



Garden City Runners News Release

28 May 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

Please note that with MWL on Wednesday, **Tuesday night (30 May) will have a 9.5k group to replace the 9k and 10k groups**. Pace will be somewhere between 6:10-6:45/km (9:57-10:51/mile).

Midweek Road Race League this week – St Albans

When: Wednesday 31 May 2023 – 7.45pm

Race Distance: 10km

Address: Cricket Pavilion Highfield Park, Highfield Lane, St Albans **AL4 0RE**

What3words location - [///mimic.venue.drive](https://www.what3words.com////mimic.venue.drive)

Travel/Parking: There is plenty of free parking available in the field adjacent to Highfield Lane. If you are driving, please lift share if possible.

Edinburgh Marathon and Half Marathon

A group of GCRs (*pictured, below*) travelled to Edinburgh to take part in the annual Edinburgh Marathon and Half Marathon on Sunday 28 May and couldn't have asked for better weather! All runners finished, with Sophie Packman, Russell Morris and Caroline Griffin achieving impressive PBs.

Sophie Packman writes: Started off cold, but as soon as the race started the sun came out! It was very warm! Really beautiful run, started at Potterrow, along the Royal Mile, to Portobello, then on to Musselborough, along the sea front. Really beautiful beaches!

An enjoyable trip, lots of stories and real achievements. Roll on 2024... who is signing up?"

Times below are from Strava, and not official results:

Marathon

Russell Morris 2:58.42 PB

Sophie Packman 3:54:25 PB

Anna Lillie 3:57:17

Kath Evans 5:13:00 – with slightly extended gun time due to a collapsed runner who needed attention!

Veronica was very happy to share that she survived it!

Half marathon

Katharine Farrell and Michael Germany finished within minutes of each other 1:49:28

Caroline Griffin 1:51:52 PB

Caroline O'Dwyer 2:38:00



Russell Morris (pictured below) also sent us his run report.

Russell writes: "Edinburgh was intended to be a fun marathon having properly raced

Manchester a few weeks ago. Unfortunately, a very bad gout attack on the night before Manchester put pay to me being able to run and Edinburgh suddenly became the make-or-break sub-3 attempt.

And what a glorious place to explore and run in the sun and we were treated to beautiful weather. Thankfully, on the day, the weather cooled a bit.

While the Edinburgh race starts in Edinburgh, the course ventures far beyond the city walls. This year's race began outside the Italian-Renaissance-style graduation hall of the University. The route then passes the many iconic auld sites of the city including St Giles' Cathedral, Edinburgh Castle and the gothic Scott Monument before runners are cheered along the Royal Mile to pass the Scottish Parliament building.

The architectural tour is then traded for a wee turn out to the stunning Holyrood Park framed by dramatic hills and crags as well as the Palace of Holyrood before dropping down to the sea for a bonnie run out and back along the East Lothian coast. Half-marathoners turn back earlier but those doing the full 26+ mile route get an up-and-over section of (skiddy) trail through the estate of the impressive neo-classical Gosford House before heading back toward Edinburgh. The finish for both distances is then six or so miles shy of the city in the equally historic Musselburgh, the oldest town in Scotland.

As for my run, it couldn't have gone more to plan.

I was so happy to top an amazing weekend with a 3-minute PB and more importantly my first ever sub-3 @ 2:58:41.

Anything goes after a PB - dinner tonight is the classic Haggis with Neeps and Tatties."



Graduation run for the Bridge to 10k group

On Thursday 25th May the third Bridge to 10k group (*pictured, below*) led by **Thippi Rashleigh** and **Rob Cartwright** had their graduation run after completing their six-week course. The aim of the course was to get runners, who are able, to step up from 5k to run 10k.

Rob writes: "We started at the Gosling Sports car park and then onto the path past the Stanborough pub, up to the crossing at the top of Chequers, down Chequers to Howlands, along Howlands, past the hospital to the roundabout, turning right onto Cole Green Lane and then continuing along to Black Fan Road picking up the National cycle route 61 at the park where there was water and sweets handed out by Emily Hammond, and her children Leola and Ethan.

