



Garden City Runners News Release

11 August 2024

Please send reports of races and milestones, with photos if available, before 7pm Sunday evening for (almost) guaranteed inclusion, to results@gardencityrunners.org.uk

<i>In this week's newsletter...</i>	
Race & Run Reports	Plea for Volunteers for the Big Half Focus of the Month – Group Runs Discount Codes for GCRs Paris Olympics Marathon LDWA Birmingham Canal Canter Vanguard Way Marathon and Thames Meander Marathon parkrun roundup
Future Events	Mid-Week League GCR Club Championships 2024 GCR Avery League 2024
Regular Training	Tuesday Group Runs Tuesday Intervals Thursday Group Runs Track Intervals Circuit Training
Other	SportsShoes Discount Update Club Kit Strava Join GCR

Big Half – Volunteers Needed for 1st September!

Michael Scutt reminds GCRs that the Big Half is taking place again in London on 1st September, and, as in previous years, GCR has been asked to supply a team of 20 volunteers for reuniting runners with their bags in Greenwich near the finish.

“It's good fun and a great chance to meet with other club members and generate some team spirit,” he says. “It is hard work but very rewarding and you get a good view of the runners as they come into the finish.

Transport is provided both ways and a packed lunch. Kit is provided unless the volunteer has

previously participated.

Michael has now taken over responsibility for co-ordinating both this event, and the London Marathon, from Louise Smith. Anyone interested in helping should notify by email to michaelscutt@me.com. It's first come first served—and anyone applying after the 20 volunteers cap has been reached will be added to a reserve list.

Focus of the Month - Group Runs

It's been six months since we last did a feature in the newsletter of the group runs on offer at the club. GCR offers a number of steady group runs on both a Tuesday and a Thursday evening. Both the website and the newsletter have recently been updated to reflect what is currently on offer. The updates also include parking for a Tuesday night - if arriving by car please park in the school and leave the sports centre car park free. Group runs will be leaving the venue on both Tuesday and Thursday at 6:30pm so please arrive in plenty of time to know who the run leaders will be for the evening.

The table (included below in the group run 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. 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. If 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.

--GCR Run Leaders--

Paris Olympics Marathon Pour Tous

Why sit at home watching the Olympics when you can take part?! Our own **Helen Stafford** sends up this report of her exciting opportunity to participate in an amazing event.

"Last night (Saturday 10th August) I ran the Paris Olympics marathon- the Marathon Pour Tous. I was lucky enough to get a place after doing various Strava type running challenges last year. It was amazing but so tough! I was aiming to run it easy and enjoy the experience. There was nothing easy about it but the experience was incredible!

Walking to the start was quite surreal, the streets and cafes were packed with people

enjoying a sunny evening in Paris and watching Olympics on TVs everywhere. I was nervous but ready for a long night out with a fully loaded hydration pack.

