



## Garden City Runners News Release

**31 March 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)*

### **Grizzly Cross Country**

**Alan Donovan** has sent his run report from the Grizzly run. Alan writes: "While everyone was recovering from Awards evening, **Peter Sawko** and **Kerry Henderson** were participating in the Grizzly.

The Grizzly is an arduous 20 mile cross country race over Jurassic hills, along stoney beaches, through bogs and rivers, up and down the stairs ( because the hill is so steep!). Peter finished in 5:48:09, Kerry, after a sterling effort had to drop out. Wendy Hindlaugh, ex GCR runner, finished 5:13:31.

The Grizzly has over 1300 runners taking part. Also, there is a 9 mile Cub run, with over 600 runners, which is run at the same time. The Junior Grizzly races take place on Saturday, all races start and finish on Seaton Esplanade, Seaton, Devon

If you fancy doing this race, it is organised by Axe Valley Runners. Places go very quickly."

## **St Albans Easter 10k**

A group of GCRs took part in the annual ATW St Albans Easter 10k race – results for Garden City Runners below.

**Amber-Leigh Marvin** writes: "This morning I ran the St Albans Easter 10k with no goal in mind due to being 2 weeks post-injury with no time for speed work. It was really lovely to see a lots of fellow GCRs on the course! I was so pleased to finish with 47:59 after completely stopping twice with a stitch.. and pleased to have not fallen over in the mud bath at the start and end!"

<b>Position</b>	<b>Name</b>	<b>Net Time</b>
43	Martin MITCHELL	00:39:29
88	Andy MORGAN	00:43:18
108	Nigel CAVILL	00:44:11
170	Veronica SHADBOLT	00:47:02
179	Amber-Leigh MARVIN	00:47:59
199	Caroline HALE	00:48:43
244	Steve MOWLES	00:49:06
374	Maggie WRIGHT	00:54:03
399	Holly WISE	00:56:14
553	James MCGEEHAN	01:01:20
573	Melanie KING	01:01:47
598	Pauline SOMERS	01:02:15
621	Alison PATERSON	01:03:11
637	Kath EVANS	01:04:04
801	Charlotte JONES	01:20:48
802	Tendy ST FRANCIS	01:20:47

## **Pembrey Park Canicross in Wales**

**David Hale (pictured, below)** travelled to Pembrey Park to take part in a Canicross race.

David writes: "I took part in a Canicross event in South Wales, which was part of a Canicross festival run by Canix UK.

There were circa 170 dogs involved and some pretty serious runners, there was some kind of national challenge going on between Wales, Scotland and England.

Beautiful course through forest and dunes with several flooded areas that were literally knee high. I'm not expecting a call up for England, finished in 27:44 for about 4.5k, but it was fun.

I'm definitely going to try to do it again next year and hope a few other GCRs might join me."



## **Kew the Run**

**Kath Evans** completed yet another running adventure, this time around the Royal Botanic Gardens – and what a beautiful medal she got!

Kath writes: "This Sunday's little plod was the Kew Half Marathon, it started at the Royal Botanic Gardens, then ventured down the Richmond towpath and riverside to Ham House before turning to finish back at Kew Gardens next to the River Thames.

Kew the Run offered a flat and fast course whilst enjoying the beautiful spring blossom. Brilliantly organised and an opportunity to enjoy Kew Gardens afterwards, this run was a cracker and definitely one to repeat!"



## **parkrun roundup**

With a slightly less wet outlook for the weekend, 133 GCRs took part in various parkruns this weekend.

- **Rebecca Barden** was 25<sup>th</sup> lady at Woodhouse Moor, in 24:28
- **Katharine Farrell** was 22<sup>nd</sup> lady at Endcliffe, in 25:58, and **Michael Germany** was 129<sup>th</sup> overall in 25:19
- At Westmill, Matt Baker finished 5<sup>th</sup>, in 21:22
- **Shena Lancaster** was 19<sup>th</sup> lady at Pymmes, in 29:52
- At Gunpowder, **Caroline Griffin** was 15<sup>th</sup> lady in 26:33
- **Sharon Stevens** was 29<sup>th</sup> lady at Queen Elizabeth, in 33:20
- **Clare Wildey** was 8<sup>th</sup> lady at Longrun Meadow, in 25:07
- At Fountains Abbey, **Jessica Timmins** was 5<sup>th</sup> lady in 20:35
- **Daniel Van De Walt** was 14<sup>th</sup> overall at Harlow, in 21:35
- **Neil Hume** was 13<sup>th</sup> at Rutland Water, in 19:01
- **Jonathan Foan** was 9<sup>th</sup> at Letchworth, in 21:49
- At Dunstable Downs, **Lauren Potter** was 3<sup>rd</sup> lady in 24:05 and **Lynette Stewart** was 26<sup>th</sup> lady in 39:40
- **Samantha Hastie** was 13<sup>th</sup> lady at Lews Castle, in 33:03
- **Simon Bostock** was 3<sup>rd</sup> overall at Beacon, in 18:00
- **Kyle Kean** was 28<sup>th</sup> overall at Shingashigawa Ukima, in 27:53
- **Kathryn McGuinness** was 10<sup>th</sup> lady at Donaupark, in 25:08

