



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

1 September 2024

The Big Half



GCR were in force at London's Big Half marathon event, both as competitors and as a volunteer team, led by **Michael Scutt**, providing crack baggage support skills (*pictured above*). On a very hot and humid day, GCR runners delivered an excellent performance, with

Matt Baker finishing in 1:30:15; **Elizabeth Dean** in 2:20:28; **Thippawan Rashleigh** in 2:22:02; **Vicky Rogers** in 2:28:48, and **Louise O'Donnell** in 3:02:48. Well done everyone!

Hatfield 5K series – Race One

Well done to everyone who raced and volunteered at the opening race in the 5K series on August 28th. There will be a full report at the end of the series, but GCR results, including some outstanding performances by club members, can be viewed [here](#).

Millstone 100

Peter Jasko ran the Millstone 100 in the glorious Peak District countryside. He completed the just over 100 miles in 33 hours 06 minutes. A twenty minute nap at 70 miles made all the difference. *(Peter pictured below, on the course and at the finish)*



Peter reports that it was great to see **Nick Genever** at the halfway point in Castleton, as Nic started the Peveril 33 mile race.



Woldingham Marathon

Nick Genever was in action at the Woldingham Marathon, held on 25th August. Nick writes: "Last Sunday I ran the Woldingham Marathon - a hilly trail race with 1,000m ascent comprising 2 laps around the North Downs. I finished in 5th place in 4:32:40." *(Left: Nick takes on a North Downs uphill)*



Kath takes on the Beast

Kath Evans writes: 'Last weekend took me home to Wales, and on the look out for a Welsh adventure, I came across a 10miler with the title 'beast of Bryn' a run through the mountains of Afan Argoed, with stunning views throughout, with the sounds of waterfalls, set in the community of Bryn above Port Talbot. Anyone who's watched Michael Sheen's 'The

Way' will recognise the scenery! What I hadn't banked on was the wind and rain to complement the significant elevation of this challenge. It was great to conquer the beast and anyone fancying a trip to South Wales next August bank holiday may want to add this to the holiday itinerary!'



Above: Kath with Josh King (who came 10th) celebrating conquering 'The Beast'

Duck 'n' Dash Aquathlon

GCRs **Helen Paine** and **Steve Williams** took on the Duck 'n' Dash Aquathlon in Letchworth, comprising a 400 metre pool swim and a 5k run. Helen and Steve were both pleased with their performances in warm conditions, with Helen coming back from injury.

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

Hatfield 5K Series

GCR, along with Racesonline, are hosting another set of three 5K races in Hatfield at the Affinity Water corporate HQ on the Hatfield Business Park, on the following Wednesdays, with races starting at 7.30pm:

28th August (Herts Senior Champs)

4th September (Herts Vets Champs + Avery race including volunteers)

11th September (Kit Aid, bring shoes and running apparel)

At least half a dozen marshals are required, so please contact Peter Harvey (peterharveyone@gmail.com) mentioning which races volunteers can help out at (marshals briefing is from 6.00pm onwards up to 7.00pm. Entry is online at: <https://my.raceresult.com/277948/>)

parkrun Roundup

Bushy Park 1000th parkrun



Above: John Rose, Jamie Rose, Alex Faulkner, Dom Thomas at Bushy Park

It was a big Saturday for Bushy parkrun, the birthplace of parkrun, celebrating their 1000th event this weekend. **Alex Faulkner** was one of several GCRs attending, and sent this report:

“**Jamie Rose**, Jamie’s father John, **Dom Thomas**, and I ventured to Bushy Park for the big event (I believe other GCRs made the trip). I felt like I'd attended a big half marathon event

rather than a parkrun! Local car parks were full from 8 am, and coachloads of people were arriving. We queued for about 20 minutes to get a photo with one of the two 'Bushy Park' signs. It was a brilliant team atmosphere, with everyone kitted out in parkrun merch and fun outfits. Some of you may have seen the start line photos/videos on Facebook or Instagram; if you haven't, it's worth searching! The run was hectic, and the finish funnel system is a work of mathematics; as the RD said, "The race funnel is like a marriage; you stay in it and do as you are told unless you get special permission to duck out!". We are still awaiting our results from Saturday, the parkrun volunteers are brilliantly still trying to process over 6000+ runners! We all enjoyed this extraordinary trip and run. If you haven't been to Bushy Park for parkrun, I'd recommend it's one you try!

