



## Garden City Runners News Release

27 October 2024

### Sunday League Cross Country: Barley



GCRs (*above, at the start*) literally ran through fields of Barley for the second race in the Sunday League XC. The event was looking in doubt as the custodians of Therfield Heath looked unlikely to grant a licence after copious heavy rain, but a local farmer generously stepped in to save the event and offered use of his fields to host club Royston Runners. Golden Boy was the name of the coach company (thanks to Tandy St Francis for coach organisation) and golden was the sun that beamed on GCRs as we charged round the undulating almost-five miles course. More detail on who came where and our place in the league table to follow once results are available.

Don't forget **the third race is next Sunday, 3<sup>rd</sup> November at Trent Park** – there will be a coach to take us there and back, watch out for email and Facebook posts to book your place.

### **Beachy Head Marathon**

**Nadine Dwyer** sent this report, fresh from the South Downs:

“What an epic day running Beachy Head Marathon on Saturday. They don't exactly ease you into this race: you start off on a very steep hill but once up, we were in for some lovely trail running around the South Downs. Nice and easy, you think? Well, there was a particularly nasty muddy stretch to manoeuvre through and a couple of seemingly endless step sections to conquer. And once we reached the 30k mark, we were really in for a treat/challenge. The last 10k were epic but that scenery comes with a price. The course led us up the Seven Sisters cliffs and then followed the coastline up and down the cliffs towards Birling Gap. Another big push and we finally finished that hilly rollercoaster up on Beachy Head and could look forward to the downhill finish! A brutal stretch of a marathon course but boy was it worth it. The views are spectacular - even on a foggy day like we had! I know the area pretty well as we regularly go hiking there but this was my first time experiencing the South Downs as a runner and although it was very challenging, I loved it! Even though I was well over the target time I hoped for, I still had a great day and I'm happy with how it went. Already very tempted to sign up again for next year.

This was a tough but great event, with a brilliant atmosphere, a stunning course and epic views - definitely recommended...just make sure you save your legs and leave plenty of energy for the long cliff section at the end. Definitely an event you won't forget!

*Below: stunning views made the cliff climbs worthwhile for Nadine Dwyer (celebrating with her medal, right)*



Also running at Beachy Head was **Nick Genever**, who reports: "I finished my 13th Beachy Head Marathon in 4:29 and it was my 13<sup>th</sup> marathon or ultra in 15 weeks." The previous Saturday the unstoppable ultra ace travelled to Edenbridge for the 40<sup>th</sup> Gatcliff Marathon. Nick writes: "The Gatcliff 50k is a self-navigation ultra in Kent & Surrey known for being difficult to navigate and around 55k. There was heavy rain for the first 2 hours, the paths were very muddy, and there were 66 stiles or gates and 36 roads to cross. I finished in 6:30 and the total ascent was 970m."



## **Beachy Head Ultra**

Three GCRs - **Martin Mitchell**, **Dom Thomas** and **Chris Baylis** (pictured above with Nick Genever) decided to take it to the next level and ran the Beachy Head ultra distance, a 10K loop bolted on to the marathon course. Martin sent this report: "We had an early start, which started with a very steep hill, then a loop of the 10k course followed by the marathon course. The marathon runners started an hour after us. The conditions were pretty good although a bit misty and muddy in places, the course was well signposted and plenty of marshals dotted around. Chris and I started well, maybe too well, Chris had the lead for the first 17km but then we hit some nasty steep steps and the Seven Sisters that killed our quads and reined us in a bit. Dom was doing his first ultra, a tough one for a first considering all the hills, but he finished strong despite his shirt being covered in blood! We also bumped into Nadine Dwyer the night before and Nicholas Genever who were both doing the marathon. Results - Chris was 12<sup>th</sup> in 04:46:10, Martin 17<sup>th</sup> in 04:49:37, Dom (who had a chip issue) Strava time 6:02:30."

## **Ashridge Canicross**

**David Hale** sent this report: "Several GCRs took part in the annual Ashridge Canicross event at Berkhamstead. The event was very well attended and organised, over a challenging but very scenic course.

**Elizabeth Dean** ran the 8k race and came 3rd in her category, **Glenn Dobson** ran the 13k race and came 3rd in his category, both in very good times. **David Hale** came 6th in his category (which would have been the correct category if he were 20 years younger).



## **Parkrun roundup**

GCRs did not let damp conditions deter them from running events across Herts and beyond. At Stevenage, **Zoe Stephens** was 2<sup>nd</sup> lady in 20:58. **Katharine Farrell** was 4<sup>th</sup> female at Thetford in 22:54. At Northala Fields, **Thomas Wackett** as 12<sup>th</sup> finisher in 20:11. At Panshanger, **Paul Guy** was 5<sup>th</sup> in 18:42 and **Jamie Rose** 9<sup>th</sup> in 19:38. At Manor Fields, Whittlesey, **Sam Males** was 6<sup>th</sup> and **Katy Healy** 7<sup>th</sup> lady in 29:25 and 29:26 respectively. At Millennium County parkrun, **John McDowall** was 8<sup>th</sup> in 20:20 and **Richard Somerset** 10<sup>th</sup>

in 21:17. At Henlow, **Thom Buzzard** was 5<sup>th</sup> overall in 21:46 and **Jess Buzzard** was 7<sup>th</sup> woman in 27:28.