**Thomas Buzzard** was second into the finish funnel at our local parkrun, Panshanger, in 19:11, where **Chris Dugate** was 7<sup>th</sup> in 20:33 and **John McDowall** 14<sup>th</sup> in 21:43. **Felicity Wadley** was 2<sup>nd</sup> lady in 23:37, **Lucy Iles** was 6<sup>th</sup> in 24:36, and **Katy Healey** was 8<sup>th</sup> in 25:10.

## **Panshanger parkrun**

**Justin Swallow** sent us his parkrun report, reporting on his impressive PB achievement.

**Justin** writes: "For the 2nd week in a row at Parkrun I have achieved a personal best.

Today (Saturday) my time at the Stevenage Parkrun was 25.32 (59 seconds faster than last Saturday)."



Also at Panshanger parkrun, **Kath Evans** (pictured below, with her GCR friends) was celebrating her 250<sup>th</sup> parkrun, an amazing achievement and well done to Kath. Many friends joined to celebrate and enjoy the delicious cake!



### **Fountains Abbey parkrun**

**Jessica Timmins** (Pictured below with her support team, Mum and Lenny) sent us her run report.

Jessica writes: "Like many GCRs I was away from home turf this weekend. For anyone 'Up North' I would highly recommend Fountains Abbey parkrun. They had a huge field of 637 runners this weekend but it's no surprise as it's a truly beautiful location, lots of free parking and a lovely National Trust cafe on site. It was more undulating than I was expecting but I managed a 3 second PB in 20:35. My 2024 goal of Sub 20 is still feeling like a long way off. Next time at Fountains Abbey I will slow down and just enjoy the run!



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

### **Tuesday steady runs**

GCR offers a number of steady run groups on a Tuesday evening. The table (included in the [Tuesday Group Runs section](#)) shows the **target distance** for each group and also the **target pace**. When deciding which group to join runners should consider both pace and distance. All groups aim to complete their run in about 60 minutes.

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

Each group has a volunteer run leader who will plan a route to meet the target distance and then during the run they will do their best to run within the target pace. The target pace is an average over the whole run. Downhill sections may be slightly faster and uphill sections will inevitably be slower.

For safety reasons it is important that the group stays together and does not get too stretched out. The run leader should be at the front of the group both to set the pace and because they are the only one who knows where they are going. If other runners get ahead of the leader it is vital that they **loop back**, not just to the front of the group but to the back of it.

If a runner finds that they are regularly ahead of the leader then their natural steady pace is faster than that group and they should really move up to a faster group. The difference in pace between groups is not huge and they will normally be absolutely fine in the faster group. Likewise if a runner is regularly falling a long way behind the leader they should really drop down to a group where they will be more comfortable with the pace.

If these simple rules are followed each group should get back on time, having covered the target distance at the target pace on a run that was relaxed, safe & enjoyable for everyone in the group.

GCR Run Leaders

### **GCR Walking Group**

In the hope that the ground will soon start drying up we intend to restart the GCR Walking Programme in March. This year we will add some new trails while revisiting some old favourites (in particular maximising the bluebell season). Distance is generally circa 10K. Anyone wishing to join the group — which generally meets on Sundays and Wednesdays — should contact Jerry Gilbert: [jerry@jgp-pr.com](mailto:jerry@jgp-pr.com)

### **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:

<b>Race #</b>	<b>Event</b>	<b>Date</b>
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	End July (tbc)
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!

<b>Avery Event #</b>	<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Cost</b> <i>Registration fees may apply</i>	<b>Status / Notes</b>
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	<b>*postponed*</b>	SXCL Royston (Race #5 of 2023-2024 season)	Therfield Heath, Royston	Free	Club will send out details via email
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.	<a href="#">Completed</a>
6	14 <sup>th</sup> April	Flitwick 10k	Flitwick	£18.00 aff.	<a href="#">Register here</a>
7	6 <sup>th</sup> May	Kimpton Fun Run 10k	Kimpton	£10	<a href="https://www.kimptonmayfestival.co.uk">https:// www.kimptonm ayfestival.co.uk</a>
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	6 <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	Ridgeway 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 <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>
18 (V)	Mid October (tbc)	SXCL #1	tbc	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	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 <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	Mid December (tbc)	SXCL #4	tbc	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 remember to charge your head/chest torches***

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

## **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/)