



## Garden City Runners News Release

13 October 2024

### GCRs chase PBs at chilly North Chilterns 50K

As results from the first Sunday League XC race of the season in Hoddesdon were not available at press time—and coverage will therefore appear in next week’s newsletter—we move instead slightly north and west to the Chilterns, where six GCRs took part in a challenging 50K looped trail run starting at Putteridge Bury, in Luton. One of them was **Nikki Cowen**, who reports, “It was a very chilly start but beautiful weather. The course was very well signposted and marshalled—extremely hilly but offering stunning views. There were

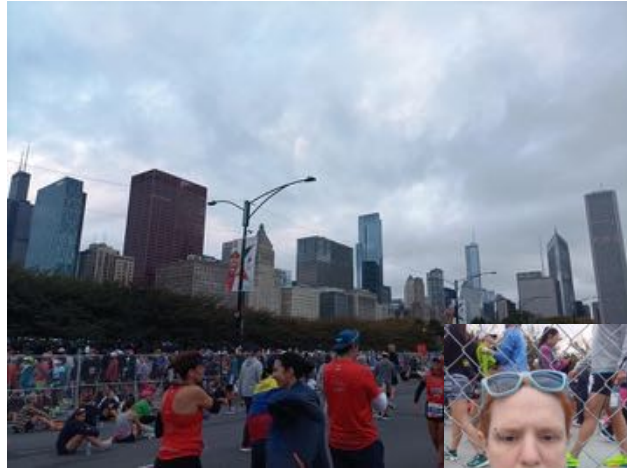


three checkpoints en route with plenty of refreshments and friendly marshals, all willing to fill bottles with water. The trails were perfect and definitely one to do if you like 50k!” Her own time was 5:36.07 ... which she was “over the moon with,” as she had been anticipating 6 hours-plus.

Other results: The evergreen **Nick Genever** finished in 4:55:26; **Peter Jasko** in 4:59:00; **Andrew Ackrill** in 5:11:13; **Malcolm Baron** in 5:50:32, and **Stuart Whitford** 6:03:04.

## Chicago Marathon

**Gemma Sloan** competed in the Chicago Marathon. She writes, "After reading stories online about people waiting 45 minutes to get through security last year I headed over to the corrals really early and promptly wished I hadn't as I was through in seconds. As a result my feet were already aching from standing around before we even started. I went off too fast and missed a lot of the mile markers so wasn't able to adjust until about five miles in but then got into a good rhythm. The temperature at the start was perfect but it soon got far too hot for a freckly ginger like me to be comfortable!"

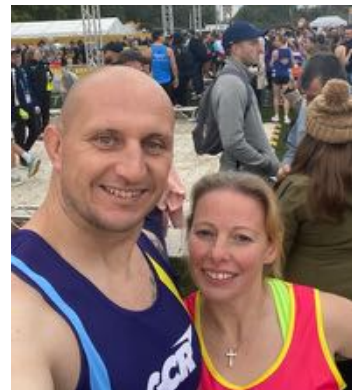


"Unfortunately on Saturday afternoon I had been feeling unwell but was more or less ok on the morning of the run. However, between 30k-35km it made a reappearance and my only thought through that section was not to 'do a Paula Radcliffe'. Thankfully the feeling passed but I did have to pull back a bit and so missed my target time. But I was pleased to get round in one piece."

"Chicago is a beautiful city and I am really pleased to have finally completed it after having to defer last year."

## Royal Parks Half Marathon

Several GCRs ran the Royal Parks Half Marathon including **Helen** and **Daniel Ashcroft** (*pictured right*). Helen set a PB (in 2:08.32) while Daniel completed the course in 1:41.46. He described it as "a great race, and a very well organised event set in the heart of London."



Also running was **Lee Wood**. He writes, "I have been ill with GI issues pretty much continually since March 2023 and at times have been unable to run continually for five minutes due to the discomfort, and I've not done many races longer than 5 or 10km. And so I'm delighted to be back to comfortably running a half marathon again even if I am a lot slower than I used to be."

He says that despite being incredibly crowded (with parts of the route and infrastructure seemingly unable to cope with 18,000 runners) it's possibly his favourite ever half. "I was a bit concerned that the course, with over half being in Hyde Park, would be dull, but the atmosphere was electric."



Lee (*pictured left*) ran for "an amazing" suicide prevention charity based in London who supported him in 2022 when his mental health was at its worst. "Our small team of runners have raised enough for over 50 people to access immediate, ongoing face to face support which I'm really proud to have been a small part of. Any donations would be amazing and thankfully received!"

Finally **Ricardo Neto** (*right*) ran for the National Deaf Children Society, finishing in 1:34. He said the best part was having his daughter waiting at the end of the race.