Mark Seaman also ran for GCR at Bushy Park.

Below: the mass start at Bushy Park



(Editor's note: Bushy Park results do not yet appear in Consolidated Results so other GCRs taking part are not included in the highlights, below.)

Other parkrun highlights:

At Great Denham, **Sofie Marchant** was 8th female in 24:06. **Sean Bowen** continued his return to form with a 21:00 minute finish at Luton Wardown, where **Kathryn McGuinness** ran in 25:00 and was 9th lady. At Henlow Bridges Lake, **Thom Buzzard** was 7th overall in

20:58, with **Jess Buzzard** 11th female finisher in 27:05. At Old Deer Park, **John McDowall** was 5th in 20:56; **Barbara Kubis-Labiak** was 9th lady in 26:23 and **Richard Somerset** was not far behind in 26:29. **Lucy Iles** was 6th female at Westmill in 27:09 and at Canon's Park, **Lauren Potter** was 3rd lady in 24:50 and mum **Lynette Stewart** ran in 37:19. At Irchester County, **Rob Casserley** was 6th overall in 20:12, and at Panshanger, **Paul Guy** was 4th in 18:50, and GCR ladies clocked 5th (**Jess Timmins**), 6th (**Anna Lillie**) and 7th (**Helen Stafford**) places in the women's leaderboard. At Sizewell, **Alex Newman-Smith** was 3rd overall in 18:37.

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

St Albans Stampede – Newsflash from Race Committee

Message from Race Committee: If you have entered - or are thinking of entering - a team for the St Albans Stampede this Saturday, 7th September, then we have some good news for you.

The GCR Race Committee has met and agreed (albeit with precious few days to go), that the club will subsidise up to four qualifying 4-person teams for this very popular local 12-hour relay event. The subsidy will be 50% of the entry fee. If you had thought that the entry fee was a little too expensive, then perhaps this might encourage you to go ahead and enter. For the criteria that define a qualifying team, see the attached document.

Please note that the subsidy will be paid out in the weeks after the results of the event have been published, so you still need to follow the standard entry process on the event website: <https://stalbansstriders.com/racing/st-albans-stampede-12hr-enduro>

Happy running!

Sean, Tim, and Jacqueline, on behalf of GCR Race Committee.

GCR Christmas Party Night – Friday 6 Dec 2024

From **Sophie Packman**: I currently have on hold 60 spaces for our 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. I know it's early, but these things suddenly sell out! 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 GCR's 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

SportsShoes Club Discount

The SportsShoes code for September is G5524MMTDEP. It will give you 10% off and free shipping on orders over £50. The code expires on 1st October 2024.

Please note that some products including Coros, Garmin, Shokz, Maurten and a few shoes are excluded from the offer.

GCR members **ONLY** have access to The SportsShoes discount code, which entitles all GCR's **ONLY** to 10% off and free shipping on orders over £50. May I make it very clear, there are strict terms and conditions to the discount so please read and take note.

'GCR (club) and its members keep the code offline, off social media or any public websites and keep it between club members only - please understand that we have to be very careful that codes don't leak. Unfortunately, Sportshoes.com have had people misuse the code in the past, which ultimately resulted in them/the club missing out on future codes.'

<https://www.sportshoes.com/>

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	See report
17	15 th September	Stevenage 10k	Stevenage	£18.00 aff.	Register here
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	Register here
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.	Register here
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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