



Garden City Runners News Release

12 May 2024

Please send reports of races and milestones, with photos if available, before early Sunday evening for (almost) guaranteed inclusion, to results@gardencityrunners.org.uk

<i>In this week's newsletter...</i>	
Race & Run Reports	UTMB - Ultra Trail Snowdonia 50k Ricky Races Phoenix 5 Staines upon Thames 10k parkrun roundup
Future Events	Mid-Week League GCR Club Championships 2024 GCR Avery League 2024
Regular Training	Tuesday Group Runs Tuesday Intervals Thursday Group Runs Track Intervals Circuit Training
Other	Club Kit Strava Join GCR

UTMB - Ultra Trail Snowdonia 50k

Behzaad Ghouse and **Thippawan Rashleigh** know that nothing good comes easy, all good things take some time, and so they set out Saturday 11th May to take on the challenge of the Ultra Trail Snowdonia event. Thippi sent in this report:

"Behzaad did brilliantly well, pushed through the finished line before the cutoff time. On his Strava, he reported "Absolutely brutal and very hot from the start! The odds were stacking against us. Managed to make it to CP2 with 2 minutes spare and CP3, the final CP, with 4 minutes spare. Almost throw in the towel thrice! Legs are destroyed!"

Behzaad completed in 14 hours and 3 minutes.

It's a DNF race for me: I missed the last checkpoint cutoff time, but did carry on to complete the course, 2.5 hours after Behzaad. Like Behzaad said, it's absolutely hot. The first CP doesn't have food either, you need to plan well on nutrition and extra drinks. On CP2, I was the last 50k-er to get in so no food left.

It's very tough course with lots of climbing; however, it's absolutely stunning landscape. If anyone is new to mountain trail running, I recommend the 25km route, which I did it last year (it's much more enjoyable and will not break your legs).

UTMB is a big brand so their entry fees are higher than other organisations.

Overall, I enjoyed the race and the view, hoping to go back for 100k next year..."



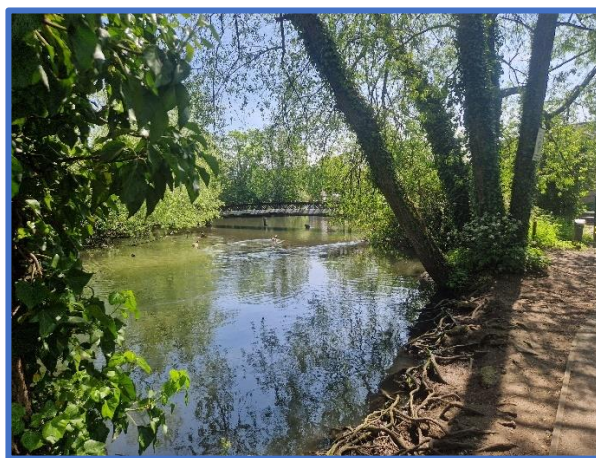


Behzaad Ghouse, above, and Thippi Rashleigh, below



Ricky Races 3

Nadine Dwyer (our Penelope Pitstop, pictured below, favouring a more sensible purple t-shirt instead of pink racing jacket and helmet) took part in the wacky-sounding Ricky Races this week. Nadine reports: "Fancied a longer midweek run and signed up to the Ricky Races at Rickmansworth Aquadrome on Thursday 9th May at very short notice. It's a lapped event and normally on a 5k-ish course but due to flooding, we were down to using a 1-mile loop. The sunny weather brought everyone out, so there was a lot of swerving around walkers and cyclists. I completed my 26 loops for the marathon and had a lovely day out. That was my first experience of a long run on a very short loop - didn't actually mind it but I think the scenery/conditions on the day helped."



Phoenix 5

A few GCRs braved the Sunday heatwave and completed the Phoenix 5-mile race on Sunday 12th May, organised by Stevenage's new running club. Billed on its website as "a 5-mile race run on entirely on tarmac with no road crossings. It passes through green areas in Stevenage and the iconic Lamex Stadium. You'll also get a great view of the new wooded area in Fairlands Valley south containing 4,000 newly planted trees. Willow Gibson reports "Really lovely local race with super friendly marshals and great medal!"



Results of those listed as 'Garden City Runners' are below - full results are available [here](#).



