



Garden City Runners News Release

22 June 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

Welwyn 10K crowns a hat trick of successes at Panshanger Park

If any doubts remained of Welwyn 10K's successful relocation from the roads surrounding Singler's Marsh in Old Welwyn to the beautiful trails of Panshanger Park three years ago, then they were surely dispelled by the 2025 edition. Once again this weekend's race was superbly organised by Garden City Runners under the direction of RD, **Barbara Kubis-Labiak**.

Like any successful formula the event is constantly under review, and this year's new start location—at the gate on Panshanger Lane—streamlined the event still further.

Barbara was backed up by her race team and a huge number of volunteers (and the support of the weather ... which was mercifully a few degrees shy of the recent heatwave). The 450 or so participants certainly appreciated the light breeze and the race started on time, with a 'ready, steady, go' by **Lynn Chesterman OBE**, the Mayor of Welwyn Hatfield.

Reflecting on the race (which also included a 2K race for children), Barbara said that after all the behind-the-scenes prep, with Zoom calls and last minute adjustments, "and all of a sudden the field in Panshanger Park turned into a bustling, happy gathering of volunteers, runners, walkers, families, children and spectators."

The Race Director reserved special thanks for an army of volunteers, without whom the event wouldn't have been so memorable. "They were amazing," she said. "The parking team, organised by **Rab Harley** and **Andy Sturgess**, included **Mark Harley**, **Patrick Millar**, **Brenda Smith**, **Pat Harley**, **Alison Paterson**, **Michael Scutt**, and **Sam Plummer**. They managed 320 cars plus vans, and made it look like an easy task (which it wasn't)."

She also credited the indefatigable **Sue Fletcher**, who was responsible for organising all the volunteers. These included **Steve Button, Sean Bowen, Helen Stafford, Sarah Bond, Jane Kersey, Daniel Hitch, Katharine Farrell, Jo Matthews, Annika Labiak, Brian Robbins, Joe Ansbro, Sandra Wise, Mick Wise, Dave Edwards, Sue Coveney, Sharon Stephens, Chrissy Johnson, Johan Preis, Sid Valentine, Alida Preis, Martin Norman, Roger Adey, Rich Taylor, Imogen Chastell, Maisie Murden, Hugh Murden, Alison Meaden, Clare Wildey Grover, Sophie Packman, Michael Germany, Tim Thornton, Matt Baker and Claudio Gargano**. Also key to recording the event were photographers **James Walsh** and **Victoriia Kanibolotska**.

Finally, she credited the race team who worked so hard behind the scenes—including **Maria Murden, Richard Somerset, Jane Molloy, Willow Gibson** and **Hannah Frank**. “We would also like to thank **Rich Sidlin** and **Craig Stephenson** of Racesonline for the chip timing—and Tarmac for letting us use the park and the sponsorship, as well as HRJ Foreman Laws Solicitors for their ongoing support and sponsorship.”

Race results are below:
<https://my.raceresult.com/330481/results>

10k Individual results

Overall Female

1	Alicia FOUND FS	Herts Phoenix AC	Top 3	42:29
2	Emily COX FS	Unattached	Top 3	45:02
3	Kerry KITCHENER FV50	Unattached	Top 3	49:02

Overall Male

1	Simon MILLETT MS	Windsor Slough Eton & Hounslow AC	Top 3	36:13
2	Paul GUY MV50	Garden City Runners	Top 3	38:30
3	Craig PHILIP MV40	Unattached	Top 3	39:23

FU20

1	Isla THRELFALL	FU20	Ware Joggers	1/5	1:05:44
---	----------------	------	--------------	-----	---------

FV40

1	Eleanor SAGE FV40	Garden City Runners	1/47	50:22
2	Anna LILLIE FV40	Garden City Runners	2/47	51:56

3	Belinda MCGINLEY	FV40	Garden City Runners	3/47	55:08
FV50					
1	Amanda MESSER	FV50	Unattached	1/30	53:10
2	Cassia LOWEN	FV50	Unattached	2/30	54:34
3	Maggie WRIGHT	FV50	Garden City Runners	3/30	58:09
FV60					
1	Carol REID	FV60	Garden City Runners	1/8	1:01:41
2	Gail MUNRO	FV60	Garden City Runners	2/8	1:04:28
MU20					
1	Jake WHITE	MU20	Unattached	1/13	42:47
MV40					
1	Alex NEWMAN-SMITH	MV40	Unattached	1/64	40:04
2	Nick ANDREWS	MV40	Stevenage Striders	2/64	41:08
3	Paul GROVES	MV40	Unattached	3/64	41:20
MV50					
1	Peter HARVEY	MV50	Garden City Runners	1/51	40:42
2	Martin MITCHELL	MV50	Garden City Runners	2/51	41:50
3	John MCDOWALL	MV50	Garden City Runners	3/51	43:53
MV60					
1	Helder SOARES	MV60	Stevenage Striders	1/24	44:41
2	John ROSE	MV60	Trent Park Running Club	2/24	46:23
MV70					
1	Nick BREAM	MV70	Garden City Runners	1/4	1:03:53
Team Awards					
Female					
1.Garden City Runners.2:37:26					
Eleanor SAGE	50:22	FV40	Garden City Runners		
Anna LILLIE	51:56	FV40	Garden City Runners		
Belinda MCGINLEY	55:08	FV40	Garden City Runners		



