



Garden City Runners News Release

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

4 August 2024

Centenary Route 20.20km GCR Challenge – 4 August 2024

GCR enjoyed another successful Centenary route event, organized by **Peter Harvey** and **Richard Somerset**. **Richard** writes: "72 runners took part in today's clockwise lap of the WGC Centenary loop (20.2km). Runners started in groups based on their predicted finishing time.

Well done to Neil Hume for breaking the 90-minute barrier on one of his rare trips home from Geneva.

Thanks to Pete for being my co-organiser and big thanks to **Brian Robbins** for manning the drinks station at Tewinbury Farm."



Name	Time		Name	Time
Neil Hume	1:29:25		Imogen Chastelli	2:13:05
Martin Mitchell	1:32:27		Lorenzo Franchi	2:18:45
Daniel Hudson	1:38:48		Barbara Kubis-Labiak	2:19:07
Chris Dungate	1:38:52		Hannah Frank	2:19:48
Tom Ritchings	1:39:02		Rebecca Barden	2:19:50
Steve Ellerd-Elliott	1:40:31		Nikki Cowen	2:21:12
Russell Casey	1:43:07		Charlotte Jones	2:28:49
Dom Thomas	1:45:45		Johan Preis	2:29:12
Andy Gittins	1:47:16		Sarah Durston	2:29:32
Paul Gatens	1:51:37		Maggie Wright	2:29:35
Daniel Van de Walt	1:53:29		Sharon Stephens	2:31:01
Matthew Renney	1:54:56		Carol Reid	2:31:32
Amber-Leigh Marvin	1:56:06		Melanie King	2:31:32
Rob Dilley	1:56:27		Dave Denaeyer	2:32:31
Steve Mowles	1:56:47		Karen Atkinson	2:34:31
Lucy Iles	1:57:42		Chrissy Johnson	2:34:54
Nigel Cavill	1:58:07		Nick Atkinson	2:35:02
Daniel Follon	1:58:09		Chris McGurk	2:41:45
Will Carr	1:58:18		Julian Stephenson	2:46:58
Philip Brooks	2:01:07		Gail Munro	2:47:31
Mike Tandy	2:01:26		Alison Meaden	2:47:31
Sofie Marchant	2:01:59		Leanne Stephenson	2:49:01

Richard Sidlin	2:02:00		Sarah Stephenson	2:49:01
Andy Ackrill	2:02:00		Lewis Paterson	2:49:50
Eleanor Sage	2:02:01		Alison Paterson	2:49:51
Belinda McGinley	2:02:06		Tim Thornton	2:54:08
Neil Brittain	2:02:06		Jerry Gilbert	3:00:10
Roger Adey	2:02:25		Maureen Steed	3:29:13
Felicity Wadley	2:04:00		Dawn Redwood	3:30:17
Aidan Wadley	2:04:00		Jane Molloy	3:30:17
Matthew Hunt	2:04:48		Yvonne Jones	3:33:37
Sophie Packman	2:05:06		Veronica Shadbolt	3:33:37
Colin Grace	2:05:27		Erin Jones	3:33:51
Daniel Hitch	2:05:34			
Rob Jones	2:06:24			
Andrew Newbury	2:09:54			
Jonathan Foan	2:11:56			
Ali Eroglu	2:12:47			





Pub2Pub Aquathlon

Steve Williams (*pictured, below*) took part in a Pub2Pub Aquathlon (which sounds incredibly interesting and intriguing) and sent this report: "On Saturday I took part in the Pub2Pub Aquathlon, swimming from the Pilchard Inn on Burgh Island (in the background below) to the Sloop Inn, Bantham, Devon. The finish medal was a pasty and a pint. It was 2.25km distance starting in a fairly wild sea, but once you entered the estuary the incoming tide gave a significant push, so times weren't important. Quite a gruelling swim, but the pasty went down very well afterwards."



She Strides 50k ultra

Kath Evans, Alex Yates, Tendy St Francis and **Willow Gibson** (*all pictured below*) travelled to Yorkshire to take part in a female-only only ultra.

Kath sent us her race report: "This weekend took Tendy, Willow, Alex and Kath to Brontë country for an adventure along the windswept West Yorkshire moors, for 'She Strides' running company's very first female-only ultra-marathon. As it was Tendy's birthday and Willow and Tendy's first ultra, so this was always going to be a special event!

