



Garden City Runners News Release

31 December 2023

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

Happy New Year 2024 to all Garden City Runners!

St Albans New Years Eve 10k– Sunday 31st December

10 Garden City Runners attended the annual 10k race, starting the New Year's Eve celebrations way ahead of everyone else as it included some nice Bucks fizz!

Sidney Valentine (*pictured below, with other GCR runners*) writes: "GCRs were out in force this morning to sign the year of with a 10k race along the Alban Way. The conditions for the first and last 1/2 km proved to be tricky and a little slippery under foot but I am happy to report all GCR runners made it through whilst staying on their feet. The finish line crossing meant we all signed off the year with a 10k race crossed off, a nice medal and a glass of Bucks fizz".

Well done to Janet Bream who was 3rd in the WV 60-69 category.

Pos	Name	Chip Time
26	Martin MITCHELL	00:41:02
95	Andrew MORGAN	00:47:33
169	Anna LILLIE	00:52:52
245	Maggie WRIGHT	00:55:47
251	Sid VALENTINE	00:56:48
270	Janet BREAM	00:58:45
274	Carol REID	00:58:41
326	Kirsty HAWKES	01:02:00
414	Kath EVANS	01:06:26
487	Valerie LEVISON	01:12:10



Buntingford 10 Saturday 30th December – and a British Masters Silver Medal Success for Peter Harvey

Peter Harvey (*pictured below with Chris Jones, Neil Hume and Matt Baker*) reports: "Eight Garden City Runners made the journey to Buntingford to take on a hilly 10 miler to round off the year. The road course was rather wet and in places muddy. Fortunately, the event took place between storms, which Peter Harvey appreciated as he went by bicycle for a 44 mile round trip.

Peter Harvey was the first Garden City Runner home and ran a new masters personal best with 60 minutes 53 seconds finishing 40th/500. He was delighted to win a British Masters silver medal finishing second in the over 55 year-olds category. The last time he won a national medal was in the early 1980s, but for judo! Harvey was 3rd in the over 50s in Hertfordshire earning bronze. Entrants to the British Masters Championships need to be affiliated to a Vets type club and Harvey won his age age category within Veterans AC, a national club.

Chris Jones, also in the British Masters and Herts Vets Championships came 52nd in 62 minutes 44 seconds. Neil Hume was a minute behind in 57th and Matt Baker 62nd with a PB. Chris Harbron was in the middle of the field finishing 267th. Anne Henson was the first GCR lady home in 91 minutes and 58 seconds, and was a very commendable third in her age category. She was followed by Kath Harris and Caroline O'Dwyer.

The customized finishers' medal was attractive and race very well organized".

Well done to Anne Henson, who was was 3rd FV70 and Peter Harvey who was 3rd MV55.

Pos	Name	Chip Time
40	Peter Harvey	1:00:53
52	Chris Jones	1:02:44
57	Neil Hume	1:03:47
62	Matt Baker	1:04:15
267	Chris Harbron	1:23:58
341	Anne Henson	1:31:58
432	Kath Evans	1:46:22
465	Caroline O'Dwyer	1:54:33



Chris Jones, Peter Harvey, Neil Hume and Matt Baker



Peter Harvey British Master silver medallist

Searching for Gandalf the Grey in the Tolkien Trail Race

Danny Figg (pictured, below) took part in the Tolkien Trail race and sent us his run report.

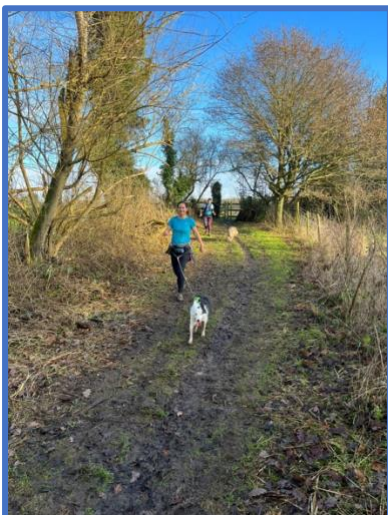
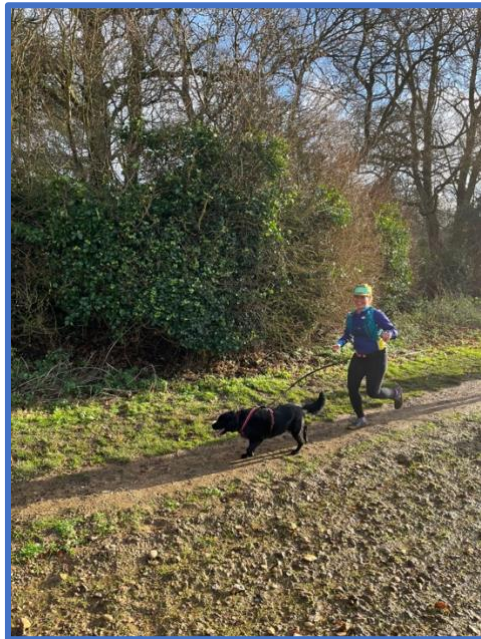
Danny writes: "While visiting family around Christmas I competed in the Tolkien Trail Race, an 11.1km trail run around Stonyhurst in Lancashire on 30th December, through landscapes that inspired Tolkien and involving a riverside cross country section, steep steps through woodland and a short section on lanes. I came first in a time of 45:18. The photo in the woods is credited to Mick Hall photos".



