



Garden City Runners News Release

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

6 October 2024

Standalone 10K

Several GCRs travelled up the A1 to compete in this popular autumnal 10K that starts and finishes at Standalone Farm on the outskirts of Letchworth, organised by our friends at North Herts Road Runners. **Peter Harvey** was first GCR home, finishing in 37:59, 6th in his age group MV50. Also representing for the 50-somethings was **Chris Eland**, 9th MV50 in 38:22. **Rob Cartwright** ran a new 10K pb of 49:50 and **Maggie Wright** was first to cross the line for GCR ladies in 56:39.

Full results for GCRs taking part are available [here](#).

Maverick South Downs Marathon



GCR marathon ace **Nick Genever** (pictured left) sent this report: "The Maverick South Downs Marathon started and finished in the Queen Elizabeth Country Park in Hampshire. I wasted some energy running uphill to a start sign that turned out to be the start of the Parkrun. The route went out and back on the South Downs Way going up and down some big hills on chalk trails. I finished in 4h 11m and 6th place."

Loch Ness Marathon

Matt Baker (*below, in action*) sent this report from last weekend's Hibernian adventure: "Last weekend I took myself and the family off to Inverness for the Loch Ness marathon. Sunday 29th saw perfect weather for the race. It's a point to point marathon so you board a bus from Inverness, get driven 26.2 miles out into the stunning highland and then run back along the shores of Loch Ness. The race seems to be growing in popularity and it's an international affair with nearly 4,000 runners this year from over 50 countries."



You can't cheat the marathon distance and my race was another reminder of that. Despite a good first 30km, the lack of mileage in the training block showed and the rest of the race was a grind, eventually crossing the line in 03:21:20.

Whilst it's a long way to travel for a marathon, it's one I'd recommend for its uniqueness and views. There are other distances available including a "Wee Nessie" kids race."

GCR Canicross

David Hale updates us on the GCR Canicross group: "The GCR Canicrossers (*pictured, right*) had their first meet up of the new season, for a social run around Panshanger Park. We try to meet up in Sunday mornings but also potentially during the week depending on people's availability, and working around events like the XC meetings. In addition we will try to enter a few Canicross Events. If anybody is interested in joining please contact Barbara (b_kubis@yahoo.co.uk) or David (davidnhale6@gmail.com)."



Herts 10K

Daniel Follon (*pictured right*) ran the Herts 10K, in a new location this year, and also sent us a parkrun report:

"I managed to break my 5k PB this week. I ran Hull parkrun on Saturday, which takes place opposite my old high school. I was back at home watching the Super League Play Off Semi Final and it seemed a good opportunity to run round for a 5th time back there. It's a really flat course and that is probably the reason why I managed to secure a PB, which was on the same day as the 20th anniversary of parkrun - I got round in 22:10.

"Today, I ran the Herts 10k (after completing the fun run with my 5 year old son Thomas). I ran it last year, but it was at Rothamsted Research then. This year the venue was the Hertfordshire County Showground. A much tougher course I think, a few tough inclines including plenty of uphill in a curly wurly type spirally thing in the latter part of the lap, which has to be run twice as the course is two laps. I finished in 52:51, 63rd out of 349 runners."



Bruges Half Marathon

Andrew Newbury completed this half marathon in 2 hours and 6 minutes on a lovely sunny and warm day.

Parkrun roundup

Parkrun celebrated its 20th birthday this weekend and GCRs marked the anniversary in style, running events across Herts and beyond (and way beyond).

Lucy Iles sent in this report of Germanic parkrun adventures:

German Unity Day parkrun - what's the wurst* that could happen?

Scutt's Sunshine Tours proved a 5-star service once again, as three GCRs headed off to Germany for a German Unity Day / parkrun anniversary tourism trip.

Michael Scutt, **Lucy Iles** and **Stuart Wonfor** let the train take the strain and travelled to Brussels by Eurostar. First leg very successful. Onward travel from Brussels to Cologne by the Deutsche Bahn, however, left much to be desired (German train service is NOT good), with a 1hr50 journey taking 4hr20 (not a PB, for sure).