Name	Gun Time	Chip Time
Craig Brown	32:33	32:32
Andy Morgan	34:46	34:40
Aiden Dwyer	43:56	43:19
Beata Macienko-Marszalek	44:01	43:53
Hayley Connolly	46:40	46:09
Miles Hubbard	49:21	48:28
Emon Martin	49:44	49:25
Brian Robbins	49:57	49:20
Shena Lancaster	51:25	50:35
Nadine Dwyer	53:28	52:44
Bernadette Newby	1:00:37	59:49
Wayne Aylott	1:04:38	1:03:42
Jane Molloy	1:08:50	1:07:41
Charlotte Jones	1:12:57	1:11:45
Tendy St Francis	1:12:57	1:11:45
Willow Gibson	1:12:57	1:11:46

Staines-upon-Thames 10K

Jennifer Williams and **Bruce Judge** travelled to Staines-upon-Thames on Sunday 12th May, to race the 10K, which is a renowned flat, fast course. Jen was paced round by Bruce on a warm and sunny morning. With even pacing and crowds en route Jen managed to achieve a great PB of 53:35. Jen commented on her race, "That was a tough pace for me and really hot towards the end but I am so pleased to have smashed my 10K PB". Results available [here](#).



parkrun roundup

*****Panshanger parkrun is cancelled this Saturday 18th May due to another event happening in the park. Please pass on the message to your parkrun buddies*****

Ready or not, 103 GCRs thought "we'll give it a shot" and headed out to parkrun on Saturday morning. 39 GCRs were spied stepping onto the Panshanger course, where **Joe Ainsbro** (3rd, in 18:55), **Martin Mitchell**, (8th, in a new course PB of 19:31) and **Bruce Judge** (9th, in 19:39) made the top ten for the men. **Rebecca Barden** was 7th lady in 24:34 and **Alex Faulkner** was 10th lady in 25:27. **Dom Thomas** ran his 100th Panshanger parkrun and **Aiden Dwyer** got a new course PB of 26:03.

At Stevenage, **Caroline Hale** was first lady in 21:52 and **Felicity Wadley** was 8th lady in a new course PB of 24:23. **Alison Paterson** also achieved a new course PB of 29:50.

Jim Davis completed his 350th parkrun at Beach Strip (Canada).

Top 10 finishers elsewhere were as follows:

- **Neil Hume** was 7th at Rutland Water in a new course PB of 18:45
- **Lucy Iles** was 6th lady in 23:08 at Castle Park, thus completing the challenge of running all of the Hertfordshire parkruns (currently 14) and achieving Queen of Herts status
- **Matthew Renney** was 8th at Denton Dene in 22:17



Course PBs were achieved by **Sharon Stephens** at Chichester, **Louise Smith** at Rothay Park.

Other parkrun locations attended by touring GCRs were: Aldenham, Ally Pally, Barclay, Battlestead Croft, Belvoir Castle, Black Park, Brabrand (Denmark), Church Mead, Ekebergsletta (Norway), Haverhill, Henlow Bridge Lakes, Kesgrave, Leavesden Country, Lordship Recreation Ground, Luton Wardown, Millennium Country, Monsal Trail, Netley Abbey, Oak Hill, Peckham Rye, Pocket, Rickmansworth, Severn Bridge, St Albans, Westmill, Wimpole Estate, Woolacombe Dunes

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 1 Stevenage 

Here are the details for the first race:

- Stevenage Hosts
- Wednesday 15th May
- Ridlins Athletics Track SG2 9QZ
- Start time 19:45

If you fancy a pre race warm up and drills please be ready for 19:10. We have arranged a coach to ferry runners there and back. Pick up from: The Stanborough, Stanborough Road, WGC, AL8 6DQ. Departure – 18:40 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. If you paid for a seat on the XC coach to Royston, please just confirm that you would like a seat - no need to pay.

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	End July (tbc)
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	tbc	Completed
8	15 th May	MWRRL #1	Stevenage	Free	Club will send out details via email
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	tbc	Details tbc
13 (V)	10 th July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Club will send out details via email
14	End July (tbc)	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

****From this week (Tuesday 14th May), the dance studio is fully booked out, meaning access for the studio for GCR is 18:15 and we need to vacate the studio by 18:30. Please be ready for the pre-run announcements before 18:30.****

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 in all sizes, **and *new* a cosy GCR-branded woolly hat**. See club website for photos. All items are £20 (£19.99 if you pay by bank transfer) except for the hats which are £12.

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/