



Garden City Runners News Release

25 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

Welwyn 10K

Barbara Kubis-Labiak did an outstanding job as Race Director for the Welwyn 10k in its first outing in the new location of Panshanger Park, ably assisted by **Richard Somerset** who was in charge of the children's 2km fun run. Huge congratulations to Barbara, as well as her many volunteers who assisted with set-up, registration, baggage drop, marshalling, providing water stations, helping with parking and medal-giving-out, and cake sales and probably a million and one other things. The event was a triumph.

On day variously described as "scorchio" and "hotter than Satan's armpit", 79 GCRs took part in the race, representing about 1 in 6 of all runners on the day. The heat was immense, and with little shade out on the course there were a lot of hot faces crossing the finish line. Huge kudos to those who were out on the course for the longer times, sticking with it and getting it done.

Caroline O'Dwyer also wanted to report "fantastic event this morning. I recognise that the runners did a great job in the heat. It was tough going, the course is really challenging. But I do want to give appreciation and thanks to those that organised it, the set up was so much work behind the scenes. Above all today, for all those volunteers, who turned up very early and stood out in the baking sun, most of them had no shade, and they smiled the whole way through it and kept us all going. Thanks GCR for a fantastic event." Go GCR 🇧🇷🇬🇧

On to the results... GCR was victorious, winning both the men's and ladies' team awards.

Daniel Pudner, Chris Baylis and **Peter Harvey** claimed trophies for the men's award, and **Helen Stafford, Sophie Packman,** and **Lucy Iles** took the awards for the ladies.



(Pictured above, l to r: Sophie, Helen and Lucy for the ladies' team, and Daniel, Peter and Chris for the men's team.)

GCR also walked away with 11 individual age category awards:

	Gun Time	Overall Position	Gender Position	Category Position
Daniel Pudner	37:00	1	1	1st MS
Chris Baylis	39:25	2	2	2nd MS
Peter Harvey	40:16	5	5	1st MV50
Justin Hill	43:14	14	13	2nd MV50
Russel Morris	43:33	16	15	3rd MV50
Helen Stafford	51:31	66	4	1st FV35
Sophie Packman	52:10	67	5	1st FV45
Lucy Iles	53:34	79	7	3rd FV35
Keith McLellan	55:17	104	89	2nd MV60
Emon Martin	56:13	114	98	3rd MV60
Sarah Durston	57:00	127	22	3rd FV55

A round up of all other club members who participated in the Welwyn 10k – well done everyone!

	Gun Time		Gun Time
Jamie Rose	42:42	Katy Healy	53:38
Paul Guy	42:50	Clare Grover	56:25
Matt Baker	43:50	Caroline Gatens	59:21
Steve Edwards	44:40	Holly Wise	1:01:31
Nicholas Summers	45:33	Sofie Marchant	1:02:17
Steve Ellerd-Elliott	45:43	Jo Grant	1:02:24
Ricardo Neto	46:36	Rebecca Cullers	1:02:30
Daniel van de Valt	47:03	Delphine Gibbs	1:05:39
Neil Brittain	47:35	Sharon Stephens	1:05:51
Michael Grant	50:09	Chrissy Johnson	1:06:55
Andy Morgan	54:25	Gail Munro	1:07:16
Nick Portalski	55:08	Melanie King	1:08:02
Alister Parry	56:41	Alison Meaden	1:08:37
Andy Newbury	57:09	Julie Delahaye	1:08:56
Tom Parmley	57:17	Viv Brennan	1:09:52
Daniel Ashcroft	57:22	Lottie Maguire	1:11:32
Malcolm Cullers	58:01	Farheen Khan	1:14:56
Michael Paine	59:05	Caroline O'Dwyer	1:15:10
Rob Jones	59:34	Louise Buhagiar	1:17:37
Roger Adey	59:50	Alison Paterson	1:17:40
Jan Michalecki	59:59	Wendy Leversuch	1:19:03
Michael Scutt	1:01:28	Jac McCallum	1:32:05
Ross Martyn	1:01:36	Jane Molloy	1:32:23
Robert Saville	1:01:39	Louise Quantick	1:37:53
Matthew Lutkin	1:01:42	Charlotte Jones	1:37:53
Steve Mowles	1:02:00	Michelle Goodheart	1:55:38
Philip Brooks	1:02:04	Tendy St Francis	1:55:38
Robin Cattle	1:02:11	Emily Shepherd	1:55:38
Mark Caswell	1:02:34		

Dave De Naeyer	1:03:10			
David Selwood	1:03:19			
Richard Brown	1:04:21			
Ben Donnelly	1:05:51			
David Hale	1:07:22			
Sam Smith	1:07:26			
Bernard Rockhill	1:09:09			
Brian Robbins	1:10:30			
Peter Lapthorne	1:13:08			
Miles Hubbard	1:14:16			
Michael Bowe	1:22:18			

Full results are available [here](#).