Unity Day, on Thursday 3rd October, is one of those parkrun special days, where you get to do a non-Saturday parkrun in Germany. The GCR trio attended Rheinpark parkrun (unsurprisingly, on the bank of the Rhine), where a record 224 runners/walkers participated. Again unsurprisingly, there were a lot of British parkrun tourists, who were very warmly greeted by the lovely volunteer team. The course was a lovely one lap through Rheinpark and along the

riverbank, and was thoroughly enjoyable in the crisp cold morning sunshine. Lucy, in usual over-excitable form, finished as 3rd lady in 23:59, with Michael and Stuart running a more civilised and companionable run together finishing in 28:07 and 28:08, respectively.

From parkrun Deutschland's social media, Unity Day was well-attended and enjoyed across the country with 3021 walkers and runners (including 94 first-timers to parkrun across 29 events) supported by 510 volunteers without whom none of it would have been possible.

Above and below: our intrepid trio

Saturday 5th October was, as I don't think many people could have missed, the 20th anniversary of parkrun. Whilst not being at 'home' in Panshanger felt a little odd, the team at Aachener Weiher parkrun definitely made up for it. With an excellent first-timers briefing describing the course, and the Run Director's bilingual briefing welcoming everyone to the event, parkrun community 'warmth' took the edge off the very chilly morning. The course is two laps of the park, taking in 3 sides of the square lake. A few 'undulations' in the course, combined with having over-indulged on local cuisine the night before, meant the GCR trio were somewhat less sprightly than Thursday's run (with Lucy also being somewhat affected by a red wine-induced collision on an e-scooter the night before [* a bit sore, but could have been wurst]). Running mostly together, in the middle of the 101-strong field, our trusty travellers finished in 28:32 (Lucy), 28:37 (Stuart) and 29:39 (Michael).

Post-parkrun brunch at 'Sticky Fingers' and discussions of future international



parkrun tourism followed, before a slightly less arduous train journey back to the UK."



Andy Henderson and his wife Rebz (pictured, left) ran the Tsurumi Ryokuchi parkrun in Osaka, Japan in September on their holiday.

Andy reports: "The hosts of the event were really excited to have us there and everyone was very welcoming. They also gave us some free Parkrun hats too!

"It started at 8am so it was cooler but it was still 28 degrees and ~70% humidity. It was definitely not my fastest time but hugely enjoyable."

Meanwhile, at Panshanger parkrun, **Jas**

Newington (pictured, below) completed her 400th parkrun, and sent us this report: "I completed my 400th run on Saturday at Panshanger.

I have run 400 Parkruns in 25 different locations, the furthest being in North Carolina where I came in as second female.

I have run in rain, wind, snow, fog, sun, but I couldn't have done it without the support and encouragement of fellow participants - some have been complete strangers and some have become firm friends.

So thank you everyone who has helped me get to the finish every week, only another 100 runs for the 500 T shirt."



Other parkrun highlights:

Martin Mitchell was 2nd at Westmill in 20:26; at Stevenage, **Chris Jones** was 2nd in 18:43 and **Jamie Rose** 6th in 19:19. **Katharine Farrell** was 3rd lady at Southwick County parkrun in 22:48. At Gunpowder parkrun, **Andrew Knight** was 5th in 18:48. **Sean Bowen** was 8th at Bartley Park in 21:31 and **Richard Somerset** 10th at Thames Park in 20:22.

Full results for GCRs taking part in this week's parkruns are available [here](#).

Sunday League XC Fixtures

The following preliminary race schedules for the XC League are now confirmed. All times are 10:30am start, unless otherwise stated.

13 October – Barclay Park

27 October - Royston

3 November - Trent Park

15 December - Fairlands Valley, Stevenage

16 February - Cassiobury Park, Watford

GCR Christmas Party Night – Friday 6 Dec 2024

From **Sophie Packman**: There are some spaces remaining for the GCR Christmas party on **Friday, 6th December 24 at The View Welwyn** (Panshanger Golf Club formerly and taken over by Tewinbury Farm). Total cost £55 per person and includes a glass of fizz or beer on arrival, x3 course dinner and DJ.

