



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

25 August 2024

Tuesday group run: 8k group run on Tuesday 27th August

The 8k group will be starting from Moneyhole on Tuesday. Please meet your run leader in the carpark. What three words: ///thanks.will.poet

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

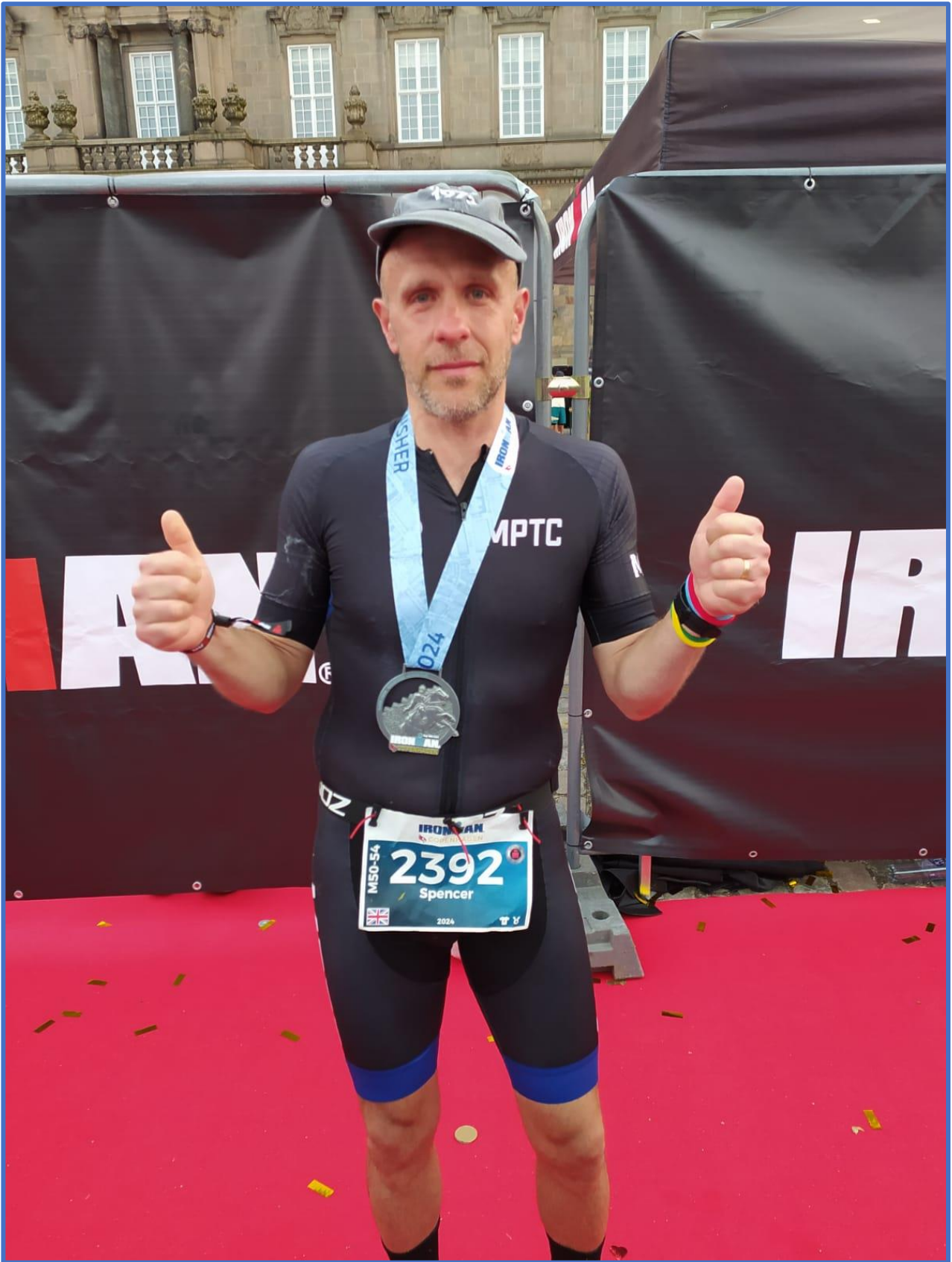
events@theviewwelwyn.co.uk

Spencer White Ironman!

On Sunday 18 August **Spencer White** (*pictured, below*) completed Ironman Copenhagen and became an Ironman. Spencer writes: "With only one Sprint distance triathlon to my name I set a dream five years ago to become an Ironman at the age of 50, and today it happened! Ironman Copenhagen was the most amazing life experience and will go with me to my grave.

My family were there throughout and to see me over the finish line to hear those iconic words: 'You are an Ironman'. I would like to thank all those that have supported me through the past five years to achieve my goal. This includes many in the running club who have helped and inspired me with my running!

I completed the Ironman in 12 hours 17 mins, a new PB for a full distance triathlon. Individual splits as follows: 2.2 mile swim - 1 hour 18 mins. 112 mile bike - 6 hours 19 mins (a new PB for 112 miles and 100 miles) 26.2 mile run - 4 hours 25 mins."



Gosfield Backyard Ultra

On Saturday, **Michael Germany** (*pictured, below*) took on Gosfield Backyard Ultra. Michael writes: "For those unfamiliar, the race involves running a 6.7-kilometre (4.167-mile) loop every hour on the hour until you tap out by honking the "Horn of Happiness". The concept comes from Lazarus Lake who also invented the Barkley.

