



Garden City Runners News Release

9 February 2025

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

Eastern Masters Track and Field Championships

Keith McLellan competed in the Eastern Masters Indoor Track and Field Championships at Picketts Lock today (Sunday), where in his age group he won gold in the 1500 meters and silver in the 3000 metres – Keith's medals pictured below.



Zig Zag Run For Cake

Zig Zag Run For Cake sounds like a good reason to run, and so it was for **Nadine** and **Aiden Dwyer** (pictured below, with medals).

Nadine writes: "Did somebody say cake? In January, Aiden and I ran for doughnuts. On Sunday, we were running for cake - at Zig Zag's Run For Cake event. A lovely lapped course around Ferry Meadows Country park. A great chance to meet up with friends and run a chatty, social marathon. As always with Zig Zag, it was a brilliantly organised event, with lovely marshals and a great medal as well. And of course, there was a huge selection of cakes to choose from. A great day out."



Hatfield 5k series

The dates for our Hatfield Midweek 5K Race Series are now set. The three-race series sells out with a maximum 300 per race.

Races will be on Wednesdays **27th August, 3rd & 10th September**. If you would like to run, head over to the registration site. If you affiliate to England Athletics, you receive £2 discount per race.

Race One incorporates the Herts Senior Championships (all ages) and Race Two incorporates the Herts Vets Championships (35+ for the ladies and 40+ for the men). Please note that you must be affiliated to England Athletics to be considered for the team awards. If you wish to affiliate, please speak to the membership secretary.

Link: <https://my.raceresult.com/325331/>

GCR Awards Night

Calling all GCR's!

It's the event you've been waiting for... please book your tickets here and choose your food
<https://buytickets.at/gardencityrunners/1550390>

Sat, 15th Mar 25 - AWARDS NIGHT - 7pm

Shamrock Club

Ridgeway

WGC

AL7 2AD

FYI This event will be held in their private hall/with its own private bar (for our sole use) and not in the bar, with their regulars! (just encase there is any confusion). The drinks are cheap (social club prices) Yayyy!

Food will be freshly cooked on site, so a feast awaits! Our very own talented GCR DJ John will be bring us to the dance floor after the awards so please put your running trainers away for the eve and get your bling and dancing shoes on!

This event is for all GCR's, and at any level so book your place, come along and chat, cheer & dance! It would be lovely to see everyone!

parkrun Roundup

This weekend's parkruns saw 97 GCRs visiting local parkruns, or travelling further afield.

- At Frimley Lodge, **Philippa Doughty** was 8th lady in 23:30
- At St Albans, **Lauren Potter** was 6th lady in 25:22 and **Grace Stewart** finished 9th in 27:19
- **Zoe Stephens** finished 3rd lady at Stevenage, in 21:36 and **Clare Wildey** was 8th lady in 25:22
- At Queen Elizabeth, **Jo Grant** was 9th lady in 30:46
- **Chris Eland** finished 8th overall at Penrith, in 19:52
- At our local Panshanger, **Rob Casserley** was 6th overall in 20:37 and **Felicity Wadley** was 5th lady to cross the finish line in 25:43
- **Bruce Judge** was 5th overall at Castle Park, in 19:29
- At Victoria Dock, **Amber-Leigh Marvin** was second lady in 21:16
- At Loch Neaton (Watton), **Dan Pudner** was first overall in 19:24
- **Katharine Farrell** was 3rd lady at Church Mead, in 27:49
- At Henlow Bridge Lakes, **Thomas Buzzard** was 2nd overall in 20:16
- At Bug Hunter Waters, **Jamie Rose** was 4th overall in 19:21 and **Alex Faulkner** was 4th lady in 22:54
- At Oaklands College, **Rebecca Barden** was 2nd lady in 26:05 and **Paul Guy** was 6th overall in 20:54

Battersea parkrun

Michael Scutt ran Battersea parkrun yesterday in 28*36 and was 659th out of 1118 parkrunners. **Michael** reported back that Battersea is a two lapper course on a tarmac surface that is flat as a pancake.

Garden City Runners Take on Northala Fields parkrun

Willow Gibson sent us this run report: "A group of Garden City Runners took on the undulating course at Northala Fields parkrun this weekend, enjoying the scenic loops around the parks iconic mounds.

Willow Gibson, Naz Gezer-Clarke, Peter Laphorne, Caroline O'Dwyer, and Brian Robbins all put in great efforts, with Brian smashing his PB in an impressive 26:37, well done Brian!

For those unfamiliar with Northala Fields, the site has an interesting history. The mounds were built using rubble from the old Wembley Stadium, part of a regeneration project that transformed the area into a beautiful green space with lakes, trails, and panoramic views from the top of the highest hill."



Full results for GCRs participating in Saturday's parkruns can be found [here](#).

2025 Club Championship

The Club Championship principally consists 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. Runners' top 5 scores to count.

For 2025, the Championship races are:

Race #	Event	Date
1	Fred Hughes 10	19 th Jan
2	Watford Half Marathon	2 nd Feb
3	Panshanger Parkrun	8 th Mar
4	Hitchin 10k	4 th May
5	Fairlands Valley Spartans 3k Relays	end Jul
6	Standalone 10	start Oct
7	Stevenage Half Marathon	end Oct
8	ATW Hatfield 5 miler	end Nov

GCR Avery League 2025

The GCR Race Committee has produced the calendar of races for the Avery League Competition and the Club Championships. Details on all of the 2025 races are below, and these will also be published on the GCR website as soon as possible, and on the GCR Facebook group. Happy Racing!