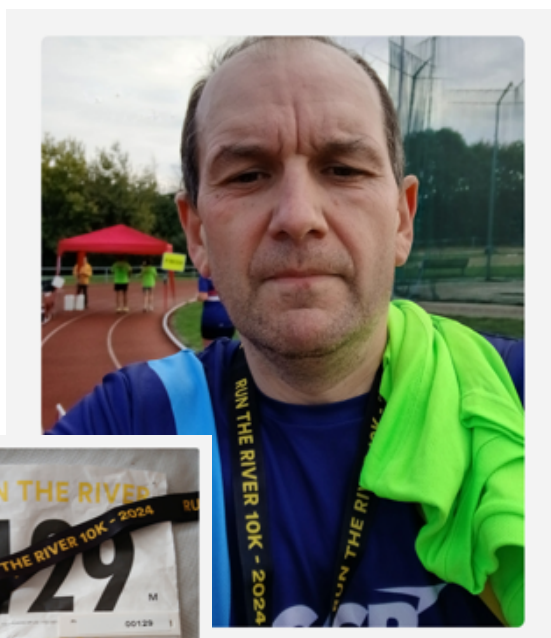


## Leicester Half

**Andy Morgan** completed the Leicester Half Marathon in an excellent time of 1:42. He described it as "a great course, and I'm very happy with the result."

## Run The River 10K

**Dave Goosetree** (*right*) took part in Edmonton Running Club's latest *Run the River 10K*, completing the course in 53.24. He says, "Even though this wasn't a PB, it was close, as my PB was 53.18 achieved in Essendon in 2023. But this was a race that I had done a few years previously, and one of my first 10K's at the start of my running journey. When I first did this race in 2016 I finished in 59.27. So this was a good result."



## HERCULES Labour Twelve

**Nadine** and **Aiden Dwyer** (*pictured below*) returned to the Thames for a Half Marathon — the 'Hercules Labour Twelve - Cerberus', organised by Phoenix Running. This was the 12th



(and final) event in a series of running events or "labours" to complete. Aiden writes, "On a roughly 5k lapped course along the Thames towpath, we both completed our four laps for the half-marathon and were rewarded with another 'beast' of a medal!



"As always, this was a very friendly event with the same core group of runners but also some first-timers braving the towpath on a very cold morning. Thanks to the rolling start option, most runners are well on the way before 8am, before the towpath starts getting busy with walkers and the rowers setting up. Lots of milestones were being celebrated at this event: a first marathon, a 100th half-marathon, a 100th marathon and even a 500th marathon! We are still way off from reaching these numbers but who knows, maybe one day..."



### **Great Eastern Peterborough Half**

**Chris Jones** ran the Great Eastern Peterborough Half, finishing 114th in 1:18:05—a new PB by almost 30secs. He writes, "It was not the most scenic race, running round suburbs of Peterborough, but was as pretty flat course so good for times."

### **parkrun Roundup**

GCR were represented by 112 runners at this weekend's parkruns. Our local parkrun at Panshanger was celebrating its 10<sup>th</sup> anniversary, where coffee and cake were served afterwards, courtesy of Tarmac and the 1st Scouts—so it seems fitting to start there. **Paul Guy** finished an agonising 2<sup>nd</sup> in 18:41, beaten by the teenage zest of **Jake White**, some 8 secs ahead, with **Matt Baker** finishing 8<sup>th</sup> in 19:51. Young **Henry Bostock** (in the JM10 category) scored an excellent PB of 23:53, doing the Bostock family proud. In Bedford **Jamie Rose** finished 15<sup>th</sup> in 20:31, and at Stevenage **Tom Wackett** finished 11<sup>th</sup> in 20:14, with

**Maisie Potter** PBing in 33:45. A big shout out to **Jess Timmins**, first lady home at Blickling with a staggering time of 20:59. Congrats too to **Mark Seaman**, whose 28:50 at Cassiobury was his fastest in a long while at Opole in Poland, **Barbara Kubis-Labiak** was first lady home in 24:49, earning her 15<sup>th</sup> place overall. Finally, special commendation to **Peter McKenzie**, whose time of 19:04 at Lydney earned him 2nd place. Full results for GCRs taking part in this week's parkruns are available [here](#).

### **Winter Jackets**

It's that time of year when GCR's Winter Jackets are up for grabs. Says **Martha Hall**, "The price is dependent on how many orders I get but is usually around the £45 mark." Let know by October 20 if you'd like one, by emailing [mahall28@hotmail.com](mailto:mahall28@hotmail.com).



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### **GCR Christmas Party**

**Sophie Packman** says she still has some tickets remaining for GCR's Christmas Party on December 6 (on a first come first serve basis). Please email her your food choice ([sophie.packman@meuk.mee.com](mailto:sophie.packman@meuk.mee.com)) and send a deposit of £20 or full amount £55 asap (drink on arrival, plus three-course dinner & DJ. Menu and The View, venue details on the link. <https://www.theviewwelwyn.co.uk/christmas-2024/>. Bank details: Name: Anne-Sophie Packman. Sort code: 070806. Account number: 34950676

### **Other dates for the diary**

Sophie also gives indication of two other exciting upcoming events. On December 18 the GCR London Marathon Draw will take place, from 7pm upstairs at Postinos Lounge (with first drink free). She invites anyone who wants to join her and pay for their food ahead to let her know.