The 50k route took us through woodlands, ferny glens, waterfalls and open moorland, providing varied breathtaking scenery through Hebden Bridge and Haworth. We passed the Wuthering Heights pub and taking inspiration from the Barkley marathon, we were required to tear a page from a copy of Wuthering Heights that corresponded to our race number, entertaining us with literacy on route. With an impressive almost 5,000 foot of ascent, it pushed our endurance and certainly provided us with the thrill of accomplishment!

Along the route we were fuelled by vegan aid stations, vegan Percy pigs and pineapple and cheese being a particular highlight, yet the Dahl and rice, with a cool refreshing cider on return to the community centre for this circular loop was a treat!

All in all a great day on the trails was had by all and with 100% completion rate that championed female participation in ultra running we think Jilly & Iona of 'She strides' along with their awesome team of volunteers deserve recognition for creating great events, the mixed 'Two Rose Ultra' in June 2025 may be of interest to fellow GCRs looking to enjoy the hills of Lancashire and Yorkshire!"

Willow also sent her run report: "The course was a challenging 50K with hilly and technical terrain, steep ascents and descents, rocky pathways and stiles over ancient Yorkshire stone walls. It made up for this with its beautiful Yorkshire countryside landscapes. Tendy and I embarked on our first ultra-marathon, making it extra special as it was Tendy's birthday. We were joined by seasoned ultra-runners Kath and Alex, adding to the excitement.

Lucky for us, the race had a more generous cut-off than expected. We had to reach the 40k aid station within 10 hours, which was achievable. My tracker malfunctioned, causing some worry for my husband, but we continued strong. Tendy was amazing and kept us motivated, especially on the steepest hill before the 40k checkpoint.

Our finish times were as follows: Kath: 8:14, Alex: 8:30, Tenny & Willow: 11:23 (we weren't last!)

Thank you to Kath for suggesting we join this race and for her unwavering support.

The She Strides 50K ultra was an unforgettable experience. It pushed our limits but completing our first ultra-marathon was a major achievement, and we look forward to future adventures."



Left to right: Kath Evans, Tenny St Francis, Willow Gibson and Alex Yates

Bedfordshire Half

Terry Fowler (*pictured below*) completed the Bedfordshire Half and sent his run report: "I was asked to pace the Runthrough Bedford Half Marstthon this morning (Sunday) aiming for 1:50 pace. It was held at the Thurleigh Airfield Bedfordshire.

A flat 4 lap course was on offer with a strong-ish breeze - the only thing that slightly slowed the runners on certain parts of the lap. I came home in 1:49 so achieved my target quite comfortably and despite being a pacer was 2nd V60 on the day. It was a well organised event which also had a 5K, 10K, 16 miler, 20 miler and a marathon."



Great Barrow Challenge/Run, Forrest! Run!

Nadine Dwyer (pictured below) took part in yet another amazing challenge and sent us her run report: "This week, I entered the Great Barrow Challenge in Suffolk. It's a 10-day event and many of the runners complete the entire series, although it is possible to just run on individual days. I took part in 5 of the daily challenges, running a mix of marathons and half-marathons. This was my first attempt at consecutive long runs and I really wasn't sure what to expect.

When booking this, little did I know that this event would coincide with the current heatwave, making an already tough task and an even tougher test of endurance and resilience. My mantra for the week was 'go slow, go far' and it worked! This week was such an amazing experience. The support from the organisers, the marshals and the other runners was just brilliant. I'm in awe of everyone who went out running in this heat each day - especially those doing the full 10-day challenge! Great to have **Aiden** join me for 2 of the days as well. Absolutely loved this event and will definitely be back next year.

To round up my week, I then took part in the 'Run, Forrest! Run!' event on Sunday.

What a crazy week it's been: over the last 8 days, I've run 2 marathons and 4 half-marathons - 169k in total. This definitely wasn't what I expected to happen when I started running just over 3 years ago but here we are.

It just goes to show that ANYTHING IS POSSIBLE!!! Time for some well-deserved and much needed rest days now...and time to find space for my newly acquired bling."



Bearbrook 10k

Wayne Aylott took part in the Bearbrook 10k and sent us his run report: "I took part in the Bearbrook 10k race in Aylesbury, and finished in 1:13. Nayrobis Valencia Aylott completed the race in 1:15 – also a new personal best. It was a second 10k race for Nayrobis, outside only running parkrun, and she beat her previous time by 4 mins."