GCR Social Canicross group meets for the 2nd time

While the group was only started 3 weeks ago, it already had two social meets, including one at Panshanger Park and Tewin fields on 31 December. We plan to meet regularly on Sundays, and our four-legged friends seem to approve! Some of the members of the newly established group pictured below.

David Hale writes: "We had our second Canicross meet up for a social 7k run around some muddy Tewin fields. We are aiming to meet up every couple of weeks and run between 7-10k and maybe enter some events. If anybody else is keen on joining us for a social run with their dog then please contact **Barbara Kubis-Labiak** or **David Hale**. We can also help out with advice on suitable equipment if you are new to Canicross".



GCR's 2023 Avery Competition

This year's Avery Competition based on participation, including racing and volunteering, had 25 events.

Peter Harvey reports: The women's competition was hotly contested with lead changes throughout the year. Rebecca Barden and Veronica Shadbolt both got off to a flyer but by the Midweek League were joined by Clare Grover, Chrissy Johnson, Melanie King and last year's winner Sophie Packman in a leading pack of six. Mid summer Grover and Packman headed the field until August when Packman took the lead. However, Clare Grover and Chrissy Johnson both put together impregnable finishes amassing 22 races/points, and as the tiebreaker rule (unworkable) was scrapped, were declared joint Avery Competition winners. They were very happy to share the win and will be presented the Jan Avery Cup to share as well as receive large trophies at Awards Night in March. There was also a tie for third place between Sophie Packman and the surging Maggie Wright, both on 21 points and each eligible for a sizeable trophy. Melanie King and Rebecca Barden were joint fifth on 19 points and are also to get prizes. Sarah Durston and Kath Evans were joint seventh on 18 points, then Lucy Isles and Alison Meaden both on 17 points joint ninth with everyone above earning the much coveted custom made Avery Top 10 medal.

In the men's competition Peter Harvey led from gun to tape completing all 25 races. Prior to this only Charlotte Jones had managed to get a full set. Harvey was chased all the way by Jamie Rose finishing with 24 points. Dom Thomas was one point and place behind to take the last of the big trophies. Other winners of prizes are Roger Adey who was fourth with 22 points, then a big gap to Dai Selwood with 18 who faded after being in the top three until race 14. Sixth place was a three way tie on 16 points for Richard Darley, Lee Mansfield and Chris Baylis, each to receive a prize. The three way tie for ninth included Peter Jasko, Bruce Judge and Steve Ellerd-Elliott all on 14 points making a top 11 eligible for the Avery Medal.

The men's competition had a sharper end to the front of the field but the women's had greater depth to the top ten. There were 130 women and 158 men scoring at least one Avery point. The Welwyn 10k saw the most points with 134 GCRs attending, then 117 points allocated for the MWRRL Mob Match and 102 for the Festive 5. The four scoring MWRRL races had 98, 104, 91 and 82 GCRs competing. The Sunday League Cross-Country fixtures at the end of 2023 had 55, 54 and 58 attendees. The FVS 3k Relays attracted 78 GCRs, two more than the Panshanger Park parkrun in the middle of August. A commendable 66 runners did the 20.20 Centenary Route.

Good luck in next Year's Avery Competition!