Then continuing along the N.R. 61 to The Ridgeway, crossing the road onto the footpath leading onto Knella Road, staying on Knella Road to the end, turning left at Peartree Lane, running to the end, crossing the road through Woodhall Court back to the top of Chequers, crossing the road back over the twenty-mile bridge, past the pub and then on to the Gosling track, finishing with two laps of the track where there was Charlotte and Robin Cartwright taking pictures.

The successful finishers were **Tim Thornton, Brian, Gail Munro, Caroline Hughes, Alison Patterson, Emily Sheppard, Lisa Green, Wendy Leversuch, Lorraine Bell,** and **Farheen.** **Helen Church** finished the course but was unable to do the graduation run due a trip to Venice, but she has signed up for the Welwyn 10k along with most of the group. Some are also considering running the St. Albans Mid-Week League next week. After finishing and having our pictures taken we went to the Stanborough pub for a well-earned celebration drink.

A big thank you to **Dave Edwards** and **Sean Bowen** for allowing us to finish on the track, and apologies to the track runners for getting in your way at times. And also a big thank you to **Emily, Leola** and **Ethan Hammond** for supplying the sweets and water and to **Charlotte** and **Robin** for taking the pictures. And finally, a thank you for the new runner for running with Tim and the runner from GCR who gave support to the runners by lopping back throughout the run."



GCR Annual General Meeting held on 22 May at The Attimore Hall, Ridgeway Academy

Jane Molloy writes: "Attendees were greeted on arrival with a buffet and cold drinks. Many thanks to **Sophie Packman** for organising.

Before the formal AGM proceedings started, the Club paid tribute to former Chair, **Peter Westlake**, who passed away recently. **Sean Bowen** and **Dave Edwards** offered their fond memories of Peter.

Chair, **Jane Molloy**, provided a snapshot of what GCR has been up to over the past twelve months, with particular reference to the Club's 40th celebrations in 2022. She reported that the Club was in very good health, following a return to normal activities post-covid. This was evidenced by record numbers of members participating in last Summer's Midweek League. Jane then invited participants to share their ideas for further development of the Club, and a range of ideas were put forward, as well as offers to make things happen.

In the absence of a Treasurer, Jane presented the financial report, giving thanks to Karen Atkinson for looking after the books over the last year. GCR is in a strong position financially from increasing membership and well-attended races. This means it is able to support

investment in developing the Club, as well as giving back to the local community and charities – GCR donated over £8000 to charity in the last financial year.

Membership Secretary, **Sue Fletcher**, provided the report on changes to membership in the last year, with numbers continuing to rise, and a marked increase in the number of members with UK Athletics membership.

Men's Captain, **James Huish** talked through all the Club's racing achievements over the last year, including last Summer's MWL races, Winter's XC races and National and County championship races. He also shared results from the Team Events that happen, including Endure 24, St Albans Stampede, and the Round Norfolk Relay, as well as summarising some very impressive marathon results over the year.

Women's Captain, **Hannah Frank**, and Club Secretary, **Sean Bowen**, then took the floor to present all the trophies and medals from the latest XC Season.

After the clapping and cheering died down, we moved on the election of officers and members of Main Committee. Thanks were given to Tom Wackett (Men's Captain) and Helen Harrison (Run Leader Co-ordinator) who stepped down from Committee. None of the Committee positions were contested, so the following members were duly elected unopposed.

Re-Election of Officers

Jane Molloy – Chair

Louise Smith – Vice Chair

Sean Bowen - Secretary

Election of Officer – David Hale, Treasurer

Re-Election of Committee Members

Sue Fletcher

Markus Allen

Rebecca Barden

Hannah Frank

James Huish

Charlotte Jones

Sally Laflin

Sophie Packman

Chris Poole

Election of Member – Sidney Valentine

The meeting closed with Any Other Business, in which Sean Bowen was given approval by the attendees to a proposal for equalising age-groups and team composition at the Masters County Cross-Country championships.”



Photo above: Jane Molloy and Sean Bowen



Photo above: Rebecca Barden and Peter Harvey

parkrun roundup

GCR Pirates on Tour!

