



Garden City Runners News Release

2 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

Midweek League Race 4 Thursday 6th July

Message from Women's Captain Hannah Frank:

Below are the details for Thursday 6th July's Race.

Race venue: Fairlands Valley Park, Stevenage

Parking: Broadhall Way, Stevenage SG2 8QJ

Start time: 7.45pm

Shoes: road shoes recommended

It's now or never! We did really well in the last race but we need a full turnout from everyone next Thursday, so let's make the last race really count!

A few MWL reminders:

- you need to wear an identifiable club vest/shirt
- You need to wear your MWRRL numbered bib. Please do not forget it! If this is your first MWL race this season, you can pick up a bib on the night.
- You must NOT wear headphones or earphones or earplugs of any kind!
- Once you have finished running please go back and support your team mates

Any questions please let Hannah know, come on GCR!!!

Midweek League Mob Match, Wednesday 12th July: Call for volunteers

Race Director Tim Cooke sends this appeal:

"Yes - this is a volunteer appeal, but DON'T HANG UP! Please read on - every contribution of time will help, however small, and there are many ways that you support the race and still run in it.

Thanks to Barbara Kubis-Labiak and the team at the Welwyn 10k, Garden City Runners members once again proved how well we support each other and what an excellent race host the club is. Now we have another opportunity to show the other 20 clubs in the Midweek League what we're made of.

For new members who don't already know, the "Mob Match" is the finale to the season of Midweek League Road Race fixtures. All the clubs in all three divisions take part, and the end-of-season presentation of trophies and medals is held indoors immediately afterwards, with soft drinks and nibbles provided. It's a great event, and needs a lot of volunteers, so it's time to populate the roster!

The date and venue are:

12th July 2023

Ridgeway Academy, AL7 2AF

Peter Harvey has come up with a huge improvement to the course start and finish, removing the need for runners to leave the playing field and walk to a narrow start. This slightly increases the number of course marshals needed and, whilst we have solid offers of assistance from Herts Phoenix, Dacorum AC, and Ware Joggers, it's a marshal-heavy course - that means there are lots of positions for you to choose from. You'll also earn a Volunteer Point in the GCR Avery League.

So, please help by volunteering for any of the following roles:

- Site setup assistant
- Car park marshals
- Course marshals
- Finish funnel marshals
- Catering heroes

Some of these roles will leave you time to take part in the race, if you want to, so please get in touch and find out more. Whatever you do, there will be full training, supported in most cases by written guidance and detailed maps. If you're a course marshal, you'll be given a bag with snacks to take with you to your marshal position, thanks to the amazing catering team led by Maureen Steed and Jacqueline McCallum.

A supplementary request - if anyone has a GoPro (or similar) camera, and would be willing to lend it **and** manage the recording of the finishers, please contact me.

Please email Tim at tim@softus.co.uk if you are able to volunteer.

Saltmarsh Ultra - 63k

Barbara Kubis-Labiak and **Johan Preis** ran the 63k Saltmarsh Ultra on Saturday. Barbara finished the race in 8hrs 25 and Johan in 8hrs 55.

For Johan, it was his first ultra run and he smashed it. Johan writes: "It was tough going in certain sections on the sea wall due to tall grass and vegetation resulting in uneven footing and trip hazards. The landscape was beautiful, with its desolation leaving you in some places with a feeling of 'being between somewhere and nowhere'. Overall a good experience, with a few lessons learnt about long distance running!"

Barbara writes: "I did the Saltmarsh ultra back in 2019 and have been longing to go again ever since the 2020 event was cancelled, then the next one got cancelled too. When I saw that it was back for 2023, I signed up straight away. It's a small event, organised by a local running company Hare & Tortoise. There is something about the Dengie Nature reserve that makes it a very special place to be and run along - the endless sea wall, the tidal mud-flats, the salt marshes, the Chapel of St Peter-on-the-wall which you can see from afar, but it takes forever to get there and it seems within reach but it isn't. The race started in South Woodham Ferrers, going through Burnham-on-Crouch, Bradwell-on-Sea and finishing in the village of Steeple.

Yesterday's run - 63km - was much tougher than anticipated if compared to the one four years ago, with most of the course taken over by overgrown long grass. I had to watch every step to not to get tangled up in the grass and be alert to massive cracks in the ground - overall, it was a very exhausting ultra!" Barbara is way too modest to include this in her report but she also finished First Lady - congratulations!