SportsShoes.com Club Discount - August (GCRs members only)

GCR members **ONLY** 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.

<https://www.sportsshoes.com/>

parkrun Roundup

102 GCRs walked, ran, cycled or travelled to take part in different parkruns, in Hertfordshire and beyond.

- At Highbury Fields, **Rob Lawrence** finished 2nd overall in 18:08
- At Stevenage, **Caroline Hale** was 2nd lady in 21:04
- At Gunpowder, **Andrew Knight** was 10th overall in 19:14 and Felicity Wadley was 6th lady in 24:37.
- **Amber-Leigh Marvin** was 3rd lady at Houghton Hall in 22:31
- At Panshanger, **Chris Baylis** was first finisher in 17:53, and Rob Casserley was 12th overall in 21:00. **Rebecca Barden** was 4th lady in 23:54

- At Rutland Water, **Neil Hume** was 3rd overall in 18:46
- **Lucy Iles** was 7th lady at Great Dunmow, in 26:22
- At Pocket, **Thomas Buzzard** finished 10th in 20:44 and **Jess Buzzard** was 12th lady in 27:58
- **Katy Healy** was 10th lady at Millhouses parkrun in 23:35
- At Chipping Norton School, **Matt Baker** finished 3rd in 20:14
- **Samantha Hastie** travelled to Poland where she was 8th lady at Zalew Żyrardowski, in 32:20
- **James Benfold** finished 13th at Baise Castle, in 22:04

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

Newborough parkrun and first ever parkrun for Rik

Ann Hayden and her husband **Rik** (*pictured below*) headed to Anglesey North Wales where they completed the Newbough Forest parkrun. Ann writes: "The weather was beautiful and the location stunning. The course starts near the beach then climbs up on its one loop circuit of the pine forest before returning back to the beach for a sandy finish. The marshals were lovely and I was proud of Rik for completing his first ever parkrun. We then headed to the sea for a post-parkrun dip which was a great way to finish. Ann's time was 31.38 and Rik's a respectable 39.19."



Jamie's birthday parkrun at Tetbury Goods Shed

Katharine Farrell together with **Alex Faulkner**, **Jamie Rose** and **Michael Germany** (pictured below) travelled to Tetbury Goods Shed parkrun. Katharine writes: "A special mention for Jamie's birthday parkrun at Tetbury Goods Shed with t-shirts organised by Alex. Jamie zoomed off and came an impressive first on the out and back course. I'm sure the other parkruns believed the back of my shirt... L-R in back of t-shirt photo: Alex Faulkner, Jamie Rose, Katharine Farrell & Michael Germany."



Thippi's 25th parkrun

Thippi Rashleigh (*pictured below, with friends*) has been inspired to do parkruns by her GCR friends and sent us this parkrun report: "On Saturday I completed my 25th parkrun at Pocket, finishing 7th in my age category. I did it with **Caroline ODwyer**, **Peter Laphorne** and **Gail Munro** (Gail came 2nd in her age category).

Unfortunately, Caroline tripped over and had to abandon the run. We finished with a nice breakfast afterwards - thanks to Caroline for the idea and for driving us.

I would also add a big thank you to my GCR friends, for motivating me to do parkrun, especially **Willow Gibson** and **Samatha Hastie** and everyone else. I am getting into parkruns now, hopefully my next milestone not taking too long."



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	18 th July
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 <i>Registration fees may apply</i>	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	£10.00	Completed
8	15 th May	MWRRL #1	Stevenage	Free	Completed
9	23 rd May	MWRRL #2	Ware	Free	Completed
10	New date 4 th June	MWRRL #3	Royston	Free	Completed
11	27 th June	MWRRL #4	Trent Park	Free	Completed
12 (V)	30 th June	Welwyn 10k	Panshanger Park	£20.00	Completed

13 (V)	10 th July	MWRRL Mob Match	Ridgeway Academy, WGC	Free	Completed
14	18 th July	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Completed
15 (V)	4 th August	GCR Centenary 20.2k	WGC Centenary Route	Free	Completed
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

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

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 and in all sizes. See club website for photos. Vests, t-shirts and long sleeve 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 Michael Scutt (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/

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