



## Garden City Runners News Release

**9 July 2023**

*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)*

### **Hitchin Triathlon**

**Viv Brennan** sent a report which missed last week's newsletter, on the Hitchin Triathlon which took place on Sunday 2<sup>nd</sup> July. Viv writes:

"A few weeks back an email went out advertising the Hitchin Triathlon. I've always wanted to try one so I thought sod it, I'll have a go, it's nice and local and as a bonus, the swim is in a lido not a lake.

Well, I was terrified on race day but it was brilliantly organised. My swim was definitely my weakest section and I finished 400m in 11:39. Admittedly I fuffed more than I should in transition but I managed the 20km bike leg in 41:16. The fastest in my age category.

The run was tough. I accidentally dropped my snacks on the cycle so was under-fuelled. I also wasn't expecting the run course to be so undulating and I'm not sure whose legs were under me for the first 2k but they definitely didn't feel like mine. After I settled into the 2<sup>nd</sup> lap I sprinted for the finish and came away with 28:30. Not bad for a 5k for me. Total time 1:28 and 7<sup>th</sup> in my age group.

If anyone fancies trying a triathlon for the first time I'd highly recommend Hitchin. So well organised and beginner friendly for sure. I might just have to sign up for another..."

Well done Viv!

### **Mitre 10k**

**Peter Harvey** was the sole GCR in the Mitre 10k (& 5k) Charity Run facilitated by The Bishop's Stortford High School, on Sunday 9<sup>th</sup> July. He only found out about the race the night before, had no taper and was over raced but could not resist having a bash. The last time he raced in Bishop's Stortford was 38 years ago aged 17 and he decided to wear the same top: a Muswell Hill Runners vest. The traffic free course on delightful country lanes descended to Much Hadham and climbed a savage hill up to Green Tye before heading back

to the outskirts of Bishop's Stortford. Harvey (*pictured below*) had hot competition in his age category and finished 2<sup>nd</sup> in 37:27, was the 1<sup>st</sup> vet (also 1<sup>st</sup> over 50) and 1<sup>st</sup> age graded athlete. Finishers got a t-shirt. Harvey says this is a little gem of a race which could significantly grow, and well worth the 53-mile round trip on his bicycle. Full results available [here](#).



### **MWRRL - Stevenage**

**Rebecca Barden** reports on last week's MWRRL race: "GCRs travelled north to compete in the fourth and final scoring race of this year's Midweek Road Running League hosted by North Herts Road Runners. Runners set off from Fairlands Valley Park and ran a 10k out and back undulating circuit with plenty of underpasses to whet the appetite for this week's Mob Match. As ever, GCR showed great team spirit, with clubmates hailing each other as they passed on the out and back, and sticking around at the finish to cheer on runners as they came in.

In a strong performance consistent with her runs across the series, **Juliet Vine** was 1st lady home for GCR in a 3<sup>rd</sup> place time of 37:32. **Lizzy Parry** finished 8<sup>th</sup> in the women's race in 39:05, and **Martha Hall** 13<sup>th</sup> in 40:05. **Zoe Stephens** was 26<sup>th</sup> lady in 43:48 and **Veronica Shadbolt** clocked another age group win, finishing in 45:34, 1<sup>st</sup> in her age category VW55.

In the men's race, **Bradley Birch** was 1st GCR and 16<sup>th</sup> overall in 34:37; **Ben Carr** was just behind him in 17<sup>th</sup> place in 34:43; **Dan Pudner** was 26<sup>th</sup> in 35:35; **Chris Baylis** 30<sup>th</sup> in 35:46 and **Peter Harvey** 44<sup>th</sup> and 3<sup>rd</sup> in his age group VM50 in 36:43.

In the race overall GCR's men's team finished 4<sup>th</sup> and the women's team 5<sup>th</sup>; Vet Men and Vet Women were both 4<sup>th</sup> overall and GCR overall finished 4<sup>th</sup>

A big thank you to everyone who raced on Thursday and especially to results recorders **Helen Stafford, Jane Molloy** and **Dave Edwards**.

Sadly, our performance was not quite enough to lift us out of the relegation zone and next season we'll be competing in Division Two.

