



Garden City Runners News Release

09 June 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

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SportsShoes Discount - Update

Sophie Packman has this important update on the recent SportsShoes discount:

Unfortunately, the Sportsshoes June discount code has leaked so Sportsshoes have had to cancel the current code and generate a new one. They are not clear (yet) if it was us or another club.

May I stress again that GCR members **ONLY** now have access to The SportsShoes discount code, which entitles all GCR's **ONLY** to 10% off and free shipping on orders over £50. May I make it very clear, there are strict terms and conditions to the discount so please read and take note.

'GCR (club) and its members keep the code offline, off social media or any public websites and keep it between club members only - please understand that we have to be very careful that codes don't leak. Unfortunately, Sportshoes.com have had people misuse the code in the past, which ultimately resulted in them/the club missing out on future codes.'

Please do not be that person that ruins it for everyone else! Do NOT share and do NOT post the codes.

The new June discount code is; Q7L8ALKZ1J. It will give you 10% off and free shipping on orders over £50. Please note, Coros, Garmin, Shokz and Maurten products are excluded from the promotion. <https://www.sportsshoes.com/>

Pembrokeshire Coastal Path – Garden City Runners do Wales

Kath Evans has sent this fabulous summary of the Pembrokeshire coastal path being conquered by GCRs!

“Where to start for a race summary? The Pembrokeshire Coastal path whilst stunning, is also tough! Gravelly descents, some wicked inclines and uneven paths. The route took those of us who started Porthgain (Thippi, Martin & Kath) to do the 50-miler, along to St Davids where we picked up those doing the 50k distance and we all headed through Solva,



Newgale, Broad Haven, Little Haven, St Brides, Maloes, back into Dale.

Wild flowers were out in all their glory, there were banks of pretty purple foxgloves, ox-eye daisies, bluebells, dog roses and rhododendrons to entertain us inland and sparkling sea and gentler lapping waves against the dramatic cliffs, the sea was so calm! The Pembrokeshire Coastal Path doesn't have national park status for nothing! The spectacular coastal views throughout the day more than entertained and for those of us out to make the most of our race entry fees we witnessed the most wonderful sunset!

The heat of the day was a significant challenge (although it could have been warmer!). The course route wasn't marked at all and from personal experience I know the Welsh coastal path signage isn't the clearest, so a few of us banked some extra miles on our journeys back to race HQ!

There's a great poem 'Leisure' by William Henry Davies that says: “What is this life if full of care, we have no have time to stand and stare” ... well for the GCRs there wasn't much standing on our ultra adventures, but there was plenty of running and staring this weekend!

Well done all, the Pembrokeshire Coastal path was a delight! Official results yet to be published, by there are some great Strava posts from those that partake.

Name	Chip Time
50-miler	
Martin Mitchell	12:43:45
Thippawan Rashleigh	15:29:40
Kath Evans	15:34:59
50k	
Anna Lillie	08:31:59
Roger Adey	08:32:08
Barbara Kubis-Labiak	09:09:12
Johan Preis	09:27:35
Alex Yates	09:52:29
Sidney Valentine	10:14:19



*Pictured right (l to r) the 50k crew:
Anna Lillie, Roger Adey, Johan Preis,
Barbara Kubis-Labiak, Alex Yates,
Sidney Valentine*

*Pictured below (l to r) the 50-milers:
Kath Evans, Thippi Rashleigh, Martin Mitchell*



Cotswolds 113 Middle-Distance Triathlon

Spencer White completed the Cotswolds Middle-Distance Triathlon last Sunday (2nd June) and sent in this report:

"I competed in the above in the wonderful setting of the Cotswold lakes, south of Cirencester, Gloucestershire.

It was a beautiful day for the triathlon with the lake looking like glass and the sun rising above it as we started the swim at 6.30am. 800 competitors braved this tough event. The atmosphere was electric. The swim went well in what was the nicest lake I have swam in. The bike was fairly flat and through beautiful villages and countryside. The run was around the lake and through woodland. A very enjoyable day for all and extremely well organised.

I clocked in the following times:

- 2km swim - 40 mins
- 90km ride - 2:52 (2nd fastest time)
- 21.1km run - 1:48 (new PB for half marathon in a middle-distance Tri)
- Overall - 5:28 (a new PB for a middle-distance Tri)

It was a great day and I highly recommend this event."



St Albans Half Marathon

There were major goings on at the St Albans Half Marathon.

Jess Timmins writes: "This was a seriously hilly course to rival Watford. I had a great run and so did my sister, Lucy, who is still quite new to running and came down from Yorkshire especially for the event. Some fantastic running in the club this weekend and thinking of all those ultra runners in Pembrokeshire and Endure24 really inspired me."

Mark Westley was pleased with his time, given 'a few cheeky hills'. He reported: "Perfect running conditions. Brilliant organisation, great support along the way and a friendly crowd to run with."

Willow Gibson writes: "**Charlotte Jones** and I completed the walking half in just under 4 hours. Walking this distance was a new experience for me and I really enjoyed strolling and chatting with Charlotte along the way."