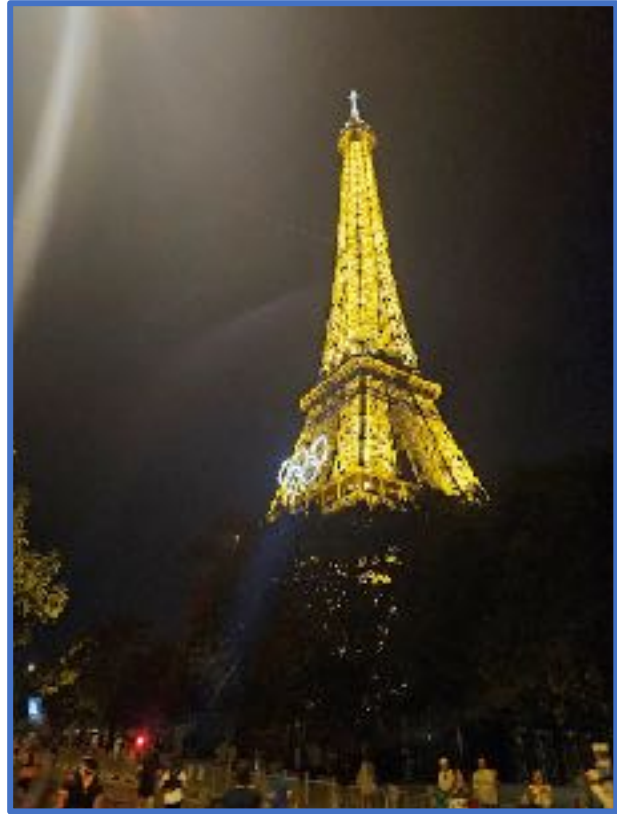
It started at Hotel de Ville and I went off at 21:30, it was more like a nightclub at the start than a run, lasers, music, drones and hundreds of people taking photos. French national anthem, the Olympics TV theme tune and off we went. The crowds in the city were insane, probably 10 deep for the first few km. We looped around Paris taking in some of the big sights like the Louvre and the Olympic cauldron and then emerged to see the sparkly Eiffel Tower. The first 15 km were flat but I was already feeling it, probably the heat. Then the hills began as we crossed the Seine and started on the route to Versailles. First few were manageable ish with a few walking breaks. Versailles looked amazing and there was a decent downhill stretch around here. But then we hit the big one at about 28k which was a challenge to even walk up! Not quite Alpe d'Huez but it did have a Tour de France feel to it. Allez Allez! There was a lights tunnel on this stretch, probably to try and distract us from the gradient as we hauled ourselves up!

Somewhere past the top I met **Becky Cullers** and it was great to run a few km together. The steep downhills were a real challenge too. Legs were burning! It eventually flattened out and the Eiffel Tower was back in sight but still a long way to go. Every tunnel was a challenge but the music and lights and enthusiasm of the volunteers helped.

The crowds were great the whole way round, still shouting and cheering well into the early hours now. The finish was spectacular at Invalides, onto the blue carpet with more lasers and I tried to soak it all up but I was very happy to cross that line and get my medal!

The pros made this look so much easier than it was, I can't imagine trying to race it in the hot sun.

Once in a lifetime, probably the hardest race I've ever done but an unforgettable ending to a brilliant week at the Paris 2024 Olympics!"



LDWA Birmingham Canal Canter 42k

Barbara Kubis-Labiak doesn't let a visit to friends get in the way of the real focus of running. Barbara (*pictured, below*) reports: "On Saturday (10th August) I travelled to Birmingham to visit a friend and while planning my evening away few weeks ago, I decided to look for a local running event I could do on the Sunday. Long Distance Walkers Association never fails and this time it didn't either - I found the 42km Birmingham Canal Canter. The route follows along the main canal routes and it's beautiful - really enjoyed it, despite the hot

weather. Chatted to lots of people along the way and just enjoyed the route, grateful for any shade I could find!" Well done Babs for surviving the hot weather!



Vanguard Way Marathon and Thames Meander Marathon

Nick Genever has been busy racking up more long distance races over the summer. He writes: "Last Sunday (4th August) I ran the Vanguard Way Marathon on an out-and-back course from Croydon to Limpsfield crossing the North Downs and the Greensands Ridge. I finished in 10th place out of 74 in 04:26 and there was 935m of ascent.



On Saturday 10th August I ran the Thames Meander Marathon. It was a fast flat course on the Thames Path going out-and-back twice between Petersham and Barnes. I finished in 03:37:37 for 9th place out of 76."



parkrun roundup

119 GCRs started their weekends off. 30 GCRs stayed local at the Panshanger course. **Graeme McSorley** was 8th overall and **Hannah Frank** and **Lucy Iles** were 6th and 7th ladies, respectively.