It's only £20 deposit to hold your place and the remainder to pay on 1st November. If you would like to join, please don't delay as the tickets are on hold temporarily and the venue will check numbers in two weeks to see how the bookings are going. This invite is open to GCRs only and/or GCR +1. Please email me ASAP Sophie.packman@meuk.mee.com

If you would like to join and I will send you my bank details for the deposit. Let's make this the best one yet!

Nationwide

Anne-Sophie Packman (personal)

07-08-06

34950676

Christmas party venue/details: Christmas 2024 – The View (theviewwelwyn.co.uk)

The View, Welwyn

Old Hens Lane

Welwyn Garden City, Hertfordshire

AL7 2ED

Contact at The View: (***please book your place/deposit with me and not Lewis!***)

Lewis Graham

01707 339349

events@theviewwelwyn.co.uk

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 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 |

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 st January | Fred Hughes 10 | St Albans | £20.00 aff. | Completed |
| 2 | 4 th 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 th March | Panshanger parkrun | Panshanger Park | Free | Completed |
| 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. | Completed |
| 6 | 14 th April | Flitwick 10k | Flitwick | £18.00 aff. | Completed |

| | | | | | |
|--------|----------------------------|------------------------------------|--------------------------------|------------------------|--------------------------------------|
| 7 | 6 th May | Kimpton Fun Run 10k | Kimpton | tbc | Completed |
| 8 | 15 th May | MWRRL #1 | Stevenage | Free | Completed |
| 9 | 23 rd May | MWRRL #2 | Ware | Free | Completed |
| 10 | 4 th June | MWRRL #3 | Royston | Free | Completed |
| 11 | 27 th June | MWRRL #4 | Trent Park | Free | Completed |
| 12 (V) | 30 th June | Welwyn 10k | Panshanger Park | tbc | Completed |
| 13 (V) | 10 th July | MWRRL Mob Match | Ridgway Academy, WGC | Free | Completed |
| 14 | 18 th July | FVS 3k Relays | Fairlands Valley, Stevenage | Free | Completed |
| 15 (V) | 4 th August | GCR Centenary 20.2k | WGC Centenary Route | Free | Completed |
| 16 (V) | 4 th September | Hatfield 5k #2 (Vets) | Hatfield | tbc | Completed |
| 17 | 15 th September | Stevenage 10k | Stevenage | £18.00 aff. | <u>Completed</u> |
| 18 | 13 th October | SXCL #1 | Barclay Park | Free | Club will send out details via email |
| 19 | 20 th October | Stevenage Half Marathon & Marathon | Stevenage | tbc | <u>Register here</u> |
| 20 | 27 th October | SXCL #2 | Royston | Free | Club will send out details via email |
| 21 | 3 rd November | SXCL #3 | Trent Park | Free | Club will send out details via email |
| 22 | 24 th November | Hatfield 5 | Hatfield | £22.00 early-bird aff. | <u>Register here</u> |
| 23 (V) | Early December (tbc) | Festive 5 | WGC | tbc | Club will send out details via email |
| 24 | 15 December | SXCL #4 | Fairlands Valley, Stevenage | Free | Club will send out details via email |
| 25 | 16 th February | SXCL #5 | Cassiobury Park, Watford | 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. Those attending by car are asked to **park in the school car park (Herns Lane)** and not the Sports Centre car park (Appletree Way).

| 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 |
| 11k | 5 – 5:30 | 8 – 8:30 |

Interval Sessions: Tuesdays 6:45pm start, from various locations

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 6:20pm for 6.30pm start, Campus West

Thursday group run meets at Campus West on the steps outside the library. The What3Words location for the start is for start location: <https://w3w.co/eager.bliss.stuff>. 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 |
| 7-8km | Route to take approximately an hour |
| 9-10km | Route to take approximately an hour |
| Introduction to intervals | This is often time-based intervals rather than distance |

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 of parking charges at Gosling Sports Park:

<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. See club website for photos. Vests, t-shirts and long sleeved tops are £21 jackets 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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