



Garden City Runners News Release

4 June 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 as it's MWL Race 3 at Trent Park on **Thursday 8th June** there will be **no** organised club runs that evening.

On **Tuesday 6th June**, two groups have changed their departure locations:

- 10k and Faster Group will meet at the Ayot Greenway Car Park (AL6 9AD)
- 8k group will meet at by the Digswell Viaduct by the Digswell Tennis Club (AL6 0DB)

In Memory of Peter Westlake

The Club has made a donation to Dementia UK in memory of former Chairman, Peter Westlake and his many years of membership and service to GCR. In response, we received this email from the Charity:

"Thank you so much for the kind donation of £250.00 in memory of your late former chair, Peter Westlake. I'm so sorry to hear of your loss and really appreciate you thinking of us at this time.

Gifts in memory are not only an incredibly special way for family and friends to remember a loved one, but they also fund our life-changing work supporting families affected by dementia.

This kind donation will mean our specialist dementia nurses, known as Admiral Nurses, can offer a lifeline to more families when they need it most - like Karen, who was supported by Admiral Nurse Sue after her dad was diagnosed with dementia.

"Sue was very calming and was able to put us at ease. She would always keep us in the picture about Dad's condition when he was in hospital. After Dad sadly died, Sue kept in touch and reassured us that our emotions were completely normal and that it was fine to feel this way. She was a great support to us during this time, and even came to his funeral. I hope more families can receive the support of an Admiral Nurse - they are worth their weight in gold."

Thank you again for supporting Dementia UK in memory of your former chair, Peter Westlake. With your support, no one will have to face dementia alone."

Midweek Road Race League 2 – St Albans



Well over a hundred GCR members ran the second Midweek Road Race last week, hosted by St Albans Striders. Congratulations to BRADLEY BIRCH who was once again, our first male runner over the line in a (provisional) time of 33.08 and to JULIET VINE who was first lady for GCR (and third overall in the women's race) in a (provisional) time of 37:19.

Chase the Sun 50k – Becca Hayden

On Saturday Becca Hayden (*pictured showing off her haul of goodies*) headed over to Maidenhead to take part in the Race the Sun 50k ultra marathon organised by Racing Line Running. The event started at 12pm with the challenge of finishing before sunset. Becca reports, "(T)he sun was shining and it was already very hot when we set off, but it was such a lovely day to be out in the countryside around Dorney Lake, Windsor and the Thames. The route consisted of two different loops in a figure of eight and was made up of trails, towpaths and woodlands.



The course was very well signposted and there were checkpoints where we could top up fluids and even have a shower down with a hose and a sponge down with cold water! I got a bit overheated at mile 28 and had to stop and take a few deep breaths to calm my anxiety down. But was very proud that I managed to keep going, and crossed the finish line in a time of 4:52:31 and came in 3rd lady."

The Pollards Tackle the Coombe Hill Fell Race

Under a clear blue sky, Ceri and Jack Pollard took on the Coombe Hill Fell Race, organised by Tring Running Club. The 7km route started in Wendover, climbing through woodland before a descent that was somehow more gruelling than the following steep climb to the peak of Coombe Hill. No results yet but a great race on a beautiful challenging route.



Nice day for it ... Ceri and Jack make the most of the sunshine

The Grafman – Spencer White

On Sunday, Spencer White took part in The Grafman, a middle-distance triathlon at Grafham Water. Spencer reports, “(T)he race went very well and I felt strong at the end of the run which is good news for the approaching full iron distance triathlon in July.

Overall time including transitions: 5 hours 48 mins.

- 2000m swim - 37 mins (PB)
- Bike - 90km - just over 3 hours.
- Run (half marathon) - 1 hour 40 mins.”



Spencer gives the previous six hours the thumbs up!

Torshavn Marathon - 5.5km distance

Jacqueline McCallum reports from the Faroe Islands:

"A beautiful but rather unforgiving course (first 3km had 60m of ascent) in Torshavn, the tiny capital of the Faroe Islands. The weather was sunny and windy with occasionally challenging headwinds.



Jacqueline is waved off by ghostly apparitions gathered at the windows

The race itself was brilliantly organised with all distances and the walkers starting at the same time. They had runners from 32 different nations and the atmosphere was friendly and inclusive.

Having ground through the uphill from the start until 3km, the downhill descent from 3.5km to the finish was very welcome! I got through the finish in about 40 mins, was far from last, and got a name check for myself and the club as I bounced over the finish line. Chip time tbc at time of writing. Highly recommend this event, the Faroes are incredibly beautiful and well worth a visit! "

parkrun roundup

A total of 112 GCRs ventured out on Saturday morning to run around parks, paths and promenades, and with height of summer fast approaching we're starting to see a few more far-flung locations in the mix.

In Putrajaya, Malaysia LIZZIE BELCHER was second lady across the finish in 33:04 while in Mensola, Italy, FREDI GILIBERTI was 16th finisher in a time of 26:23. Further north,

SAMANTHA HASTIE tackled Amager Strandpark in Copenhagen in a time of 32:09. Finally, in Alstervorland (Hamburg), Germany a quartet of GCRs started a parkrun tourism weekend with LUCY ILES, MICHAEL SCUTT, LOUISE SMITH and SUE FLETCHER all completing this two-lapper on the shore of the *Aussenalster*. Lucy even managed to pick up a volunteering stint to boot.

Closer to home MAGGIE WRIGHT was fourth lady at Westmill in 28:59, HIRAN FERNANDO took in the bracing sea air in Southend with a time of 26:35 and CAROLINE GRIFFIN ventured to Hornchurch to complete Harrow Lodge in 24:51.

At Panshanger MARTHA HALL was first lady across the line in 21:31 with REBECCA BARDEN third in 24:08. Congratulations to GARY LEHMUSSAARI, CHRISSY JOHNSON and ALISON PATERSON for knocking out a PB at the same parkrun.

Finally at Jersey Farm, CHRIS BAYLIS was second in 18:29 and JULIET VINE was fifth (and first lady) in 19:03 a three-second PB for her at this course.

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. **See above for location changes for some groups this Tuesday only.** 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 NO ORGANISED GROUP RUNS ON THURSDAY 8 JUNE

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	Completed
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
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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/