big Half

(Report from Louise Smith)

20 cheerful GCR volunteers gathered at Gosling before 7am on Sunday when there was mist hovering above the ground.

Wind the clock forward 2 hours and they were basking in Mediterranean temperatures in the grounds of the Greenwich observatory and naval college. This is the finish area for the London Big Half which starts at Tower Bridge and ends by the Cutty Sark.

Team GCR sorted bags and then reunited them with their owners, which is strangely satisfying as well as a great place to observe the effects of 13.1 miles on the human spirit.

Congratulations to GCR runners who completed the event in very extreme conditions: **Chris Dungate** in 01:32:28, **David Hale** in 02:23:02, and **Ilona Peva** in 02:03:55. Full results available [here](#).

And a very big thank you to our epic volunteer team of **Jac** and **Jenny McCallum**, **Jane Molloy**, **Sid** and **Sarah Valentine**, **Michael Scutt**, **Thippi Rashleigh**, **Stuart Whitford**, **Gail Munro**, **Louise Smith**, **Daniel Ashcroft**, **Dan Van De Walt**, **Gaaya Thiagaraja**, **Tendy St Francis**, **Emily Shepherd**, **Sue Coveney**, **Hayley Connolly**, **Charlotte Jones**, **Julie Delahaye** and **Tom Parmley**.



parkrun roundup

91 GCRs decided to forego a Saturday lie-in in favour of going to parkrun.

28 GCRs were at Panshanger, where **Joe Ansbro** and **Rob Casserley** finished in 2nd and 3rd places, in 18:59 and 19:20, respectively. Top 10 finishers elsewhere were as follows:

- **Caroline Hale** was 1st lady at Henlow Bridge Lakes in 22:40
- **Daniel Pudner** was 2nd at Rushmoor in 18:56
- **Lauren Potter** was 3rd lady at Harrow in 24:04
- **Lizzie Belcher** was 3rd lady at Presint 18 in 28:29
- **Alex Faulkner** was 4th lady at St Albans in a PB of 23:04
- **Chris Jones** was 4th at Stevenage in 18:46
- **Chris Baylis** was 4th at Margate in 18:55
- **Paul Guy** was 4th at Leavesden Country in 19:34
- **Thom Buzzard** was 5th at the notoriously difficult Great Yarmouth North Beach in
Bruce Judge was 5th man (6th overall) at Colby in 18:57
- 24:29
- **Andrew Holt** was 10th at Pymmes in 20:35

New course PBs were achieved for the following fleet-footed GCRs: **Nigel Cavill** (20:29 at Rickmansworth); **Tom Parmely** (22:42 at Barclay); **Richard Darley** (26:45 at Aldenham); **Hiran Fernando** (23:34 at Seaford); **Rob Jones** (26:18 at Sharpham Estate); **Sharon Reynolds** (37:07 at Panshanger)

Catherine Dann ran her 100th parkrun at Stevenage in 31:14.

Other parkrun locations attended by touring GCRs were: Arrow Valley, Barnstaple, Catton, Chester, Coventry, Dunstable Downs, Eastleigh, Ferry Meadows, Gadebridge, Jersey Farm, Levensgrove, Oak Hill, Northala Fields, Seaton, Wepre, Wimpole Estate, Worthing.

Full results for GCRs participating in Saturday's parkruns can be found [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.

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. Dates of the second and third races are as follows:

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, 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	http://www.nhrr.org.uk/standalone-10k.html
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	https://stevenagehalfmarathon.org.uk/
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	http://hatfield5mile.co.uk/
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. 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/