



Garden City Runners News Release

14 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

ERYRI 25K (part of the UTS [UTMB World Series])

Thippi Rashleigh is feeling on top of the world (or at least on top of Wales) after conquering Snowdon on Saturday 13th May. Thippi (*pictured left*) reports:

"I just did UTMB Snowdonia 25km. It took me 4hour 54 minutes! I came in 354th out of 449. It came as a surprise to me as I expected to be the last for my first time.

It's a fantastic race, the run that you can't run! So hilly. The first 8-9km just climbing up, up and up right from the start. Then you meet the summit at about 1300m high. It's an amazing view. After that, 8-9km of the route descending down...Still can't run either, as it's so steep downhill on the ridge with spiky rocks and loose gravel. Then you pass through a bog, one after another, and climb another smaller hill. The last 6km is a nice route, smooth coming down, on the way back. This is when you can run but your legs are already too tired to run! 😊

I am so glad I did it on time. We had gorgeous weather. Absolutely love every minute of it, I am doing it again next year but 50km! 😊 Hopefully some of GCRs will join me next time."



Results of UTS events are available [here](#) (including results for **Chris Eland's** UTS 100k event).



HSV Sprint Triathlon

Six GCRs were up early on the morning of Sunday 14th May to take part in the HSV Sprint Triathlon. **James Dunmore** sent this report:

“**Richard Robinson** and I took part in the HSV sprint triathlon (run by TriForce and ATW). A very early Sunday morning start, being in the pool for a 400m pulse start swim just after 6:30am. Fast transition to an out-and-back loop blasting along Cooper's Green Lane and looping Jersey Farm estate and hill. Good conditions, although a little misty on the visor!

Once back, a 5k blast through Ellenbrook fields. Very happy with my time, over 3 minutes quicker than last year. A very well organised event and a great start to the triathlon season.

My splits were: Swim 7:41; T1 1:39; Bike 43:32; T2 0:58; Run 20:27. Total 1:14:21 for 29th overall and 5th in category. Richard finished 1:16:48 (but I don't have his splits).”

Barbara Kubis-Labiak, for whom this is an annual event, says that it's a great start to the Tri season. Barbara (*pictured left*) writes: “Great atmosphere, super early start and so many friendly faces! Did the 400m pool swim in 11:38, 21k ride in 50:30 and 5k run in 26:03. Total time 1:32:03, 7th in my age category.”



Results of HSV Triathlon are available [here](#) (including results for other participating GCRs **Johan Preis, Michael Wise** and **Katy Hayes**).

LDWA South Downs Marathon

Nick Genever is feeling anything but down after a great result on the south coast on Sunday 14th May. Nick reports:

“The LDWA (Long Distance Walkers Association) South Downs Marathon is an event for walkers and runners to self-navigate a route around the scenic South Downs near Eastbourne. The course started by going up and down four of the Seven Sisters cliffs then headed inland to tackle some big hills on the South Downs Way. I finished the 28-mile route in 4:41 in 1st place, 23 minutes faster than my best time for this race 6 years ago. The total ascent was 1,258m.”

For those interested, route descriptions and a map can be found on the LDWA Sussex website [here](#).

Halstead and Essex Marathon

Daniel Pudner reports:

“I ran the Halstead and Essex marathon today. The course runs mostly through picturesque country lanes and is quite undulating. The weather conditions were great until 20 miles when the sun came out and cooked me all the way home. I entered this race on a whim, as it was soon after London Marathon where I had a rain-induced foot disaster. I was pleased to finish in 2:55:55, 13th/221, and was rewarded with a garish neon green finishers vest.”

Results of the Halstead and Essex marathon are available [here](#).

London Bridges Adventure

Rebecca Barden has sent this report of Saturday morning capers in the capital:

“On a chilly Saturday morning (13th May), a group of six GCRs - **Rob Jones, Stu Whitford, Nikki Cowen, Belinda McGinley, Anna Lillie** and I - set off from Putney Bridge underground station on a London bridges adventure. The hardy sextet, following a 14-mile route devised by Rob and led by Stu, criss-crossed fifteen bridges over the Thames, dodging tourists, buses, bikes and roadworks and soaking up glorious views of the London skyline as they ran. Rob used his extensive knowledge of London's rich history to keep the team entertained, pointing out sights and stories along the way. In Battersea Park we took a diversion to visit the statue of Brown Dog, erected to commemorate animal victims of experimentation, and the subject of a fierce controversy in Edwardian times, that saw battles between Swedish feminists and medical students, and the London Peace Pagoda, one of eighty pagodas built as part of Buddhist monk Nichidatsu Fujii's advocacy for world peace and non-violence. After posing for a finish photo on Tower Bridge, the group repaired to Manze's Pie Shop on Tower Bridge Road for a strengthening lunch of pie and mash.”





parkrun roundup

106 GCRs didn't fancy a lie-in and were out parkrunning this Saturday.

Thirty-five GCRs attended Panshanger parkrun. **Juliet Vine** and **Martha Hall** finished as 1st and 2nd ladies, in 19:37 (a PB!) and 21:54, respectively. Other top ten finishers were **Rob Casserley** and **Steve Ellerd-Elliott**, 5th and 7th overall in 18:45 and 20:08, respectively. **Vicky Rogers** and **Mark Caswell** both completed their 50th parkruns!