London Circular

Kath Evans has been out for a little plod again. And for anyone who knows Kath, we all know what a "little plod" means... Kath (*pictured below*) writes:

"Saturday (24th June) meant an early start to hop on a train to bank the south section of the London circular which brings together trails that surround the capital. When you get to the high points you see fabulous views into London. 'Ultra London Run' organised the route from Woolwich to Kingston on Thames, it was really well marked taking us between parks and woodlands via urban bits which thankfully allowed for top ups on ice cold water! The final 5k

took us through Richmond and the deer put on a great show! It was a fabulous day out, I just need to do the north bit now!"

Full results are available [here](#).



Herts Hobble

Nick Genever has sent in his report from the Herts Hobble race, which took place on Sunday 25th June. It appears from the report, that perhaps Nick was not hobbling though... Nick reports:

"The Long Distance Walking Association (LDWA) Herts Hobble is a self-navigation trail marathon around the Hertfordshire countryside between Buntingford and Stevenage. The hot weather meant spending longer at the checkpoints to drink extra water and to refill bottles. I drank more than 6 litres of water during the race. One of the checkpoints had an outside tap which I used to drench myself. Some of the fields towards the end were unrunnable due missing footpaths and having to go through crops and long grass. I completed the 27-mile course in 4:42 in joint first place."

More details are available [here](#).

GCR 1 Mile Championships

28 runners made it to the Gosling track on the evening of Thursday 22nd June for a self-timed mile. **Sean Bowen** reports:

“It was great to see representatives from such a wide range of the GCR pace scale, all giving it everything over the classic imperial distance of 1609.34 metres. We very rarely get the chance to test ourselves out over four-and-a-bit laps, and it's quite useful to know how much quicker we can go in a flat-out mile, than our average mile pace in a 10K or a half marathon. The heavy downpour which had only just cleared before our start time did us a favour, clearing the muggy atmosphere a little. And most of us managed to start and stop our own watches at exactly the right moment.”

Ross Wilkinson	5:26	Katharine Farrell	6:33
Justin Hill	5:30	Ruby Spencer	6:45
James Dunmore	5:32	Katy Healy	6:49
Neil Brittain	5:34	Beata Macienko-Marszalek	7:13
Nick Summers	5:44	Sofie Marchant	7:46
Rob Hughes	5:49	Jo C Grant	7:47
Daniel Van De Walt	5:54	Carol Reid	8:19
Chris Dungate	6:05		
Michael Grant	6:20		
Sean Bowe	6:26		
Michael Germany	6:32		
Robin Clementson	6:37		
Jonathan Wood	6:49		
Chris Poole	6:58		
Tom Frost	6:59		
Dave Edwards	7:01		
James Aitchison	7:09		
Richard Brown	7:45		
Dai Selwood	7:56		
Miles Hubbard	8:27		
Wayne Aylott	9:18		

Greensand Ridge Relay

Emerging from the ether, this race report comes in from last weekend. Daniel Pudner writes: "Two teams of GCRs took part in this popular local six stage relay event on Saturday 17th June. The race follows the Greensand Path from Leighton Buzzard to Northill, via Woburn and Millbrook. The two teams were: Great Expectations: **Richard Somerset, Barbara Kubis-Labiak, Juliet Vine, Martha Hall, Rob Casserley, Daniel Pudner**, and Uncommercial Travellers: **Richard Sidlin, Tim Cooke, Sean Bowen, Johan Preis, Dave De Neyer, Roger Adey**.

Great Expectations were 4th team home, 8th fastest overall, and 2nd fastest mixed team in 4:11:13, with every runner maintaining a gap ahead of the handicap time. Uncommercial Travellers were 23rd team home and 27th overall, out of 43, and finished in 5:14:51 for the 34-mile course. Conditions were hot and sticky but team morale remained high. Daniel Pudner was 2nd overall in his leg, being pipped by a V50 (for the second time this year!), Sean Bowen was 8m31s ahead of his handicap, and Juliet Vine was a convincing second female on her leg." Full results available [here](#).



Barry Island Triathlon

Oh. What's occurring?

Also emerging from the mists of time, this run report has been sent in from **Mick Wise**.

