



Garden City Runners News Release

13 April 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

She Ultra



This weekend took **Emma Dempster, Alex Yates, Elaine Giles** and **Kath Evans** to North Wales for the 'She Ultra', an all women's 50K ultra event in Snowdonia. Kath reports: "We started to a glorious sunrise in Abersoch and hit the trails, exploring the beaches and spectacular hillside views of the Llyn Peninsula, bringing us to end in Pwhelli. It was Emma's first ultra, and she enjoyed it so much she is already considering booking it for next year. Alex said "every woman should do it" and Elaine, who mastered the event despite a plaster cast acquired from her training, said "I was grateful to have remained on my feet throughout!" All in all a fantastic event, with 1354 women finishing. We'll all

be returning in 2026 - if you're a girl come and join us! We loved their tag line 'No cut offs only smiles' and it was indeed beautifully brutal! (Above: the hardy female quartet celebrate completion of the She Ultra)

Ultra X Spring Trail 75K

Also tackling the ultra distance was **Martin Mitchell**, who sent this report from the Ultra X Spring Trail 75K: "On Saturday I took part in the Ultra X Spring Trail Series 75k in the South

Downs. The course was very hilly, with a total elevation of 1,400m, and the weather was pleasant overall but became quite hot around lunchtime, making hydration key. Unfortunately, I got lost at 66k, which added an extra 1.5k to the distance, but I managed to finish in a time of 8 hours and 39 minutes, securing 16th place. It was the first time doing an Ultra X event and I highly recommend them, the onsite camping and post-race party was a bonus too." *Right: Martin ready for action*

parkrun roundup



Sunny weather and the Easter holidays led 122 GCRs to try out a parkrun, in Herts and in some exotic overseas locations. At our home parkrun, Panshanger, there was a strong GCR turn out to celebrate **Ruby Spencer's** hen parkrun. After a short delay caused by cows on the course, runners set off, with **Alex Newman-Smith** first into the finish funnel in 17:50, **Jamie Rose** 6th in 19:16 and **Graeme Sorley** 7th in 19:24. On her Panshanger debut, **Zoe Stephens** was 1st lady in 21:25 and **Hannah Frank** 3rd lady in 22:25. **Rebecca Barden** was 6th lady in 22:59 and first age graded runner. Ruby Spencer celebrated her hen parkrun in a time of 27:41. *(Left: GCRs assemble with Ruby Spencer, in white, to celebrate Ruby's hen parkrun)*

Terry Fowler (*pictured right*) sent this report from Central parkrun, Plymouth:

"A weekend in Plymouth for a family get together for the first anniversary of my dad's passing. Went off to do the Plymouth Parkrun, a hilly, scenic course around Central Park which is a serious dog walking venue and the home of Plymouth Argyle, a team I've supported all my life and been a season ticket holder for years as was my dad.

Amazingly, I ran a course PB, 21.06 and finished 22/505 and 1st V60. Extremely pleased with that result considering the steep hills on the course. Nowhere in Plymouth is flat.

Similarly extremely pleased with my team winning 2-1 against a top three side. Dad would've been extremely proud of the lads today.



Unfortunately I forgot to pack my GCR vest so ran in my Isabel Hospice one for whom I do some work to raise much-needed funds required to make the lives of those living on end of life care a bit more comforting."

Other GCR results included:

- **Sean Bowen** was 2nd overall at South Oxhey in 21:01.
- **Jess Timmins** ran a fabulous pb of 19:28 to finish 2nd lady at Cassiobury, supported by **Peter Jasko** who ran in 20:32.
- **Rob Hughes** and **Caroline Hughes** ran at Milano Nord in 22:32 and 51:28
- At Haga parkrun in Sweden, **Dan Pudner** was 5th in 18:44.
- Also in Sweden, **Steve Grout** ran at Judarskogen parkrun in 26:27.
- **Sharon Threlfall** ran at Hasenheide parkrun in Berlin in 28:21.
- At Stevenage, **Lee Chapman** ran a parkrun pb of 20:28.
- At Moors Valley, **Paul Guy** was 3rd in 18:17.

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

Club Championship (competing for the Westlake Trophy) - 2025

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	completed
4 V	8 th Mar	Panshanger Parkrun	Panshanger Park	free	see parkrun website	completed
5	6 th Apr	St Clare Hospice 10k	Hastingswood, Harlow	£16	https://stclarehospice.org.uk/event/st-clare-hospice-10k-2024/	completed
6	4 th May	Hitchin 10k	Hitchin town centre	£22	Herts Vets tbc enter at Racesonline	
7	Weds 21 st May	MWRRL #1	St Albans, venue tbc	free	Club will send out details by email	
8	Weds 4 th June	MWRRL #2	Epping Forest	free	Club will send out details by email	
9	Weds 18 th June	MWRRL #3	West Herts venue tbc	free	Club will send out details by email	
10 V	22 nd June	Welwyn 10k at Panshanger Park	Panshanger Park		enter at Racesonline	
11	Weds 2 nd July	MWRRL #4	North Herts venue tbc	free	Club will send out details by email	
12	6 th July	Ware 10s	TheChauncySchool Park Rd, Ware		10k or 10 miler enter at Racesonline	
13 V	Weds 9 th Jul	MWRRL Mob Match, WGC tbc	Ridgway Academy, WGC	free	Club will send out details by email	
14	17 th July	Fairlands Valley Spartans 3k Relays	Fairlands Valley Park, Stevenage	free	Club will send out details by email	
15 V	17 th August	20.20k Centenary Run	Stanborough Park South Lake near railway bridge	free	Club will send out details by email	
16 V	10 th 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/>

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 and Evenings

Hill reps are enjoying an Easter break and will be back in May – watch this space.

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/