I ended up managing 15 Yards (Laps), which translates to 100 kilometres (62 miles)! The weather certainly wasn't on my side with significant rain for the first 9 Yards, at which point it was already getting dark so needed to run most of the remainder of my laps with a torch.

I would highly recommend this event format to anyone wanting a challenge because it's entirely about endurance and very little to do with speed. I may or may not be back here next year to try beat my 15 Yards."



SVN Orc Rampage Challenge

No rest for the wicked – **Nadine** and **Aiden Dwyer** (pictured, below, with medals) definitely need non rest!

Aiden writes: "Barely back from a two-week hiking holiday in Wales, we entered the SVN Orc Rampage Challenge. Nadine Dwyer ran the half-marathon and I ran the full marathon on a lapped course, based at the Cyclopark in Gravesend.

It was 2.5 laps for the half and 5 laps for the full marathon. The course was hillier than expected but maybe our legs were just tired from hiking up those Welsh mountains. It was a lovely sunny day for it - they don't call it the Costa de Gravesend for nothing 🤔.

A great event, with a lovely bunch of runners and a very cool medal!"



Malcolm does Tour du Mont Blanc

Malcolm Baron (pictured, below) sent this run report: "Over the last week, I ventured to Chamonix France to join a trail running group around the Mont Blanc Massif. The whole experience was amazing from start to finish. I went with a company called Vagabond Trails, and on my tour was Anna Louden (11th place female at Western States 100m) and internet celebrity Billy Yang.

The highlights for me included the climb and views on the way up the Grand Col Ferret and also now being able to visualise how technically difficult and challenging the climbs are in the UTMB which is being run this weekend.

I love talking about it, so hit me up if you have any questions. We did the trail in 6 days, and my cumulative distance was **174km with 10,300m** vertical gain."



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

103 GCRs took part in parkruns across Hertfordshire and beyond, with many parkrun milestones recorded.

- **Chris Baylis** was 3rd overall at St Albans, in 18:53
- At **Shepton Mallet**, Alex Faulkner was 4th lady in 25:06
- At Westmill, **Dan Van De Walt** finished 9th overall in 22:30
- At Pymmes, **Shena Lancaster** was 7th lady in 28:54
- **Caroline Griffin** was 7th lady at Gunpowder in 25:49
- At Bognor Regis, **James Huish** finished 2nd overall, in 18:38
- At South Oxhey, **Daniel Hitch** was 6th overall in 22:54, **Alison Paterson** was 5th lady in 31:06 and **Caroline O'Dwyer** fi 8th finishing in 33:27.

- At Millennium Country parkrun, Forest of Marston Vale, **Thomas Buzzard** was 7th overall in 20:28 and Jess Buzzard was 9th lady in 27:16

At Panshanger, **Joe Ansbro** finished 1st in 17:50, followed by **Alex Newman-Smith** (4th, in 18:34) and **Andrew Knight** who was 5th overall in 19:23. **Barbara Kubis-Labiak** was 6th lady in 25:44.

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

parkrun milestone for Michael Paine

Helen Paine sent this run report: "**Michael** (pictured below, with **Joe**) ran his 100th parkrun on Saturday in Kraków. The course was a flat paved route around a green space which seemed popular for runners, rollerbladers and cyclists. Even at 9am, it was already very hot!"



Mrs Grout's 250th

Steve Grout (pictured below with **Åsa**, left and **Mr Fordyce**) sent this run report: "**Åsa Grout** and I ran her 250th parkrun at Century City parkrun in Cape Town. It was a special milestone, as we think the Comrades running legend Bruce Fordyce turned up to celebrate with us (and also hand out finish tokens and generally be a great parkrun Ambassador).

It was a very interesting course despite the miserable weather and heavy rain keeping an average attendance of over 700 down to just 177 runners. Perhaps a city of fair weather runners as the nearest parkrun to this one was cancelled.

It was also a notable event as it's the only parkrun out of the many I've done where you run inside a building, twice. The one lapper course takes you round a park, along a canal and into a shopping centre. The perfect volunteer position is found here, marshalling indoors warm and dry."



Pilgrimage to Bushy Parkrun 999 event

Willow Gibson (*pictured, below*) travelled to Bushy parkrun and sent her run report: "This weekend, a few of us from GCR joined Samantha Hastie, who travelled down from Scotland for the special 999 event at Bushy parkrun. It was a particularly exciting occasion as it marked almost 20 years since the very first parkrun took place at Bushy Park back in 2004.

Despite the pouring rain, we all had a great time running the iconic course where parkrun first began. It was an early start, but worth it to be part of such a memorable event.

Here's how we did:

Samantha Hastie: 31:40

Charlotte Jones: 37:37

Tendy St Francis: 37:37

Willow & Jensen Gibson 44:38

Thanks to everyone who came out despite the weather—it was a fantastic experience to be a part of parkrun history! Well done to everyone who ran this weekend and congrats to Johan Preis for his 250th milestone at Panshanger."



Johan's 250th parkrun at Panshanger

Johan Preis (pictured, below – with friends) also celebrated his 250th parkrun, choosing his home parkrun for the celebrations, including cake and followed by coffee.



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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