Top 10 finishers elsewhere were as follows:

- **Daniel Hitch** was 7th man (8th overall) at Westmill in a new course PB of 22:48

- **Zoe Stephens** was 1st lady at Cassiobury in 20:23
- **Daniel Gordon** was 10th at Barclay in 22:01
- **Neil Hume** was 7th at Rutland Water in a PB of 18:37
- **Thomas Buzzard** was 10th at Great Denham
- **Chris Baylis** was 4th at Jersey Farm in 18:52
- **Andrew Holt** was 4th man (5th overall) in 22:08
- **Sharon Threlfall** was 4th lady at Oaklands in 28:17
- **Michael Germany** and **Katharine Farrell** were 10th man and 7th lady at Soham Village College in 22:40 and 27:11, respectively
- **Rob Casserley** was 4th man (5th overall) at Zielony Jar in 21:17
- **Martha Hall** was 4th lady at Pirrama in 21:13

Course PBs were achieved by **Bernadette Newby** at Sherwood Pines (42:10), **Kath Evans** at Letchworth (33:39), **Steven Rivett** at Pocket (24:15).

Thippi Rashleigh roamed further afield, completing Caffarella parkrun. Thippi writes: "I came in as 1st woman with the time of 28:35, on a very hot day of 36C. I was chased by Maria, the local champion of the course, and also some women from the UK! Not many runners due to the holidays in Italy. Basically, many of GCRs would win the course easily- if you are looking for a title on your running career 😊. The course is 2 laps on the open field, it's a friendly parkrun, I recommend it if you are on holiday in Rome."





Other parkrun locations attended by touring GCRs were: Bracknell, Conwy, Durlston Country Park, Gorleston Cliffs, Henlow Bridge Lakes, Hove Promenade, Itchen Valley Country, Meadowmill, Millennium Country, Oak Hill, Old Railway Trail Llangollen, Rickmansworth, Southall, St Albans, Sunny Hill, Three Brooks, Uppsala, Witney, Yarborough Leisure Centre

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

Discount Codes for GCRs

Here are some special offers/discounts we thought GCR members might be interested in.

Please note that these offers are provided for informational purposes only, and the club does not endorse or recommend any specific company or product.

Name	Details
DIM Sum Tea 45 Wigmores North, WGC 01707 395605	10% off whole bill – Please mention you are a Garden City Runner (GCR) (No voucher needed)
Misya Turkish Restaurant 67 Park Way, WGC 01707 690410	10% off whole bill for a table of x4min/x5 max people (Sophie Packman has vouchers)
SportsShoes.com England Athletics SportsShoes.com	10% off online codes release each month by email to and for GCR's only 15% max as an EA Member – sign up as an 'ULTRA member'
Runners World 23 The Quadrant St Albans AL4 9RB Tel: 01727 811255 runnersworld.ltd.uk	10% off trainers in store only (mention you are a GCR member) Running Shop with trainers/clothes Provides gait analysis (free)
Well Run Sports 8 Churchyard Hitchin SG5 1HR Tel: 01462 432061 wellrunsports.co.uk	10% off trainers in store (mention you are a GCR member) Online already has 10% taken off trainers Running Shop with trainers/clothes Provides gait analysis (free)
Recovery Inc Was Summit Therapy Rise Gym, WGC Tel: 07933 126972 recoveryinc.co.uk	15% discount on your next session before 31 August 2024. Existing clients book through "Follow-Up Consultation" service, where the 15% discount will automatically be applied. Physio - Sports Massage/ Myofacial Release Therapy/ Cupping/ Injury/ Consultations + Treatment/ Dry Needling/ Strength + Conditioning/ Osteotherapy
Patrick Pearce/ Louise North Welwyn Rugby Club Hobbs Way WGC AL8 6HX Tel: 01707 327135 welwyn-osteopaths.co.uk	10% Discount online booking/telephone (mention you are a GCR - pay on arrival, no prepayment taken) The Osteopathic Centre WGC Osteopath – Sports Massage/ Injury Treatment/ Programmes Individually Tailored For Rehab/ Ultrasound/ Tapping/ Strapping/ Acupuncture/ Orthotics
Steve Longland Chiropractor Tulip Clinic 21a Wigmores North WGC AL8 6PG Tel: 07766 873465 activatechiropractic.co.uk	20% off the cost of an initial consultation (mention you are a GCR) Chiropractic - deals with the diagnosis, treatment & prevention of conditions of a biomechanical nature, i.e., problems that arise from the joints, muscles, ligaments and tendons of the body, but in particular the spine.