GCR pirates (**Sidney** and **Sarah Valentine**, *pictured below*) were on tour again! **Sidney** writes: "This time we set sale for Castle Park to collect our 6th C of 7 - the course is a lovely flat 2 lapper that weaves around the park, mainly trail or grass." Photo below – Pirates!



Wimbledon Common parkrun

A group of GCRs (*pictured, below*) were up at first light on Saturday to run Wimbledon Common parkrun. **Willow Gibson** writes: "We took the 6:22am from WGC, allowing us to arrive early and have a quiet breaky on route. We travelled into London together but split into 2 groups, one group travelling directly to the parkrun and the other group got off a bit earlier to do a 'parkrun Sandwich' (longer run incorporating the parkrun in the middle).

Barbara KL, Peter Jasko, Richard Somerset and **Stuart Wonfor** ran a lovely route planned by Barbara, through rural wooded London, including Camino Beverly Brook and Putney Heath.

Peter Laphorne, Sharon Stevens and **Willow Gibson** walked the lovely tree lined streets to meet the the other group there. About a 20 min walk from the tube.

Although we didn't spot any Wombling Wobbles, we all agreed that Wimbledon Common is a really nice parkrun. 2km from the nearest tube station (Southfields) or a longer run through one of the nearby parks (Richmond Park, Wimbledon Park). It is a flat 2 lap course, starting from the Windmill Museum and all on an easy woodland trail (just a bit lumpy because of the recent mud, but completely dry now). **Richard Somerset** completed the 5k run in 20:30,

followed by **Peter Jasko** in 21:10, **Barbara Kubis-Labiak** in 24:09, **Stuart Wonfor** in 24:09, **Sharon Stevens** in 29:46, **Peter Laphorne** in 31:42 and **Willow Gibson** in 36:37.

It's a beautiful and iconic place to run, especially for a New Zealander like me. It's a great place to run and I'd recommend taking the train/tube rather than driving, as the car park is very small. Give it a go! "



In other parkrun results, **Rebecca Cullers** was 13th lady at Markeaton in 25:00; **Justin Hill** finished 9th at Westmill in 20:23 and **Elaine Moore** in 29:53. At Panshanger, **Thomas Buzzard** was 6th overall in 18:54 and **Lucy Iles** was first lady in 25:08. At Maidenhead, **Robert Casserley** was third overall in 19:36. **James Huish** was first overall at Pocket parkrun in 17:56; **Hannah Frank** was second lady at Hunstanton Promenade in 25:32. At Broadwater, **Daniel Pudner** was seventh overall in 19:30 and **Steve Grout** finished in 27:10. At Bury Field, **Andrew Holt** was seventh in 21:15.

For full results of GCRs taking part in Saturday's parkruns, click [here](#) and please remember to share your parkrun adventures!

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 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

Save the Date: Welwyn 10K @ Panshanger Park, 25th June 2023

The word is out! This year's Welwyn 10k goes back to its roots as a trail race and is happening in a brand new location – Panshanger Park! This will be the first ever chip-timed

10k race within the park, and the route (ingeniously mapped out by **Chris Eland**) will take in all the main historical sites within the park, including the Great Oak, the Orangery, and the new plantation for the Queen's Green Canopy. As well as an exciting new location, we are aiming to make this race as environmentally responsible as we can, in line with the ethos of Panshanger Park. 2023 also sees the return of the kids' 2k race. As usual, all monies raised will be donated to the Welwyn Festival Charities. We are working closely in partnership with Tarmac and with Panshanger Park to make the event a huge success. This is where we need all the help we can get from everyone in the club! Do sign up to run, and spread the word far-and-wide to encourage others to join us on the day. Registration is open for both the adults' and the kids' races. Here is the link to more information and to enter online <https://my.raceresult.com/235110/info>

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

Further details on registration to follow.

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	Club will send out details via email
10		08/06/2023	MWRRL 3: Trent Park	Trent Park	free	Club will send out details via email
11	V	25/06/2023	Welwyn 10k	Panshanger Park	£20; £18 affiliated	https://my.raceresult.com/235110/info
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	July tbc	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	Details tbc
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/