



Garden City Runners News Release

16 June 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*

Greensand Ridge Relay – Saturday 15th June

Sean Bowen, team manager for the GCR teams, writes: "Thirty years since our debut appearance in 1994, and GCR have never yet missed a year in this event. It's a six-stage relay along the route of the Greensand Ridge Long Distance footpath across central Bedfordshire – mainly on trails, self-navigated, with lovely scenery and often tricky terrain. Each team has a different start time based on an age category handicap.

The GCR Mixed Team of **Eleanor Sage, Jessica Timmins, Andrew Ackrill, Juliet Vine, Dan Pudner** and **Daniel Hodson** were 10th of 44 teams to cross the finish line at Northill, were 8th fastest overall and 2nd mixed team behind the formidable locals Ampthill & Flitwick Flyers, in a total of 4 hours & 23 mins for the full 34.4 miles. **Dan P's** time of 39:25 for leg #5 was the third fastest on the day.

GCR's second team of **Nick Atkinson, Richard Sidlin, Barbara Kubis-Labiak, James Aitchison, Dave Edwards** and **Roger Adey** were 19th across the line and 28th fastest in 5:21:22 – a great achievement for Babs and her team of five over-60 blokes. **Roger** was over five minutes inside his handicap.

The GSRR more often than not takes place in sweltering heat on bone-dry ankle-snapping tracks and loose sand. But this year there were heavy showers, making the fields wet and slippery, and giving some runners a cold soaking. **Rich Sidlin** summed it up: "it was awful!" he said, with a knowing smile.

Sean also reflected: "losing our star Rob Casserley after his altercation with a speed hump, was a cruel blow. But Andrew came to the rescue – 13 years after his last of many appearances for us on the long leg. It was great to see him back. The Ampthill mixed team are just in a different league, but for a mid-Herts club in a relay dominated by Bedfordshire teams, we were marvelous."

Full results available at: <https://www.smoc.info/GSRR/gsrr2024teamresults.htm>

Roger Adey



James Aitchison



Juliet Vine



Jessica Timmins



Dave Edwards, Barbara Kubis-Labiak, Dan Pudner and Daniel Hodson



Eleanor Sage



Andrew Ackrill and Richard Sidlin



HERCULES Labour Ten - the Cattle of Geryon

Nadine and **Aiden Dwyer** (pictured, below – with their amazing medals) sent us this run report: “We were back at the Thames on Saturday for another marathon - the 'HERCULES Labour Ten - the Cattle of Geryon' with Phoenix Running. This was the 10th event in a series of running events or "labours" to complete. And we definitely had our work cut out for us: The conditions on the day can only be described as character building - we had monsoon like torrential rain for most of the day, with thunder thrown in as well.

It was probably a bit too soon for me after doing London2Brighton and I found it pretty tough but I managed to struggle through and got it done. Aiden was well ahead of me but as it's a 5k out & back loop, we kept passing each other regularly and always had a few seconds to catch up. After finishing his marathon, Aiden headed to the pub to dry off and wait for me..handy to have a pub right next to the event base.

Aiden was allocated the dreaded bib number 13 for this event but he needn't have worried - he had a great run and it definitely turned out to be lucky 13 for him. For our efforts, we received the biggest medal we've ever seen - an absolute whopper. Phoenix Running never disappoint when it comes to a great bit of bling.

Despite the conditions on the day, it was another great event and we're chuffed we managed to add another marathon to our list.”



parkrun roundup

93 GCRs attended various parkrun locations across Herts and far beyond.

- At Luton Wardown, **Sofie Marchant** was 7th lady in 26:10;
- **Caroline Hale** was 2nd lady at Lincoln in 21:22.
- At Pymmes, **Robert Casserley** was 6th overall in 20:07, and **Daniel Pudner** was 89th in 29:24
- At Stevenage, **Jamie Rose** was 8th overall in 19:29
- At Panshanger, **Joe Ansbro** was first finisher in 17:59; **Thomas Buzzard** was 5th in 18:58 and **Bruce Judge** was 10th in 19:25. **Lucy Iles** was 5th lady in 23:17, **Rebecca Barden** was 7th lady in 24:03 and **Katy Healy** 10th in 25:00.

Parkruns visited included: Luton Wardown, Hackney Marshes, St Albans, Lincoln, Oak Hill, Poole, Pymmes, Stevenage, Gunpowder, Mile End, Clare Castle, Ruchill, Keswick, Aldenham, Lowestoft, Great Denham, Pocket, Jersey Farm, Conyngham Hall, Brixworth Country, Agnew parkrun, Leavesden Country and Wisbech.

Sofie and Ollie at Luton Wardown

Sofie Marchant and **Ollie** continue their buggy parkrun tour with a trip to Luton Wardown. Sofie writes: "Even though it was 4 laps it wasn't boring at all and I finished in 21:10. A friendly bunch of volunteers and a great setup for post parkrun coffee. Will definitely be back!"

Andy Holt's 500th parkrun next Saturday 22 June at Jersey Farm

From **Jim Davies**: "This coming Saturday, 22 June, will see **Andy Holt** running his 500th parkrun. As far as I know, he will be the first GCR member to reach this milestone.

His intention is to reach this achieve at Jersey Farm. It would be terrific if there were a good number of GCR runners in attendance to cheer him when the Run Director announces his achievement."

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 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	4 th June	MWRRL #3	Royston	Free	Completed

11	27 th June	MWRRL #4	Trent Park	Free	Club will send out details via email
12 (V)	30 th June	Welwyn 10k	Panshanger Park	£20.00	Register here
13 (V)	10 th July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Club will send out details via email
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 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/