



Garden City Runners News Release

14 July 2024

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

GCRs turn out in force for the Mob Match

The annual Mob Match at Ridgeway Academy was well attended by hosts Garden City Runners with just over 100 members volunteering and or racing.

Peter Harvey sent this run report:

"The 10km course snaked its way through The Mundells and Shire Park. GCR's **Bradley Birch** finished second in 33.51 and **Ben Carr** was fourth a minute and two places behind. **Jessica Timmins** was the first GCR woman home in 43.06 placing 12th lady and five places behind was **Caroline Hale**. GCR were just edged out of the team victory by St Albans Striders.

This year entertainment was provided during the League's Presentation with the Euros being shown. The High Sheriff of Hertfordshire, **Annie Brewster**, started the race and presented the athletes with their prizes which for Garden City Runners included the Division 2 winner's trophy.

The women topped the table in the overall and vets categories. Garden City Runners look forward to competing in division 1 next year.

Individual success went to: **Zoe Stephens** who was 3rd overall, **Bruce Judge** was first in the over 50s, **Mike Russell** first in the over 60s and **Veronica Shadbolt** came second in the over 55s."

Photos, below, by Charlotte Jones:

Helen Stafford (below, right)

Jamie Rose (below, left)

GCR Div 2 winners



Jamie Rose



Helen Stafford



NRG Humanity Direct Chiltern Challenge

Nadine Dwyer (pictured below, with **Aiden**) sent this report on their NRG Humanity Direct Chiltern Challenge.

"On Saturday, Aiden and I took part in the Humanity Direct Chiltern Challenge. Aiden opted for the 25k option and I went for the 50k ultra. It was a tough old course with some killer hills, over 1000m elevation for the ultra and pretty rough terrain. I fell twice but was ok to continue. Also helped a lady who had a nasty fall just ahead of me. I'm not a fan of cattle encounters and there were plenty of cows to manoeuvre around. Thankfully, I met a fellow runner/my own personal 'cow whisperer' just at the right time and he got me through what I thought was the worst field....until I got to the one with the sign "Bull in field". I didn't see if there was actually a bull in that field - I was too scared to look, so just ran through it as quickly as I could. A brutal route but had a great day and met lots of lovely people.

Aiden did the 25k route today - with an elevation of over 550m, it's definitely not for the fainthearted either. It was Aiden's first event with XNRG but I'm sure he will be back for more. I've already done several of their ultras and always had a brilliant experience."



Aiden Dwyer



Nadine Dwyer

Race To The Stones – The Tale Of Unfinished Business

Alex Yates sent this run report: "This was unfinished business for **Alex Yates, Kath Evans** and **Elaine Giles** (*pictured, below*). Having done the full 100km event in 2022, they returned to do the second 50km in daylight, so they could actually see the route that saw such dark moments of the soul two years ago.

All was going well with perfect weather and stunning views from the Ridgeway. Aid stations were very well stocked and super friendly, and the whole route was well marked.

It wasn't until nearly 7km from the end, when the RTTS curse struck and Elaine fell, badly cutting her knee, making all in the immediate vicinity feel quite queasy.

The medics were amazing though and took all three GCR runners to the end to collect bags. Organisers then ferried them to the start to pick up the car, so Elaine could be taken to the Urgent Care Centre at the QE2. All in all, an amazing event, with really caring people for when things don't go to plan. They even gave us medals out of sympathy."



Kath, Elaine and Alex

parkrun roundup

112 GCRs took part in parkruns in Herts and beyond.

- At St Albans, **Clare Wildey** was 4th female in 25:01
- At Stevenage, **Martha Hall** was 1st lady in 20:08 and **Caroline Hale** was 2nd in 20:36
- At Gunpowder, **Jamie Rose** was 10th overall in 19:59
- At Panshanger, **Chris Baylis** was 5th overall in 19:09, **Martin Mitchell** was 9th in 19:52 and **Steve Ellerd-Elliott** was 10th in 20:01. **Katy Healy** was 7th lady in 25:17 and **Sarah Durston** was 10th in 25:31
- At Lydney, **Peter McKenzie** was 2nd overall in 19:58
- At Castle Park, **Bruce Judge** was 1st overall in 18:46
- At Henlow Bridge Lakes, **Thomas Buzzard** was 7th overall in 21:32 and **Jess Buzzard** was 8th lady in 28:08
- At Frogmary Green Farm, **Rebecca Barden** was 1st lady in 23:53

GCRs took part in the following parkruns: Southampton, St Albans, Highbury Fields, Lincoln, Newbury, Westmill, Stevenage, Barnstaple, Gunpowder, Southwick Country, Huntingdon, Southwark, Margate, Canons Park, Weymouth, Northala Fields, Panshanger, Conwy, Cassiobury, Penrose, Hove Promenade, Birkenhead, Dartford Heath, Lydney, Tooting Common, Castle Park, Monsal Trail, South Woodham Ferrers, Great Dunmow, Pocket, Doddington Hall, Peel, Henlow Bridge Lakes, Frogmary Green Farm, Durlston Country Park, Leavesden Country and Bug Hunter Waters.

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

Doddington Hall parkrun

Willow Gibson sent this run report: "**Samantha Hastie** and I (*both pictured, below*) had planned to run Yarborough Parkrun but it ended up being cancelled. We decided to run Doddington Hall instead and it was a nice out & back course, partly on a disused railway line. Samantha now lives in Scotland, so it was lovely to see her."



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	18 th July
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	£10.00	Completed
8	15 th May	MWRRL #1	Stevenage	Free	Completed
9	23 rd May	MWRRL #2	Ware	Free	Completed
10	New date 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	£20.00	Completed
13 (V)	10 th July	MWRRL Mob Match	Ridgeway Academy, WGC	Free	Completed
14	18 th July	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Club will send out details via email
15 (V)	4/11/18 th August (tbc)	GCR Centenary 20.2k	WGC Centenary Route	Free	Club will send out details via email
16 (V)	4 th September	Hatfield 5k #2 (Vets)	Hatfield	tbc	Details tbc
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.

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
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.

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 and in all sizes. See club website for photos. Vests, t-shirts and long sleeve 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 Michael Scutt (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/