Avery Event #	Date	Event	Venue	Cost Approx.	Notes	Status
1	19 th Jan	Fred Hughes 10	St Columba's College, St Albans	£22	enter at ATW Herts Seniors	completed
2	2 nd Feb	Watford Half Marathon	Cassiobury Park, Watford	£38	Herts Seniors enter at ATW	completed
3	16 th Feb	Watford XC, race 5 Sunday League	Cassiobury Park, Watford	free	Club will send out details by email	
4 V	8 th Mar	Panshanger Parkrun	Panshanger Park	free	see parkrun website	
5	6 th Apr	St Clare Hospice 10k	Hastingswood, Harlow	£16	https://stclarehospice.org.uk/event/st-clare-hospice-10k-2024/	
6	4 th May	Hitchin 10k	Hitchin town centre	£22	Herts Vets tbc enter at Racesonline	
7	mid May	MWRRL #1		free	Club will send out details by email	
8	end May	MWRRL #2		free	Club will send out details by email	
9	start Jun	MWRRL #3		free	Club will send out details by email	
10	end Jun	MWRRL #4		free	Club will send out details by email	
11 V	22 nd Jun	Welwyn 10k at Panshanger Park	Panshanger Park		enter at Racesonline	
12 V	10 th Jul tbc	MWRRL Mob Match, WGC tbc	Ridgway Academy, WGC	free	Club will send out details by email	
13	start Jul	Ware 10s	TheChauncySchool Park Rd, Ware		10k or 10 miler enter at Racesonline	
14	end Jul	Fairlands Valley Spartans 3k Relays	Fairlands Valley Park, Stevenage	free	Club will send out details by email	
15 V	10 th /17 th August	20.20k Centenary Run	Stanborough Park South Lake near railway bridge	free	Club will send out details by email	
16 V	start-mid Sept	Race 3 of the Hatfield 5k Series	Affinity Water HQ, Hatfield		enter at Racesonline	
17	start Oct	Standalone 10k	Standalone Farm, Letchworth		Herts Seniors tbc enter at Racesonline	
18	mid Oct	XC, race 1 Sunday League		free	Club will send out details by email	
19	end Oct	Stevenage Half Marathon	Hampson Park, Stevenage		enter at Racesonline	
20	end Oct	XC, race 2 Sunday League		free	Club will send out details by email	
21	start Nov	XC, race 3 Sunday League		free	Club will send out details by email	
22	end Nov	ATW Hatfield 5 miler	Herts University, Hatfield		Herts Vets tbc enter at ATW	
23 V	start-mid Dec	Festive 5	Stanborough Common, WGC		enter at Racesonline	
24	mid Dec	XC, race 4 Sunday League		free	Club will send out details by email	
25	end Dec	Buntingford 10 miler	Freman College, Buntingford		Herts Vets tbc BMAF tbc	

Note: we anticipate there will be 3 XCs held in 2025 to the 2025/6 season but have shown 4 races to reflect 2024

V – Volunteers get an Avery Point

ATW – enter at Active Training World: https://www.atwevents.co.uk/calendars/sport-events?category_page=1&category_id=21

Racesonline: <https://www.racesonline.uk/>

Marathon Training Runs

Planning to run a spring marathon in 2025? Whether it's your first or your 101st, you'll probably be aiming to crank up your mileage in the weeks leading up to the big day. We've put together a guide to organised marathon training runs and 20-mile races, and, in addition, this year we will be lightly hosting a GCR marathon training run with 10- and 20-mile options for any GCRs wanting to run a scenic local route with other runners of a similar pace.

The GCR run will comprise two 10-mile loops so you can run just one or go for the double. The run will start and finish at an accessible location with parking and toilets. We will plan for a mixture of roads and firm trails depending on weather conditions at the time. A GPX file and a downloadable course map will be provided nearer the time. Any questions or suggestions? Contact Rebecca Barden c/o gardencityrunners@gmail.com

Event	Date	Entry
Gade Valley Harriers' Marathon Training Run: 12 and 17m options	23 February 2025	https://www.gadevalleyharriers.co.uk/marathon-training-runs/
GCR marathon training run: 10 and 20m options	16 March 2025	Details to be circulated in advance
MK Festival of Running inc. 20-mile option	16 March 2025	https://www.mkrun.co.uk/
Gade Valley Harriers' Marathon Training Run: 17 and 20m options	23 March 2025	https://www.gadevalleyharriers.co.uk/marathon-training-runs/
Hillingdon 20	23 March 2025	https://www.atwevents.co.uk/e/hillingdon-20-8921
Oakley 20	23 March 2025	https://theentrypoint.co.uk/events/oakley-20-2025-EkM68eBxP9L3RJ7
Twin Lakes 20	23 March 2025	https://twinlakes20.com/

Dates of races:

- Brighton Marathon: 6 April 2025
- Boston Marathon: 21 April 2025
- London Marathon: 27 April 2025
- Manchester Marathon: 27 April 2025

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 – 6:15	9 – 10
11k	5 – 5:30	8 – 8:30

Hill Reps – Tuesdays Lunchtime

With XC season in full swing now, **Sid Valentine** and **Dom Thomas** are hosting hill repeat training sessions.

These sessions will be open to all members of the club at all paces and are a good way to improve your overall stamina and performance.

You may require a sports watch or timer but if you have not got either of these do not worry you can still come and join in the fun (please see Sid or Dom for the definition of 'fun').

Please be sure to wear bright clothing and or head torches.

Interval Sessions: Tuesdays 6:45pm start, various locations in Welwyn Garden City

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 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. 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 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/

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