Name	Details
<p>Bodyscan 2 centres in London (City & Marlybone) bodyscanuk.com</p>	<p>10% off a Bodyscan Referral Programme Referee - DEXA Scan UK (Discount link provided by Russell Morris) Bodyscan provides the gold standard in measurement of Muscle Fat and Bone and even split across the body (right leg, left arm, trunk etc) for those more interested in lower vs upper body development (e.g., runners)</p>
<p>Chris Bradley Runaway Adventures Tel: 07429 528222 chris@runawayuk.com</p>	<p>Runaway Adventures For GCR's at any race (20% Discount Code: gcr20) Trail Running Races & Trail Group Runs - anything from 10K to Ultras</p>
<p>Hertfordshire Sports Village de Havilland Campus Hatfield Business Park Hatfield AL10 9EU Tel: 01707 284466 hertssportsvillage.co.uk E: ku.ca.streh@noitpecer.strops</p>	<p>Corporate Gym Membership in Hatfield minutes from St Albans, Welwyn Garden City Single or Group membership, you will need to show your proof of company ID on your first visit to be issued with your key fob. (Please take your membership number/card or print your membership number from the GCR Facebook page.)</p> <p>CORPORATE SINGLE - Individual corporate membership £47 MONTHLY - No Joining Fee <u>JOIN MONTHLY</u> £517 ANNUALLY - (1 Month FREE + No Joining Fee) <u>JOIN ANNUALLY</u></p> <p>CORPORATE GROUP - Group membership – up to 4 people £119 MONTHLY - No Joining Fee P/P <u>JOIN MONTHLY</u> £1309 ANNUALLY - (1 Month FREE + No Joining Fee) <u>JOIN ANNUALLY</u></p>

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!

Aver y Even t #	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	Club will send out details via email
9	23 rd May	MWRRL #2	Ware	Free	Club will send out details via email
10	4 th June	MWRRL #3	Royston	Free	Club will send out details via email
11	27 th June	MWRRL #4	Trent Park	Free	Club will send out details via email
12 (V)	30 th June	Welwyn 10k	Panshanger Park	tbc	Details tbc
13 (V)	10 th July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Club will send out details via email
14	18 th July	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Club will send out details via email
15 (V)	4 th August	GCR Centenary 20.2k	WGC Centenary Route	Free	Club will send out details via email
16 (V)	4 th September	Hatfield 5k #2 (Vets)	Hatfield	tbc	Details tbc
17	15 th September	Stevenage 10k	Stevenage	£18.00 aff.	Register here
18a	22 nd September (provisional date)	SXCL #1	Royston	Free	Club will send out details via email
18b (V)	13 th October (provisional date)	SXCL #2	Cheshunt	Free	Club will send out details via email
19	20 th October	Stevenage Half Marathon & Marathon	Stevenage	tbc	Register here
20	27 th October (provisional date)	SXCL #3	Cassiobury Park, Watford	Free	Club will send out details via email
21	3 rd November (provisional date)	SXCL #4	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 (provisional date)	SXCL #5	Stevenage	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).

This week (13th August) the 7k group will be starting from Welwyn village. Please meet your run leader Caroline O'Dwyer by the bridge near the doctor's surgery.

Start time 6:30pm as usual. What3Words location: <https://w3w.co/guides.wires.fish>

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, various locations in Welwyn Garden City

This week (13th August) intervals will be at Moneyhole. We'll be doing at mixture of different length out-and-backs. Meet at the venue by the car park, at 6:45pm ready to go. Hopefully it will be a bit cooler by then!

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 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. 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/