Above: our ultra-running superstars celebrate at the finish with the same 'man employed to give suspicious looks' watching on

Ware 10s

Peter Harvey sent this report from the popular Ware 10s event, which comprises a 10K and a 10 mile event: "A windy race. In the 10K event, **Emon Martin** clocked a pb of 50:57 and was fourth in his age group V60. **Andy Morgan** ran in 44:33, **James Hall** in 47:20, **James Barker** in 51:35, and **Andrew Pocock** in 51:40. In the 10 mile event, Hiran Fernando ran his first race at this distance in 1:38:16. Peter Harvey put in a storming performance, finishing fourth overall and first in his age group MV50 in 1:02:38. **Thom Buzzard** was tenth overall in 1:06:40, and, for the ladies, **Carol Reid** ran in 1:38:15 and **Kath Evans** in 1:59:13."

Man (Sidders) vs Coast (Cornwall)

Sidney Valentine took on the Man v Coast challenge in Cornwall and sent this report: "I completed the course with my mate Robbie in approximately 6 hours, 30 minutes. The course sets off from just outside Penzance and heads North to the coastal path and finishes at Land's End. It was an epic but brutal course. There were big waves to go with the big hills which required a lot of scrambling!" *Right and below: Sid (foreground) with Robbie at the start and on the coastal course.*



GCR Riverside Run

A hardy sextet of GCRs, led by **Stu Whitford**, took on a London canal and riverside challenge on Saturday 1st July. The group, comprising Stu, **Rebecca Barden**, **Nikki Cowen**, **Glen Dobson**, **Steve Ellerd-Elliott** and **John Warden**, tackled a 14 mile route, starting at Kings Cross,

following the Regent's Canal towpath from Kings Cross to Limehouse, then joining the Thames Path, crossing the river at Greenwich, and following the riverside path round to Tower Bridge. Along the way the group encountered several challenges, including closed off sections of the river path, parkrunners at Mile End park, a small child who decided to race and easily ran faster than the veterans, a range of rapidly-changing weather systems, chronically low-quality banter, and the impossibility of having a wee in Greenwich. Overcoming all these obstacles, the gang reached a triumphant finish on Tower Bridge and celebrated with lunch at the Dickens Inn at St Katharine's Dock.



parkrun roundup

Another strong turn out by GCRs at Saturday's parkruns, with 102 members taking part in parkruns across Hertfordshire and beyond. At Stevenage, **Zoe Stephens** was first lady in 21:51, and **Andy Gittins** was 11th overall in 20:40. Katy Healy was fifth lady in 23:02. At Brentwood parkrun, **Andy Holt** was seventh overall in 21:54. At Tamar Lakes, **Jamie Rose** was sixth overall in 20:23 and **Katharine Farrell** was fourth lady in 24:06. At Panshanger, **Dan Pudner** was second in 19:01; **Chris Eland** fourth in 19:50; **Neil Hume** fifth in 20:07, and **Joe Ansbro** 6th in 20:37. **Lauren Potter** was third lady in 24:08. Results for all GCRs taking part in Saturday's parkruns can be viewed [here](#).

Group Runs

Tuesday 6.20pm for 6.30pm start. 10K and faster group meet at Digswell viaduct carpark; all other groups meet at Ridgeway Academy. **The 9k group meeting point for Tuesday 4th July will be the Tewinbury Farm main car park (main drive off the B1000).**
What3words is ///cups.seats.cities. <https://w3w.co/cups.seats.cities>

Thursday 5k, 7k and 10k groups all meet at Campus West for 6.30pm start time.

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 less 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

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.

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 30th August 2023 (Herts Senior Champs)

Race 2: Wednesday 6th September 2023 (Herts Vets Champs)

Race 3: Wednesday 13th September 2023

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.

| nt 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 | Club will send out details via email |
| 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/C C | 19/08/2023 | Panshanger parkrun | Panshanger Park | free | https://www.parkrun.org.uk/panshanger/ |
| 17 | V | 30/08/2023 | Hatfield 5k Race 1 | Hatfield | tbc | https://my.raceresult.com/236841/ |
| 18 | CC | 1/10/2023 | Standalone 10k | Letchworth | £18.00 affiliated | https://my.raceresult.com/230198/registration |
| 19 | | 15/10/2023 | XC 1 | Cheshunt | free | Club will send out details via email |
| 20 | CC | 22/10/2023 | Stevenage Half Marathon | Stevenage | £28.00 affiliated | https://my.raceresult.com/235374/ |
| 21 | | 29/10/2023 | XC 2 | Watford | free | Club will send out details via email |
| 22 | | 5/11/2023 | XC 3 | Trent Park | free | Club will send out details via email |
| 23 | CC | 26/11/2023 | Hatfield 5 | Hatfield | £22.26 | https://www.atwevents.co.uk/e/atw-hatfield-5-8980 |
| 24 | | 17/12/23 | 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 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/