Special mention to Daniel Ashcroft for volunteering at this event! 💙💛

Pictured below: Jess Timmins (#2044); Willow Gibson and Charlotte Jones



Name	Chip Time
James Huish	01:23:11
Peter Harvey (3 rd MV50)	01:24:13
Jamie Rose	01:29:12
Mark Westley	01:36:40
Russell Casey	01:39:15
Jess Timmins	01:40:37
Amber-Leigh Marvin	01:45:48
Kate Hawks	01:46:11
Daniel Hitch	01:47:13
Clare Grover	01:50:59
Martin Davidson	01:57:45
John Apling	02:10:03
Charlotte Jones	03:58:12
Willow Gibson	03:58:13

Full results are available [here](#).

Pictured right: Charlotte Jones and Daniel Ashcroft



Endure 24

Peter Jasko has sent in this report from "A handful of GCRs headed over to Wasing Park, Reading for Endure24 this weekend for a 24 festival of running with 6,000 other runners.

After perhaps a shade too long at the Friday beer and dance tent, two GCR pairs ran relay to achieve 100 miles (Coupla Battlers) and 95 miles (Trip Hazard) from Saturday noon to Sunday 1pm.

Coupla Battlers consisted of **Malcolm Baron** (50 miles) and **Peter Jasko** (50 miles). Trip Hazard was made up from **Nikki Cowen** (60 miles) and DJ **John Warden** (35 miles).

Coupla Battlers were 15th of 33 in their men's pair category and Trip Hazard were 15th of 38 in their mixed pair category.

Also taking part was **Simon Bostock** in a bigger non-GCR team.

The weather was almost perfect at 18C cloudy, though a bit too cold at night 5C and too much sun on Sunday morning."

Pictured below: (left) Nikki Cowen and John Warden; (right) Peter Jasko and Malcolm Baron



Ironman Switzerland

Richard Robinson and **James Dunmore** took part in the Ironman Switzerland 70.3, in Rapperswil-Jona (near Zurich).

James writes: "A very wet build up to the race resulted in a shortened swim of 750m due to glacial runoff and very cold water. Although it was reported at 13.6c, it felt much colder. The pre-race talk was of a cancelled swim, so we were pleased to get the chance to swim in this natural beauty. The cold water made it hard work, but it was soon over and surprisingly Richard and I came out of the water together. A short dash to transition and onto the ride.

The ride was spectacular. 2 laps, which can be described as a fast flat, an epic climb, and then a very fast down. The local crowds and support were phenomenal, shouting "hopp hopp hopp" at everyone, ringing cowbells. The ride was very damp/wet on the first lap but it dried out a bit for the second. The views, the support and the roads were just brilliant.

Onto the run, and 2 laps on a mostly flat path through the town. Other than a lap of a field on a gravel track, it was really well supported with people cheering you on everywhere. At 8k in, there's a "stairway to heaven" where you climb 55 steps to the castle. Our families were camped out around here, and it was a great boost to see them. The run is finished off by running up the famous red carpet into the Ironman finish!

I was really pleased with my effort, as I have been carrying (and still have) an Achilles problem, so I found the run really hard, but still held it together for a good time. Richard was on form, and got a brilliant result.

Our times were:

James: 5:45 (750m swim: 15.19, 84.6k bike 3:18, 20.8k run 1:59)

Richard: 5:25 (750m swim 15.22, 84.6k bike 3:10, 20.8; run 1:49)"



parkrun roundup

On Saturday morning, 89 GCRs got an enormous sense of wellbeing from going round (and round and round) their chosen parkrun location. 40 GCRs stayed local at the Panshanger course, where **Joe Ansbro** was 2nd in 18:32 and **Rebecca Barden** and **Katy Healy** were 6th and 7th ladies in 24:22 and 24:32, respectively. **Daniel Gordon** and **Ché Cheriton** achieved new course PBs of 20:25 and 30:38.

Martyn Perrin achieved the impressive milestone of reaching his 250th parkrun at Markeaton, finishing in 24:46.

Top 10 finishers elsewhere were as follows:

- **Justin Hill** was 7th man (8th overall) at Stevenage in 20:04, where **Martha Hall** and **Caroline Hale** were 2nd and 3rd ladies in 20:32 and 21:31, respectively
- **Elaine Moore** was 10th lady at Westmill in a new course PB of 29:28
- **Katherine Farrell** was 5th lady at Southwick Country in a new course PB of 25:16, and where partner **Michael Germany** also achieved a new course PB of 24:14
- **Richard Somerset** was 3rd and **John McDowall** was 8th at Barking, in 19:39 and 20:53, respectively
- **Hannah Frank** was 3rd lady at Thetford in 22:23
- **Daniel Van De Walt** was 9th at Harlow in 21:32
- **Andrew Knight** was 10th at Seaford Beach in 19:59, where **Stephanie Kearns** achieved a new course PB of 30:21

Course PBs were achieved by **Nigel Cavill** at Stevenage (21:05), **Robin Newby** at Cassiobury (21:12), **Dave Faulkner** at Barclay (34:52)

Other parkrun locations attended by touring GCRs were: Barnstaple Bedfont Lakes, Belvoir Castle, Gadebridge, Great Denham, Gunpowder, Jersey Farm, Northala Fields, Oak Hill, Old Railway Trail Llangollen, Pocket, Presint 18 Putrajaya, Rickmansworth, Wakehurst, Wimpole Estate

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 4 Trent Park – 27th June

More details closer to the time

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 Registration fees may apply	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	18 th July	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

Intervals this Tuesday will be in Sherrardswood. We will be doing 2-minute out and back intervals starting at the crossroads between Bridge Road and Reddings. Meet at Campus West at 6:30pm or at the venue at 6:45.

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/