Chrissy Johnson

Clare Widley-Grover

Peter Harvey

parkrun roundup

90 GCRs took part in various parkruns on Saturday 30 December.

- At Luton Wardown, **Caroline Hale** was 2nd lady in 21:49, **Daniel Van De Walt** in 26:51 and **Sidney Valentine** in 29:47
- At St Albans, **Clare Wildey** was 28th lady in 26:24 and **Tony Harden** finished in 29:17
- At Oak Hill, **Sofie Marchant** was 19th lady in 28:19
- At Westmill, **Thomas Buzzard** was 6th overall in 22:20
- At Gunpowder, **Caroline Griffin** was 17th lady in 27:49
- **Paul Guy** finished 8th overall at Sedgefield, in 19:27

- At Homewood, **Lucy Iles** was 2nd lady in 27:18
- At Druridge Bay, **Michael Germany** finished in 27:07 and **Katharine Farrell** in 27:12
- At Panshanger, **Chris Baylis** was 2nd overall in 19:00, followed closely by **Daniel Pudner** who was 4th in 19:15 and **Jamie Rose** in 19:31, 7th. **Felicity Wadley** was 7th lady in 24:22, **Helen Stafford** 9th in 25:42 and **Katy Healy** 10th in 26:05.
- Congratulations to **James Huish** who came 1st overall at Great Dunmow, in 19:27
- At five Arches, **Alex Faulkner** was 11th lady in 22:44 and **Dave Faulkner** finished in 29:34.

Luton Wardown parkrun for Sidney and Sarah

Sidney Valentine (*pictured below, with Sarah*) writes: "On parkrun day which used to be Saturday, myself and Sarah travelled to Luton Wardown parkrun to collect our L in our Alphabet challenge, and whilst there I paced the 30 minutes runners and Dan Van paced the 27 minutes runners.

The course itself is a lovely route, going around the lake 3 and a bit times and 3 times up a gentle hill, everyone is very welcoming."



Full parkrun results are [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. This Tuesday's group runs will be taking in the Christmas lights, with all groups taking their own routes. Christmas fancy dress is optional.

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.

Cross Country fixtures:

Please note the dates of Cross Country fixtures, in addition to the Sunday League, over the 2023-24 season:

27 Jan 2024 - Southern Main Champs - Beckenham

24 Feb 2024 - Nationals - Telford

26 Mar 2024 - Herts Vets – Watford

GCR Club Championships

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 st January
2	Watford Half	4 th February
3	Panshanger parkrun	9 th March
4	Flitwick 10k	14 th April
5	St Albans Half	9 th June
6	FVS 3k Relay	End July (tbc)
7	Stevenage 10k	15 th September
8	ATW Hatfield 5	24 th November

The above are subject to change where unforeseen circumstances dictate.

Scoring

Within each gender, points are awarded according to finishing position among club participants. The scoring is based on the 'Tour de France' allocation of points as follows:

Finish position within the club	Club Championship Points Awarded
1st GCR	30
2 nd GCR	27
3 rd GCR	25
4 th GCR	23
5 th GCR	21
6 th GCR	19
7 th GCR	17
8 th GCR	15
9 th GCR	13
10 th GCR	11
11 th GCR	10
12 th GCR	9
13 th GCR	8
14 th GCR	7
15 th GCR	6
16 th GCR	5
17 th GCR	4
18 th GCR	3
19 th GCR	2
20 th GCR	1

Position is based on chip time. If chip time is not available, gun time will be used.

For any eligible member, their best 5 scores will be counted (regardless of whether the member did 5, 6, 7 or 8 races.) If the number of scoring races changes, Race Committee may alter how many races members may score.

Categories

The categories are MV40, MV50, MV60, MV70, MV80, etc... and FV40, FV50, FV60, FV70, FV80, etc... The category of the runner is determined by what age they are for the first Championship race in the Calendar.

Prizes

Prizes are to be awarded for the 'top three' men and 'top three' women who score the most points. In addition, there is to be a single prize for each vet's category. If a 'top three' prize

is awarded to a vet, the vet with the next highest score will be awarded the respective vet's category prize.

A point must be scored to qualify for a prize. In the event of a tie, the winner is the person who has the most first places, then second and so on. The male and female winners will be declared 'Club Champions' and be presented with the respective Club Championship award which is to be returned before the following year's Awards Ceremony.

Note: The Race Committee reserve the right to amend the rules dependent on events included within the Championships and exercise discretion in the awarding of prizes.

Issue: December 2023

Avery Competition 2024 - format and rules

GCR Race Committee

The principles for the 2024 Avery Competition will, as far as possible, be the following:

- A maximum of 24 scoring races – members can run as many or as few races as they choose, with points awarded for participation (or volunteering where this is an option – see below)
- At least half the races will be low/no cost
- MWRRL and Sunday XC races will be included
- Participation encouraged over performance
- An option to gain Avery points for volunteering / marshalling at specified races where the volunteer role precludes a point being gained from running
- A wide range of distances will be included
- Races will be spaced evenly throughout the year (where event availability permits this)
- Prizes - 10 each for the male and female competition (large trophies for the 1st 3, small trophies for 4th-6th place, medals for 7th – 10th place). If any competitor completes all 24 races, there will be a special award.