Mick reports: "On the 4th June, I completed the Barry Island Triathlon. This event was a British Triathlon Age Group (70-74) qualifying event for 2024. I qualified for next year's European Sprint Championships, by finishing in 2nd place. It began with a tough sea swim into the tides and currents of the Bristol Channel. Then a 12-mile cycle ride on a traffic-free course. I later found that I had entered into the 2nd transition off the bike in 1st place. As I find the run a challenge it was a good place to begin the 5K run. I came out of T2 in 3rd place and was able to collect 2nd place around 1K in. The location and date of next year's European Championships have yet be advertised, so there are a few personal hurdles to cross. I have tackled the first as I have received confirmation that I have qualified for the team."

parkrun roundup

97 GCRs were parkrunning on Saturday morning – whether they were touring for pleasure, pursuing alphabet or other challenges, or limbering up ahead of the Welwyn 10k.

At our home parkrun, Panshanger, 26 GCRs were not cowed by the prospect of the second-favourite course, now that the Longhorn Cattle are in grazing along the normal course. **Rob Casserley** was 3rd in 20:17, **Dom Thomas** was 9th in 22:10, and **Lucy Iles** was 4th lady in 25:12.

Top ten finishers at other locations were as follows:

- **Andrew Holt** was 5th man (7th overall) at Durlston Country Park in 23:25
- **Chris Dugate** was 4th at Bexley in a PB of 20:17
- **Caroline Griffin** was 4th lady at Houghton Hall in a PB of 24:31
- **Tom Buzzard** was 5th at Wimpole Estate in 19:03
- **Jo Grant** was 9th lady at Barclay in 27:00
- **Bruce Judge** was 2nd at Castle Park in 18:33
- **Lizzie Belcher** was 1st lady (14th overall) at Presint 18 in 27:42
- **James Huish** was 3rd at Jersey Farm in a PB of 17:55

Sidney and **Sarah Valentine** were taking a brief sabbatical from the pirate life, having already completed their seven Cs recently. They took a trip to the Peak District, from where Sidney reports: "Whilst spending our anniversary weekend in the Peak District we ran the Monsal Trail Parkrun. A lovely scenic out and back on a disused railway line. Then it was off

to Bakewell for some refuelling.” Happy anniversary to you both! (Somewhat interesting factoid about this parkrun: it used to be called Bakewell parkrun, starting in the same place as the current Monsal Trail parkrun, but running out and back along the disused railway in the opposite direction. Anyone having completed the old Bakewell parkrun will have it come up in their parkrun record as Monsal Trail, which is very confusing when doing the alphabet...)



Meanwhile, at the coast: "An early group of **Richard Somerset, John McDowall, Barbara Kubis-Labiak** and **Ann Hayden** arrived midday Friday with **Johan Preis** and **Emon Martin** arriving later in the day with a forecast set for the weekend at mucho scorchio. A day of beach frolicking for the early arrivals with Ann and Babs getting into the sea with the lesser spotted paddling Badger also partaking in the waters along with a seal that came over for a bit of a look. John and a Richard then successfully hunter-gathered some decent fish and chips for a traditional seaside lunch. A night out for all six completed the day with a nice Italian meal.

The hotel was right by the PR start so straight out the door and onto the sand for what is the hardest (i.e., slowest) in the country with an average finishing time of 38 minutes. Two laps on sand with a warning to keep a watch for adders in some of the long grass on the edge of the course. A 'line in the sand' was literally drawn as the runners gathered for a start.

First home was John in 5th place (4th man) with 27.35 his best ever PR result. Richard was 7th (6th man) with 27.40 having led early in the run. Emon was 19th with a 31.57 with Barbara and Johan coming in almost together in 25th (4th lady) in 34.08 and 26th in 34.13, respectively. Ann was 42nd with a strongly run 40.29. There were 64 runners with first finisher Hamish Muirden home in 26.07. Thanks to Richard for organising and Barbara for driving."

Emon, Johan, Ann, Babs, John and Richard pictured below.



parkruns in addition to those already mentioned: Bexley, California Country, Dinton Pastures, Doddington Hall, Eastleigh, Exeter Riverside, Gadebridge, Gunpowder, Harlow, Henlow Bridges, Kingston, Letchworth, Maldon Prom, Millennium Country, Norwich, Oak Hill, Roundshaw Downs, Sharpham Estate, Southampton, St Albans, Stevenage, Stockley Country, Tamar Lakes, Tooting Common, Westmill.

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

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.

Caroline O'Dwyer would like to let you know that on Tuesday 27th June, the 7K group will start from old Welwyn, meeting point the Bridge by the doctors' surgery. Plenty of parking in that car park or the Civic Centre.

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 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.

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, WGC	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	Completed
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	Details tbc
18	CC	01/10/2023	Standalone 10k	Letchworth	£18.00 affiliated	http://www.nhrr.org.uk/standalone-10k.html
19		15/10/2023	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	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

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/