Let's give the series a grand send off at the Mob Match on Wednesday 12th July - let Tim Cooke or Jacqueline MacCallum know if you're able to volunteer or contribute to the catering. Anyone wanting to race, remember to bring your bib or, if this is your first race in the series, see Hannah Frank beforehand to collect a number."



## **The Mob Match Is Almost Here**

The Mob Match is almost upon us! (It's on Wednesday 12<sup>th</sup> July, for anyone who's been living under a rock.) You'll have no doubt seen emails and posts on social media about this, requesting volunteer support:

- If you are able to help setting up, marshalling, finish funnel, please email Tim Cooke (Race Director) directly on [tim@softus.co.uk](mailto:tim@softus.co.uk)
- If you are able to help the capable cake ladies of the catering team, please get in touch with Maureen Steed and Jacqueline McCallum

## **Physio / Sports Massage Taster Session**

Sophie Packman has arranged a taster session from Summit Therapy & Performance at Ridgeway Academy pre-training on **Tuesday 11 July at 5.45pm**. Sophie says: "If you'd like to try a free short sports massage or talk about any injuries/concerns then please come along. If you are new & a little worried what to expect, I'll be there, come & see me or message me on 07736 362311. Thank you and hope to see as many of you as possible on Tuesday evening. Happy running all!"

Summit Therapy & Performance are pleased to be teaming up and supporting Garden City Runners. Summit Therapy and Performance are based in Rise Gym in WGC Town Centre. Open 6am until 9pm Monday to Sunday. [www.summittp.com](http://www.summittp.com)

The aim of our link is to provide ongoing support to improve the physical condition of the runners and where needed support with injuries. If anyone would like to make the most of our services and use the GCR discounts then please drop a DM on instagram @summit.tp, call on 07933126972 or book through our website [www.summittp.com](http://www.summittp.com)

GCR discount code - RUN10

For the initial appointment 50% reduction please ask members to email or call to book

- members, friends and family receive 50% off their first appointment with us at either of our Welwyn or Stevenage Clinics.
- members, friends and family receive 10% off all follow up appointments - this includes all our services (massage, compression recovery boots, acupuncture, cupping, postural assessment, strength & conditioning and stretch therapy).

## **parkrun roundup**

102 GCRs were no match for Saturday's humidity, getting out and about at parkruns all over the map.

52 GCRs gathered at our home parkrun, Panshanger. Motivations were mixed: some to help celebrate 75 years of the NHS, some to celebrate milestones (**Johan Preis**' 200<sup>th</sup>, **Nick Portalski**'s 250<sup>th</sup>), some didn't want to miss another chance to run 'It's a bit of a cow' Hill, and some were just there for the cake. In the top ten: **Steve Ellerd-Elliott** was 6<sup>th</sup> in 21:32 and **Adam Wadley** was 10<sup>th</sup> in 21:55; **Lucy Iles** was 1<sup>st</sup> lady in 24:36.

Top ten finishers at other locations were as follows:

- **Rob Hughes** was 5<sup>th</sup> man (6<sup>th</sup> overall) at St Mary's in 21:19
- **Paul Guy** was 9<sup>th</sup> at Jersey Farm in 20:30
- **Samantha Hastie** was 10<sup>th</sup> lady at Hay Lodge in 35:20
- **Bruce Judge** was 2<sup>nd</sup> at Poolsbrook in 18:38
- **Daniel Pudner** and **Rob Casserley** were 2<sup>nd</sup> and 3<sup>rd</sup> at South Oxhey in 20:05 (PB!) and 20:18, respectively (in the middle of their Saturday LSR!)
- **Lauren Potter** was 4<sup>th</sup> lady at Preston Park in 21:51
- **Andrew Holt** was 5<sup>th</sup> at Brandon Country Park in 21:45
- **Elaine Moore** was 6<sup>th</sup> lady at Westmill in 29:56

Out most far-flung parkrunners this week were **Wayne and Nayrobis Aylott** (*pictured below*) at Caffarella parkrun in Rome.



parkruns in addition to those already mentioned: Aldenham, Barnstaple, Buckingham, Chalkwell Beach, Gadebridge, Goole, Grovelands, Horsham, Milton Keynes, Northampton, Pocket, Sandwell Valley, Shipley Country, St Albans, Stevenage, Southwark

Full results for all GCRs taking part in parkruns can be found [here](#).