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**

GCR Christmas party at The View, WGC, on Friday, 6th Dec 24 – if you have already booked for what promises to be the social event of the year, please can you send the **remainder £35, due latest 1<sup>st</sup> November, to Sophie Packman.**

[sophie.packman@meuk.mee.com](mailto:sophie.packman@meuk.mee.com)

Name: Anne-Sophie Packman

Sort code: 070806

Account number: 34950676 **(Please include your name for reference)**

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### **Other dates for your diary:**

#### **Weds, 18<sup>th</sup> Dec 24**

GCR London marathon draw. From 7pm at Postino's Lounge, WGC (upstairs) and first drink free!

For anyone who wants to join Sophie for food before 7pm (and order/pay for your own food) please let her know.

#### **Sat, 15<sup>th</sup> March 2025**

Awards Night - venue TBC

## **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:

<b>Race #</b>	<b>Event</b>	<b>Date</b>
1	Fred Hughes 10	21 <sup>st</sup> January
2	Watford Half	4 <sup>th</sup> February
3	Panshanger parkrun	9 <sup>th</sup> March
4	Flitwick 10k	14 <sup>th</sup> April
5	St Albans Half	9 <sup>th</sup> June
6	FVS 3k Relay	End July (tbc)
7	Stevenage 10k	15 <sup>th</sup> September
8	ATW Hatfield 5	24 <sup>th</sup> 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!

<b>Avery Event #</b>	<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Cost</b> <i>Registration fees may apply</i>	<b>Status / Notes</b>
1	21 <sup>st</sup> January	Fred Hughes 10	St Albans	£20.00 aff.	Completed
2	4 <sup>th</sup> February	Watford Half	Watford	£31.00 aff.	Completed
3	<b>*cancelled*</b>	SXCL Royston (Race #5 of 2023-2024 season)	Therfield Heath, Royston	Free	--
4 (V)	9 <sup>th</sup> March	Panshanger parkrun	Panshanger Park	Free	Completed
5	24 <sup>th</sup> 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 <sup>th</sup> April	Flitwick 10k	Flitwick	£18.00 aff.	Completed

7	6 <sup>th</sup> May	Kimpton Fun Run 10k	Kimpton	tbc	Completed
8	15 <sup>th</sup> May	MWRRL #1	Stevenage	Free	Completed
9	23 <sup>rd</sup> May	MWRRL #2	Ware	Free	Completed
10	4 <sup>th</sup> June	MWRRL #3	Royston	Free	Completed
11	27 <sup>th</sup> June	MWRRL #4	Trent Park	Free	Completed
12 (V)	30 <sup>th</sup> June	Welwyn 10k	Panshanger Park	tbc	Completed
13 (V)	10 <sup>th</sup> July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Completed
14	18 <sup>th</sup> July	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Completed
15 (V)	4 <sup>th</sup> August	GCR Centenary 20.2k	WGC Centenary Route	Free	Completed
16 (V)	4 <sup>th</sup> September	Hatfield 5k #2 (Vets)	Hatfield	tbc	Completed
17	15 <sup>th</sup> September	Stevenage 10k	Stevenage	£18.00 aff.	<u>Completed</u>
18	13 <sup>th</sup> October	SXCL #1	Barclay Park	Free	Completed
19	20 <sup>th</sup> October	Stevenage Half Marathon & Marathon	Stevenage	tbc	<u>Completed</u>
20	27 <sup>th</sup> October	SXCL #2	Royston	Free	Completed
21	3 <sup>rd</sup> November	SXCL #3	Trent Park	Free	Club will send out details via email
22	24 <sup>th</sup> 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 <sup>th</sup> 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**

We are going to be updating the pace of the Tuesday 10k group to reduce the gap between the 9 and 10k. The 10k will be changing from 5:45-6:00 to **5:45-6:15**. Because of this change we are going to be having a **bump week this Tuesday** (29th Oct) where runners are encouraged to try the group up!

Group run pace chart here as a reminder:

Group distance	Pace (mins/km)	Pace (mins/mile)
5k	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	7:30-9	12-13
8k	7-7:30	11-12
9k	6:30-7	10-11
10k	<b>5:45-6:15</b>	9-10
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](mailto:rich.somerset@ntlworld.com) to arrange pick-up.

"Puffa" jackets are also available for £42, please contact Martha Hall on: [ma-hall28@hotmail.com](mailto: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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://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](mailto:results@gardencityrunners.org.uk)*