Garden City Runners News Release

18 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

Stour Valley Marathon

Ultra-running legend **Nick Genever** took on the Stour Valley Marathon, a self-navigation trail race around the Dedham Vale AONB (aka Constable Country) using the Stour Valley Path, St Edmund's Way and the Essex Way. Nick completed the 27.8 mile course in 11th place in a time of 4:17.

Trent Park Triffic Trail 10K

A small and very hardy group of GCRs returned to Trent Park to tackle this alliterative tricky but 'triffic' trail race. **Jamie Rose** was 21st overall in 42:58; **Thomas Parmley** ran in 56:11, and **Kath Evans** in 1:12:56.

parkrun roundup

Another warm morning did not deter hardy GCRs who ventured out to run around parks, paths and promenades. At Panshanger, **Thomas Buzzard** was 7th overall in 19:25 and **Chris Eland** 8th in 19:28. First lady was (we hope) a GCR of the future, **Paige Wadley**, who ran in 22:31, and second female was **Lucy Iles** in 24:02. There was a big cheer for **Jacqueline McCallum**, who ran her 100th parkrun in 40:43. **Bruce Judge** was 3rd overall at Swansea Bay in 17:59 and **Andrew Holt** 7th at Salcey Forest in 20:50.

Jo Grant travelled to her home parkrun in Coventry, a very nice two lap course in the Memorial Park. Sadly there was no sign of local resident David Moorcroft this time!
Jo *(pictured below)* finished 23rd female out of a total of 578 runners in a time of 26:02.

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.

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

Last chance to enter! 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

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	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	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/CC	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/