### **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.

Group/Distance	Pace (mins/km)	Pace (mons/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
12k	5 - 5:30	8 - 8:30

### **Interval Sessions: various locations in Welwyn Garden City, 6:45pm start**

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 6.30pm Campus West**

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
Introduction to speed session	A training session for those who are daunted by the track. A mixture of intervals, fartlek and speed sessions. Ideal for those trying to improve their 10k time
Steady Group	Steady group run

### **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.

### **Hatfield 5K race series**

The dates of the Hatfield 5k race series have now been confirmed. The fast and flat road route is an excellent opportunity to develop your speed in a competitive field. Race 1 is an Avery race, and details are in the Avery calendar. Dates of the three races are as follows:

Race 1: Wednesday 30<sup>th</sup> August 2023 (Herts Senior Champs)

Race 2: Wednesday 6<sup>th</sup> September 2023 (Herts Vets Champs)

Race 3: Wednesday 13<sup>th</sup> September 2023

Further details on registration to follow.

### **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.

### **Avery League Competition 2023**

Please find this year's events table below. Eight Avery races, marked CC, are also part of the Club Championship competition (best five to score). Races marked V offer a volunteer point equivalent to a competing point.

Event no.		Date	Event	Venue	Cost	Status / notes
1	CC	22/01/2023	Fred Hughes 10	St Albans	£21.20 affiliated	Completed
2		19/02/2023	XC 3	Cassiobury Park, Watford	free	Completed
3	CC	05/03/2023	Berkhamsted half	Berkhamsted Cricket Club	£33 from 01/01/23	Completed
4		12/03/2023	XC 4	Therfield Heath, Royston	free	Completed
5	V	18/03/2023	Stevenage parkrun	Fairlands Valley Park	free	Completed
6		07/04/2023	St Albans Easter 10k	St Albans	£25.44	Completed
7	CC	30/04/2023	Hitchin 10k	Hitchin	£18.00	Completed
8		17/05/2023	MWRRL 1: Chingford (Orion Harriers)	Chingford	free	Completed
9		31/05/2023	MWRRL 2: St Albans (St Albans Striders)	St Albans	free	Completed
10		08/06/2023	MWRRL 3: Trent Park	Trent Park	free	Completed
11	V	25/06/2023	Welwyn 10k	Panshanger Park	£20; £18 affiliated	Completed
12		06/07/2023	MWRRL 4: Stevenage (NHRR)	Stevenage	free	Completed
13	V	12/07/2023	MWRRL Mob Match: WGC	Ridgeway Academy, WGC	free	Club will send out details via email
14	CC	20/07/2023	Fairlands Valley Relays	Fairlands Valley, Stevenage	free	Club will send out details via email
15	V	06/08/2023	GCR Centenary 20.2k	WGC Centenary Route	free	Club will send out details via email
16	V/CC	19/08/2023	Panshanger parkrun	Panshanger Park	free	<a href="https://www.parkrun.org.uk/panshanger/">https://www.parkrun.org.uk/panshanger/</a>
17	V	30/08/2023	Hatfield 5k Race 1	Hatfield	tbc	Details tbc
18	CC	01/10/2023	Standalone 10k	Letchworth	£18.00 affiliated	<a href="http://www.nhrr.org.uk/standalone-10k.html">http://www.nhrr.org.uk/standalone-10k.html</a>
19		15/10/2023	XC 1	tbc	free	Club will send out details via email
20	CC	22/10/2023	Stevenage Half Marathon	Stevenage	£28.00 affiliated	<a href="https://stevenagehalfmarathon.org.uk/">https://stevenagehalfmarathon.org.uk/</a>
21		29/10/2023	XC 2	tbc	free	Club will send out details via email
22		5/11/2023	XC 3	Stevenage tbc	free	Club will send out details via email
23	CC	26/11/2023	Hatfield 5	Hatfield	£22.26	<a href="http://hatfield5mile.co.uk/">http://hatfield5mile.co.uk/</a>
24		17/12-2023	XC 4	Stevenage	free	Club will send out details via email
25	V	December tbc	Festive 5	Welwyn Garden City	Entry cost tbc	Club will send out details via email



## **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. All items are £20 (£19.99 if you pay by bank transfer) except for the jackets which 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/)