At Stevenage, 23 GCRs participated, with **Chris Jones** finishing in 3rd overall in 18:45. **Alex Faulkner** and **Caroline Hale** took 2nd and 3rd places for the ladies, in 22:13 (PB by 1 minute for Alex!) and 22:30, respectively.

Willow Gibson sent this report on a spot of parkrun touring: "We travelled an hour north to run 'I' for Irchester, which is based in picturesque Irchester Country park, Northamptonshire. The Waendel Walk was place while we ran, so it was a hive of activity with parkrunners and the walkers, who were very friendly, saying hi and cheering us on. It was a nice 5km, all on wide gravel paths, and undulating hills, nothing too steep. Well done to everyone who ran and shoutout to Lucy, who was 2nd lady overall! Very impressive running. **Richard Somerset** 20:10 (1st GCR); **Lucy Iles** 23:15 (2nd GCR, 2nd lady); **Johan Preis** 23:40; **Emon Martin** 24:15; **Barbara Kubis-Labiak** 24:28 (4th lady and running with

Luna, her Border Collie); **Ann Hayden** 28:51; **Willow Gibson** 37:00 (grateful for friends who wait for me to finish 😊) I'd recommend this parkrun and it's definitely worth the travel distance. This parkrun has (paid) parking, toilets and a dog friendly cafe." The cafe was great and managed to do Lucy's tourist-parkrun-breakfast-of-choice: the Toasted Teabacon (a toasted teacake with bacon – don't knock it til you've tried it).



Top ten finishers at other locations were as follows:

- **Rebecca Cullers** was 7th lady 24:10 at Moors Valley
- **Lizzie Belcher** was 5th lady in 27:50 at Presint 18, Putrajaya
- **Lee Mansfield** was 9th overall (8th man) at Great Yarmouth North Beach – the hardest parkrun in the UK! 27:44
- **Jo Grant** was 6th lady at Leavesden Country in 26:28

Well done to these GCRs who achieved PBs at these courses: **Ilona Peva** (27:00 at St Albans); **Neil Brittain** (19:42 at Rickmansworth); **Sarah Durston** (24:43 at Stevenage); **Gail Munro** (29:31 at Stevenage); **Wendy Leversuch** (33:21 at Stevenage), **Robin Clementson** (22:23 at Panshanger); **Dave Faulkner** (29:31 at The Old Showfield)

Other parkruns not already mentioned attended by GCRs included: Aldenham; Barnstaple; Bolberry Down; Bury St Edmunds; Chelmsford Central; Donaupark (Ah! Vienna!); Eastleigh; Gunnersbury; Hampstead Heath; Henlow Bridge Lakes; Kingston (not the Australian one 😊); Newent (Forest of Dean); Nonsuch; Pocket; Pollok (Glasgow); Preston Park (Brighton); Salcey Forest; Victoria Dock; Westmill.

No news this week from our roaming pirates...

Full results for all GCRs taking part in parkruns can be found [here](#).

Beginners Course

The latest beginners couch-to-5k course started last week on Tuesday, 9 May. If you know anyone who might still like to join, please let them know. As usual, the course will be led by encouraging and enthusiastic Run Leaders who are experienced in working with running novices. Those wanting to join the programme should come along to the Sports Centre at Ridgeway Academy at around 6.15 pm on Tuesday, to be registered and to ask any questions they might have.

GCR AGM and Presentation of XC Awards – 7.30 pm Monday, 22 May 2023

This year's AGM will take place in Attimore Hall at Ridgeway Academy. All members are encouraged to attend, to hear more about what's happening in the Club, ask any questions you might have, and contribute ideas.

In addition to the AGM, we will also be doing the XC Awards Presentation, as the season's rearranged fixtures only finished after our own Awards evening in March.

AGENDA

1. To receive the Chair's Report.
2. To receive the Treasurer's Report and Financial Statements.
3. To receive the Membership Secretary's Report.
4. To receive the Captains' Report.
5. Presentation of XC Awards
6. Election of Officers.
7. Election of Committee Members.
8. Any Other Business

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>



Scenic Panshanger park, site of this year's Welwyn 10K

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.

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.

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.

Event 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	17/05/2023	Club will send out details via email
9		31/05/2023	MWRRL 2: St Albans (St Albans Striders)	St Albans	31/05/2023	Club will send out details via email
10		08/06/2023	MWRRL 3: Trent Park	Trent Park	08/06/2023	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		29/06/2023	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/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	Details tbc
18	CC	1/10/2023	Standalone 10k	Letchworth	£18.00 affiliated	http://www.nhrr.org.uk/standalone-10k.html
19		15/0/2023	XC 1	tbc	free	Club will send out details via email
20	CC	22/10/2023	Stevenage Half Marathon	Stevenage	£28.00 affiliated	https://stevenagehalfmarathon.org.uk/
21		29/10/2023	XC 2	tbc	free	Club will send out details via email
22		5/11/2023	XC 3	Stevenage tbc	free	Club will send out details via email
23	CC	26/11/2023	Hatfield 5	Hatfield	£22.26	http://hatfield5mile.co.uk/
24		17/12-2023	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/