



Garden City Runners News Release

19 May 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

Mid Week League race nr 1 - Stevenage

It was great to see so many GCRs (*pictured, below*) at the Stevenage fixture of the Mid Week League on Wednesday 15 May – fantastic turnout with 114 GCRs taking part.

Link to results: <http://www.runherts.com/mwrrr.htm> and see you all next week (Ware).



Hawkshead Hobble at the Royal Veterinary College

Willow Gibson sent us her run report about the annual 5/10k race: "Around 20 GCRs took part in this race, on a very warm Sunday morning. It wasn't an easy course, with lots of uneven paths through paddocks, tufty grass, steep hills and steps.

Malcolm Baron was the first GCR male 10km finisher and **Clare Wildey Grover** (pictured on the podium, below) was 2nd female overall in the 10km race. Well done to everyone who ran the 5kms distance as well.

The race record was broken for 5km and 10km course today, by 2 young RVC students.

The race organisers, The RVC Tri club, are donating 100% of the proceeds to StreetVet. StreetVet is a charity providing free veterinary care to those experiencing homelessness. The iconic cow bell medal didn't disappoint and made the tough course worth it!

Well done to everyone who got out today!"





Centurion triathlon - Box End

Spencer White (*pictured, below*) competed in the Centurion Triathlon, at Box End and sent this run report: "I came second came second in my age category, 50-54, which I've never done before! In the end the swim was 2.8km, bike 82km and run 21km (just under middle distance). My times were as follows: swim time: 50 minutes, bike time: 2 hours 47 mins, run time: 1 hour 54 mins. Total including transitions: 5 hours 44 mins. Good start to the triathlon season."



Running tour of Peckham with Secret London Runs

Sharon Threlfall writes: "Something slightly different for four GCR this week, as **Willow Gibson, Tandy St Francis, Valerie Levison** and **Sharon Threlfall** took an educational run around Peckham and the surrounding areas.

For the keen beans in the group, there was an early start to squeeze in a parkrun before the street art tour. Willow and Tandy took on the 3 laps of Peckham Rye, while Sharon ran at Dulwich. Valerie was much more sensible and had a lie in.

A group of 16 runners from Hertfordshire and North London met at Peckham Rye Station to be led by Vanessa, the founder of Secret London Runs.

The 10k route was completed in 2 hours 20 minutes, and saw no fewer than 20 stops to see a wide range of street art. Focussed on art that seeks to enhance the local area, rather than

the graffiti “tags”, Vanessa explored how the street art scene has moved from Shoreditch to Peckham, how brokers are used to find spaces for artists, and we even saw an artist in action on a legal wall, introduced to try to prevent parked vehicles being targeted.

There was a wide range of styles, and quality including a homeowner decorating the front of their own house, but the tour was interesting and informative; particular favourites were the Belgian artist Roa who was invited to work on the Bussey Building and Mr Cenz who has claimed a wall on the Prince of Peckham pub. Vanessa also showed examples of the collaboration with the Dulwich Picture Gallery where, following a chance meeting with Stix, street artists reimagined Old Masters around the local area.

While Sharon has run with SLR before, and works for them leading Christmas lights tour, this was a first for Willow, Tandy and Valerie but they are keen to try another tour soon.”



Goring Gap 52k Ultra

Aiden Dwyer and **Martin Mitchell** completed the Goring Gap 52k Ultra.

Aiden (*pictured, below*) sent his run report: "This event came highly recommended by my wife Nadine who ran it last year, so just had to give it a go. What a day for my very first ultra! A great course through beautiful scenery - not too hilly and a good mix of trail and road. A really well organised event, great atmosphere and a belter of a day to be out running. Was a bit worried about getting lost or bumping into cows but neither happened - thankfully. Had to dig deep towards the end, especially in the heat, but got it done. This definitely was tough but so worth it. Great to see fellow GCR Martin Mitchell as well."



Martin (*pictured, below*) also shared his experience: "I took part in the Goring Gap ultra today - a scenic 52k run that comprises of a mix of trails, tow paths and country roads. It started cool but later on it started to get very hot. I kept myself hydrated and was pleased to come 5th out of 301 runners with a chip time of 4 hours 44 mins. Nice to bump into fellow GCR Aidan Dwyer on the course as well. I highly recommend this run for anyone wanting to get into ultras."



Peak District running

Last week **Peter Jasko** travelled to the Peaks with a group of GCRs, clearly enjoying some good weather. **Peter** writes: "A generous half dozen GCRs set off to the Peak District last weekend for a recce of the last 30 miles of a race taking place in late August. Taking part were **Malcolm "Rooster" Baron, Belinda "Sportsbel" McGinley, Neil "Rhino" Brittain, Eleanor "Blonde Fox" Sage, Johan Preis, Richard "Rich Tea" Taylor** and **Peter "Jazzy" Jasko** (all pictured, below).

The recce was conducted in two segments, 37 km on Saturday from Baslow to Monsal Head and 19km further on Sunday to Castleton. A Saturday parkrun (Monsal Trail) was deemed essential, bringing that day's distance up to a marathon.

Military precision, as detailed in a 5-page itinerary that most didn't read, ensured cars and runners were in the right place for point to point runs.

