



Garden City Runners News Release

18 August 2024

Darley's Half Marathon Murder Quest

No sign of Barnaby at Burnham Beeches

Richard Darley made a trip to the heart of *Midsomer Murder* country on Sunday to take on the *Burnham Beeches Half Marathon*, a two-lap race through Burnham Beeches, a nature reserve owned and managed by the Corporation of London. Running in the dappled shade of the ancient woodland kept the temperatures pleasant especially when tackling the uphill parts of the "gently undulating" course. Unfortunately Richard didn't spot Chief Inspector Barnaby en route (although one of the many water stations was situated outside one of his regular drinking holes).

Richard, who finished in a time of 2:17:23, ran with ex-work colleague Mark and, needless to say, they put the world to rights along the way and concluded the young folk don't know they're born these days!



"A great morning out and a highly recommended race," he enthuses, adding that a 10k race is also available.

Serious Walking: Dorset Duddle

This weekend **Barbara Kubis-Labiak, Johan Preis, Roger Adey, Alex Yates** and **Kath Evans** (crewed by **Richard Somerset**) took on the Long Distance Walkers Association (LDWA) in Dorset's 32-mile coastal stretch under the title 'Dorset Duddle'. But anyone expecting a gentle stroll along the cliffs was in for a shock, *reports Kath*. "The coastal path route from Weymouth to Swanage provided stunning views and plenty of steep hills or as we



call them 'mounds of opportunity'. This was Barbara's second time completing this challenge and she'd led us to believe this would be an enjoyable ultra, however some participants looked truly broken by the experience! One hill included 219 very deep steps! But we were well fuelled with bara brith, cheese, bananas, dates and lemon drizzle cake. LDWA provide the most reasonably priced events, with great

refreshments! We all agreed we had an awesome day out on the trails and there are already rumours of returning next year."

Not so serious walking: GCR Social Group

Closer to home, GCR's walking group (*right*) turned out in force, taking advantage of a relatively quiet race weekend, to explore and enjoy another of the County's great trail loops. This week's walk was led by **Alan Donovan**. Photo taken at Datchworth Green.



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 - Cheshunt Park (11.00am)

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

GCR fielded 107 of its members at parkruns around the country last weekend. Standout performance was from **Peter McKenzie** who won his event in Lydney in a new PB of 18:33. Congratulations to him. Elsewhere, **Rob Lawrence's** staggering time of 17:39 was only good enough to earn him 3rd place at Finsbury. In Eastbourne **Amber-Leigh Marvin** PB'd in a creditable 21:29, to finish 38th, **Andrew Holt** still proved the old'uns can still pull it out of the bag, running Frimley in 21:32. **Dan Pudner** completed Oak Hill in 18:46 (well done to him). At Panshanger **Chris Baylis** finished 2nd in 18:24, followed by **Chris Eland** (19:40) and **Graeme McSorley** (19:47), while **Jamie Rose** finished just outside the 20m threshold (in 20:06). Elsewhere **Daniel Gordon** finished 6th in 20:52 at Barclay, while at The Old Showfield, **Matt Baker** also finished an enviable 6th in 19:09. Finally, the evergreen **Rich Sidlin** PB'd at Henlow in 23:22, running with wife **Caroline**.

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

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
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).

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/

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