



## Garden City Runners News Release

**28 July 2024**

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

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## **Round Reading Ultramarathon**

**Nick Genever** (*pictured, right*) has been clocking up more marathons and ultras over the last week, and sends this report:

"Last Sunday (21st July) was my 13<sup>th</sup> Fairlands Valley Challenge event (ten marathons and three 50k ultras). I finished the marathon in 2nd place in 4:02:56.

On Saturday (27<sup>th</sup> July), I ran the Round Reading Ultramarathon – a mixed terrain 50.9km route along the Thames, through countryside and urban spaces, along the Kennet and Avon canal, then back to Sonning. Setting off in waves meant no congestion and the course was well marked so no navigation issues. I finished in 22<sup>nd</sup> place out of 190 starters in 4:40:52 and was 1st V60.



## **Great Burrow Challenge**

"Marathons for both of us at the Zig Zag Great Barrow Challenge in beautiful Suffolk on Sunday...and what a challenge it was! Scorching hot, with very little shade. I struggled with the heat but Aiden did a great job and got me around. My own personal Mr Motivator! It was a really lovely route, with a mix of road and trail but very exposed on a hot day like Sunday. Quite a few people got lost and ended up with extra milage. Thankfully, we managed to stay on track - just as well, as I don't think I would have had much more distance in me on the day. So chuffed we managed to complete this. I've done quite a few marathons and ultras now and this definitely felt like one of the hardest due to the heat...it even felt harder than the night session at London2Brighton with the never ending section of stiles/torrential rain/mud, so that's saying something! A tough day of running but absolutely worth it."



## **RunThrough Battersea Park 10k**

On the evening of Wednesday 24<sup>th</sup> July, **Richard Willcox** ran the 10km race in Battersea Park. Rich (*pictured below*) reports:

"I had a free race entry after pacing for them just before Christmas.

They continue to put on a great evening of racing with an elite 5km at 6:30 and then the main 5km (two laps) at 7pm and the 10km (four laps) starting a few minutes later.

The 5km had 516 runners – with times ranging from 16:22 to 50 mins plus.

And the 10km had 418 runners – with times ranging from 33 mins to 1 hour & 33 mins.

The elite 'Top Flight' 5km had a winning time of 14:04 and 48 of the 51 runners ran it in sub-17 mins!

I ran my 10km in 41:18 and finished 61<sup>st</sup>."



## **Big Half – Volunteers Needed!**

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](mailto: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.

### **parkrun roundup**

109 GCRs started their weekends off galloping, cantering, trotting or walking at a parkrun. 43 GCRs stayed local at the Panshanger course, many of whom were there to congratulate **Shena Lancaster** on her 250<sup>th</sup> parkrun! Honourable mentions also to **Pip Collis** who knocked over a minute off his previous course PB, coming in at 23:05 and **Nikki Cowen** and **Penelope Hitch** who got a new course PBs of 25:28 and 35:20, respectively. **Rebecca Barden** was 6<sup>th</sup> lady in 23:58, and **Lucy Iles** was 9<sup>th</sup> lady in 25:19.

Top 10 finishers elsewhere were as follows:

- **Amber-Leigh Marvin** was 9<sup>th</sup> lady at St Albans in a new course PB of 24:39
- **Katy Healy** was 10<sup>th</sup> lady at Rickmansworth in 23:22
- **Sean Bowen** was 7<sup>th</sup> man (8<sup>th</sup> overall) at Westmill in 22:31
- **Martha Hall** was 2<sup>nd</sup> lady at Stevenage in 20:19
- **Felicity Wadley** was 8<sup>th</sup> lady in 24:29 and Adam Wadley was 10<sup>th</sup> man (11<sup>th</sup> overall) in 20:00 at Gunpowder
- **Rob Lawrence** was 4<sup>th</sup> at Mile End in 18:03
- **Steve Elelrd-Elliott** was 6<sup>th</sup> man (7<sup>th</sup> overall) at Mersea Island
- **Thomas Buzard** was 7<sup>th</sup> at Letchworth in 21:32
- **Paul Guy** was 5<sup>th</sup> at Jersey Farm in 18:43
- **Daniel Pudner** was 7<sup>th</sup> at Bug Hunter Waters in 19:23

**Nick Bream** completed his 50<sup>th</sup> parkrun at Oakhill.

Course PBs were achieved by **Rebecca Cullers** at Long Eaton (22:46), **Steven Rivett** at Ferry Meadows (24:22).

Other parkrun locations attended by touring GCRs were: Bartley Park, Black Park, Cassiobury, Dolgellau, Dover Waterfront, Henlow Bridge Lakes, Homewood, Peacehaven, Riddlesdown, Sandringham, St Andrews, Sunny Hill, Thurrock, Wanstead Flats, Wimpole Estate, Y Promenâd

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 <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!

Avery Event #	Date	Event	Venue	Cost <i>Registration fees may apply</i>	Status / Notes
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	*cancelled*	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	Club will send out details via email

9	23 <sup>rd</sup> May	MWRRL #2	Ware	Free	Club will send out details via email
10	4 <sup>th</sup> June	MWRRL #3	Royston	Free	Club will send out details via email
11	27 <sup>th</sup> June	MWRRL #4	Trent Park	Free	Club will send out details via email
12 (V)	30 <sup>th</sup> June	Welwyn 10k	Panshanger Park	tbc	Details tbc
13 (V)	10 <sup>th</sup> July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Club will send out details via email
14	18 <sup>th</sup> July	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Club will send out details via email
15 (V)	4 <sup>th</sup> August	GCR Centenary 20.2k	WGC Centenary Route	Free	Club will send out details via email
16 (V)	4 <sup>th</sup> September	Hatfield 5k #2 (Vets)	Hatfield	tbc	Details tbc
17	15 <sup>th</sup> September	Stevenage 10k	Stevenage	£18.00 aff.	<a href="#">Register here</a>
18a	22 <sup>nd</sup> September (provisional date)	SXCL #1	Royston	Free	Club will send out details via email
18b (V)	13 <sup>th</sup> October (provisional date)	SXCL #2	Cheshunt	Free	Club will send out details via email
19	20 <sup>th</sup> October	Stevenage Half Marathon & Marathon	Stevenage	tbc	<a href="#">Register here</a>
20	27 <sup>th</sup> October (provisional date)	SXCL #3	Cassiobury Park, Watford	Free	Club will send out details via email
21	3 <sup>rd</sup> November (provisional date)	SXCL #4	Trent Park	Free	Club will send out details via email
22	24 <sup>th</sup> November	Hatfield 5	Hatfield	£22.00 early-bird aff.	<a href="#">Register here</a>
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, various locations in Welwyn Garden City,**

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, **and \*new\* a cosy GCR-branded woolly hat**. See club website for photos. All items are £20 (£19.99 if you pay by bank transfer) except for the hats which are £12.

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/)