And an advanced date (for anyone who now has their 2025 diaries): March 15, 2025 is the date for next year's GCR Awards Night. Venue to be confirmed.

### **Ricky Road Run's 40th**

The upcoming Ricky Road Run—a 10-mile charity road race through Chorleywood and Rickmansworth—celebrates its 40th anniversary this year on October 27. Details: <https://www.rickyroadrun.co.uk/>

## **Sunday League XC Fixtures**

The following preliminary race schedules for the XC League are now confirmed. All times are 10:30am start, unless otherwise stated.

27 October - Royston

3 November - Trent Park

15 December - Fairlands Valley, Stevenage

16 February - Cassiobury Park, Watford

## **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:

<b>Race #</b>	<b>Event</b>	<b>Date</b>
1	Fred Hughes 10	21 <sup>st</sup> January
2	Watford Half	4 <sup>th</sup> February
3	Panshanger parkrun	9 <sup>th</sup> March
4	Flitwick 10k	14 <sup>th</sup> April
5	St Albans Half	9 <sup>th</sup> June
6	FVS 3k Relay	End July (tbc)
7	Stevenage 10k	15 <sup>th</sup> September
8	ATW Hatfield 5	24 <sup>th</sup> 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!

<b>Avery Event #</b>	<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Cost</b> <i>Registration fees may apply</i>	<b>Status / Notes</b>
1	21 <sup>st</sup> January	Fred Hughes 10	St Albans	£20.00 aff.	Completed
2	4 <sup>th</sup> 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 <sup>th</sup> March	Panshanger parkrun	Panshanger Park	Free	Completed
5	24 <sup>th</sup> 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 <sup>th</sup> April	Flitwick 10k	Flitwick	£18.00 aff.	Completed
7	6 <sup>th</sup> May	Kimpton Fun Run 10k	Kimpton	tbc	Completed
8	15 <sup>th</sup> May	MWRRL #1	Stevenage	Free	Completed
9	23 <sup>rd</sup> May	MWRRL #2	Ware	Free	Completed
10	4 <sup>th</sup> June	MWRRL #3	Royston	Free	Completed
11	27 <sup>th</sup> June	MWRRL #4	Trent Park	Free	Completed

12 (V)	30 <sup>th</sup> June	Welwyn 10k	Panshanger Park	tbc	Completed
13 (V)	10 <sup>th</sup> July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Completed
14	18 <sup>th</sup> July	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Completed
15 (V)	4 <sup>th</sup> August	GCR Centenary 20.2k	WGC Centenary Route	Free	Completed
16 (V)	4 <sup>th</sup> September	Hatfield 5k #2 (Vets)	Hatfield	tbc	Completed
17	15 <sup>th</sup> September	Stevenage 10k	Stevenage	£18.00 aff.	Completed
18	13 <sup>th</sup> October	SXCL #1	Barclay Park	Free	Completed
19	20 <sup>th</sup> October	Stevenage Half Marathon & Marathon	Stevenage	tbc	<a href="#">Register here</a>
20	27 <sup>th</sup> October	SXCL #2	Royston	Free	Club will send out details via email
21	3 <sup>rd</sup> November	SXCL #3	Trent Park	Free	Club will send out details via email
22	24 <sup>th</sup> November	Hatfield 5	Hatfield	£22.00 early-bird aff.	<a href="#">Register here</a>
23 (V)	Early December (tbc)	Festive 5	WGC	tbc	Club will send out details via email
24	15 December	SXCL #4	Fairlands Valley, Stevenage	Free	Club will send out details via email
25	16 <sup>th</sup> February	SXCL #5	Cassiobury Park, Watford	Free	Club will send out details via email



## **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. Those attending by car are asked to **park in the school car park (Herns Lane)** and not the Sports Centre car park (Appletree Way).

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
11k	5 – 5:30	8 – 8:30

## **Interval Sessions: Tuesdays 6:45pm start, from various locations**

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 6:20pm for 6.30pm start, Campus West**

Thursday group run meets at Campus West on the steps outside the library. The What3Words location for the start is for start location: <https://w3w.co/eager.bliss.stuff>. 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
7-8km	Route to take approximately an hour
9-10km	Route to take approximately an hour
Introduction to intervals	This is often time-based intervals rather than distance

## **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 of parking charges at Gosling Sports Park:**

<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. See club website for photos. Vests, t-shirts and long sleeved tops are £21 jackets 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](mailto:rich.somerset@ntlworld.com) to arrange pick-up.

"Puffa" jackets are also available for £42, please contact Martha Hall on: [ma-hall28@hotmail.com](mailto: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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)

*Please send reports of races and milestones, with photos if available, before 7pm Sunday evening for (almost) guaranteed inclusion, to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)*