The weather was excellent, perhaps a touch sunny and warm for actual running. We walked the uphill and ran the flats and downhill, except in a few sections where the going was rocky. The paths were great with very little mud and not much road. Being regular Thursday pub runners, we note the pubs visited: The Bulls Head, The Blind Bull, and The George.

A great time was had by all and Malcolm and Eleanor both achieved their first 100km running weeks! The Peak District is beautiful and at 3 hours away is fairly accessible. We would all



recommend run / hikes in that area."

Wheathampstead 10k

Tendy St Francis sent us her run report: "We had a great time at the Wheathampstead 10k race! It was great fun running alongside **Jane Molloy**, our outgoing Chair, **Charlotte Jones**, **Maureen Steed**, and **Dawn Redwood** (pictured, below). The heat and course were challenging, but the stunning views and post run ice cream made it all worthwhile.

Before tackling the 10k, Charlotte and I ran in the 2k race with the children, it was a fantastic experience for everyone. The energy and enthusiasm from the kids were truly inspiring. Look out for GCR Next Gen!"



parkrun roundup

81 GCRs attended various parkrun locations across Herts and far beyond, especially with Panshanger parkrun cancellation on Sat 18 May.

- At St Albans, **Clare Wildey** was 8th lady in 24:56
- **Amber-Leigh Marvin** was 2nd lady at Walsall Arboretum in 21:43
- At Pymmes, **Lucy Iles** was 3rd lady in 24:11
- **Felicity Wadley** was 6th lady at Stevenage in 23:55
- At Barclay, **Richard Somerset** was 5th overall, in 20:53 and **John McDowall** 10th in 21:51. **Caroline Griffin** was 10th lady in 27:24.
- **Jonathan Foan** was 8th overall at Rushmere in 21:40

- At Cyclopark, **Hannah Frank** was 1st lady in 23:33
- At Henlow Bridge Lakes, **Thomas Buzzard** was 2nd overall in 19:32
- **Justin Swallow** achieved a PB at Stevenage in 24:33

Parkruns visited by GCRs included: Bushy, St Albans, York, Rickmansworth, Oak Hill, Westmill, Walsall Arboretum, Pymmes, Stevenage, Gunpowder, Dulwich, Wimpole Estate, Peckham Rye, Tamar Lakes, Harlow, Cassiobury, Barclay, Aldenham, Rushmere, Melksham, Great Denham, Pocket, Nant y Pandy, Jersey Farm, Seaford Beach, Uckfield, Cyclopark, Irchester Country, Rothay Park, Zuiderpark Den Haag, Henlow Bridge Lakes, Bury Field, Tidworth and Leavesden Country.

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

Mid Week League

Dates and venues for the Mid-Week League fixtures have been announced – see the Avery league table below.

📍📍 **MWL Race 2 Ware** 📍📍

Here are the details for the second race: **Ware Hosts**

Thursday 23rd May

Wodson Sports Park SG12 0UQ

Start time 7.45

📍 We have arranged a coach to ferry runners there and back. There is limited parking at the venue (info attached).

Pick up from: The Stanborough, Stanborough Road, WGC, AL8 6DQ

Departure - 6.30 pm

Cost: £7 per person

To book your place, please email Hannahahmet@hotmail.com. Please make payment by BACS transfer to Garden City Runners Sort Code 20 92 54 Account 70376132. Use MWLCoach as your reference.

📍 You MUST bring your race number! It has your barcode on it.

📍 If you haven't got a number yet please email me hannahahmet@hotmail.com I can allocate you a number and will give you it on the evening

Hear All about It and Have your Say - AGM Wednesday 22 May 7.30pm

Current Chair, **Jane Molloy** asks for people to come along to the Vineyard Barns in WGC for this year's AGM. "This is my swan-song as I step down as Chair, and I'd love your help to make the evening the best it could be. It will be great to have your votes - and your encouragement - for the incoming Chair and Committee too."

The AGM is a chance to find out more about how the club works and what's been achieved in the last year. Plus we want to hear views and gather offers of support for the next Chair and Committee (to be voted in on Wednesday). The club has implemented a number of things that were suggested at last year's AGM (e.g. introduced canicross, offered new bobble hats, provided coaches to races) - so members really can have a say in what could happen next to make this wonderful club even more marvellous.

There will be food (thanks, **Sophie**) and you get to hang out with your running buddies!

If you have any questions about the evening please email **Jane** at chair@gardencityrunners.org.uk or Sean at secretary@gardencityrunners.org.uk

GCR Track Relays: Thursday 30th May

In preparation for the FVS 3K Relays in July, our very own chip timing guru **Richard Sidlin** will be running a test event at our track session on Thursday 30 May 2024. This will be a 4 x 400 metre relay and will take place after the usual drills and warmups. Nearer the time, an entry portal will be available to enter teams. It'll be a fun event and more importantly, free of charge. Teams will consist of four runners and they can either be Senior Male, Senior Female, Vet Male, Vet Female or Mixed Senior or Vets (2 Male & 2 Female).

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	Club will send out details via email
10	New date 4 th June	MWRRL #3	Royston	Free	Club will send out details via email
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/