Scoring is designed to encourage participation:

- For each race run / volunteered at, a GCR member will score one point (highest total possible if all races are participated in = 24, or the total number of scoring races included in the competition)
- Participants will be ranked according to these points

The Race Committee will produce a proposed list of events before the start of the year and meet as needed to review the list should changes need to be made. Avery scoring races, with details of the races where Volunteer points are available, will be loaded onto the GCR website and Facebook page, and circulated to members via email and the newsletter.

1 point will be awarded per race (even if the volunteer role allows running). Volunteering includes support roles at the discretion of the Race Committee. For GCR hosted races, the Race Director will forward details of GCR volunteers to the Avery Results Co-Ordinator.

Appendix A – Additional rules and notes

Additional Rule 1:

There will be an option to gain Avery points for volunteering / participating at specified GCR subsidised team events which clash with previously agreed Avery events, where participation in the team event precludes a point being gained from running the Avery. If a member participates in both events only one point will be gained.

Note: Awarding of prizes will be at the discretion of the Race Committee.

GCR Avery Competition 2024

The GCR Race Committee has produced the calendar of races for the Avery Championship and the Club Championships. Details on all of the 2024 races are below, and these will also be published on the GCR web site, 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. The club is also creating a new award for the winners of the Club Championships - details will be revealed in the next few weeks. Happy Racing!

Avery Event #	Date	Event	Venue	Cost <i>Registration fees may apply</i>	Status / Notes
1	21 st January	Fred Hughes 10	St Albans	£20.00 aff.	Register here
2	4 th February	Watford Half		£31.00 aff.	Register here

3	18 th February	SXCL Royston (Race #5 of 2023-2024 season)	Therfield Heath, Royston	Free	Club will send out details via email
4 (V)	9 th March	Panshanger parkrun	Panshanger Park	Free	https://www.parkrun.org.uk/panshanger/
5	24 th 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.	Register here
6	14 th April	Flitwick 10k	Flitwick	£18.00 aff.	Register here
7	6 th May (tbc)	Kimpton Fun Run 10k	Kimpton	tbc	Details tbc
8	Mid-May (tbc)	MWRRL #1	tbc	Free	Club will send out details via email
9	End May (tbc)	MWRRL #2	tbc	Free	Club will send out details via email
10	Start June (tbc)	MWRRL #3	tbc	Free	Club will send out details via email
11	End June (tbc)	MWRRL #4	tbc	Free	Club will send out details via email
12 (V)	End June (tbc)	Welwyn 10k (if going ahead)	tbc	tbc	Details tbc
13 (V)	Start to mid July (tbc; poss. second week)	MWRRL Mob Match	Ridgway Academy, WGC	Free	Club will send out details via email
14	End July (tbc)	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Club will send out details via email
15 (V)	4/11/18 th August (tbc)	GCR Centenary 20.2k	WGC Centenary Route	Free	Club will send out details via email
16 (V)	4 th September (tbc)	Hatfield 5k #2 (Vets)	Hatfield	tbc	Details tbc
17	15 th September	Stevenage 10k	Stevenage	£16.00 aff. (before 31 Dec) £18.00 aff. (from 1 Jan 2024)	Register here
18 (V)	Mid October (tbc)	SXCL #1	tbc	Free	Club will send out details via email
19	20 th October	Stevenage Half Marathon & Marathon	Stevenage	tbc	Register here
20	End October (tbc)	SXCL #2 (poss. Jersey Farm parkrun as back-up)	tbc	Free	Club will send out details via email
21	Start November (tbc)	SXCL #3 (poss. Jersey Farm parkrun as back-up)	tbc	Free	Club will send out details via email

22	24 th November	Hatfield 5	Hatfield	£22.00 early- bird aff.	Register here
23 (V)	Early December (tbc)	Festive 5	WGC	tbc	Club will send out details via email
24	Mid December (tbc)	SXCL #4	tbc	Free	Club will send out details via email

Aff. = affiliated. FVS = Fairlands Valley Spartans. MWRRL = Mid Week Road Racing League. SXCL = Sunday Cross Country League. Tbc = to be confirmed. V = participants can score by volunteering. WGC = Welwyn Garden City

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/

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