Male

Garden City Runners.2:01:02

Paul GUY 38:30 MV50
Garden City Runners

Peter HARVEY 40:42 MV50
Garden City Runners

Martin MITCHELL 41:50 MV50
Garden City Runners

Junior Race

Boys

1.Ethan ASHWOOD 07:44

2.Finn HARLEY 07:49

3.Jacob MAGOMBE 08:57

Girls

1. Lily JANMOHAMED 08:32

2. Erin MCFARLANE 10:05

3. Hester HEALY 10:11

Photos from the race below – many more available on the **Welwyn 10k Facebook page:** <https://www.facebook.com/Welwyn10k>

Photo 1 and 2: First finisher, Simon Millett (Windsor Slough Eton & Hounslow AC) and first lady Alicia Found (Herts Phoenix AC)







Photo above: Top female finishers: Alicia Found (middle), Emily Cox (left) and Kerry Kitchener (right)



Phoenix Running: Denbies Marathon

Nadine and **Aiden Dwyer** (pictured, below) completed another impressive challenge this weekend - the Denbies Marathon.

Nadine writes: "This weekend, Phoenix Running hosted their Denbies Festival of Running and well, it was brutal! I thought I had signed up for scenic loops around the Denbies Wine Estate but accidentally seemed to have entered some sort of sauna endurance experiment instead.

Boiling hot, zero shade and the heat was just relentless. Tough going but got it done and it's another marathon ticked off! Went super slow and had lots and lots of breaks - handy when you're on a 1-mile loop through the vineyards. Iced water bottles, a cold water bucket and the hose pipe were a godsend. I got up close and personal with that water hose more often than I can disclose and pretty much ended up having full on showers after most laps. Of course there was the odd ice lolly as well.

It was lovely seeing so many familiar faces and the support and encouragement was just brilliant. And as always, we were well looked after by the Phoenix team. The highlight of the day was buddying up with a guy I met on the day. We ended up plodding and basically raving around the last 8 or more laps together...great tunes and great company...almost made the last bit seem like a breeze. As well as the usual half and full marathon options, many runners were also going for various ultra distances. Huge respect to everyone who turned up on Saturday and ran in pretty brutal conditions."

parkrun Roundup

92 GCRs decided that hot weather doesn't bother them, turning out at parkruns everywhere.

- At Stevenage, **Richard Taylor** was 10th overall in 19:51, and **Caroline Hale** was first lady in 21:40
- At Gunpowder, **Matt Baker** was 6th in 19:06
- At Panshanger, **Graeme McSorley** was 4th overall in 19:24, **Charlie Marchione** was 6th in 19:49 and **Lauren Potter** was 3rd lady in 23:38

- **Sean Bowen** was 9th overall at Rushmere, in 22:16 and **Lucy Iles** was 8th lady in 29:18
- **Daniel Ashcroft** was first to cross the finish line at Darndale in 22:59
- **Katharine Farrell** was 4th lady at Sunny Hill in 27:36
- At Oaklands College, **Chris Baylis** was 6th in 20:10, **Adam Wadley** finished 7th in 20:17 and **Felicity Wadley** was 5th lady in 26:04
- At Egham Orbit, **Dan Pudner** was 5th in 19:04

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

Dates for Sunday League XC 2025-6

Provisional dates for the 2025-6 Sunday League XC season are below.

21 September 2025 - Cheshunt

2 November 2025 - Trent Park

21 December 2025 – Fairlands Valley Park, Stevenage

11 January 2026 – Panshanger Park, Welwyn Garden City

15 February 2026 – Cassiobury Park, Watford

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	17 Jul
6	Standalone 10	5 Oct
7	Stevenage Half Marathon	19 Oct
8	ATW Hatfield 5 miler	30 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	completed
7	Weds 21 st	MWRRL #1	St Albans, Highfield Park	free	Club will send out details by email	completed
8	Weds 4 th June	MWRRL #2	Epping Forest	free	Club will send out details by email	completed
9	Weds 18 th	MWRRL #3	Stevenage	free	Club will send out details by email	completed
10 V	22 nd June	Welwyn 10k at Panshanger	Panshanger Park		enter at Racesonline	completed
11	Tues 1 st July	MWRRL #4	Ashlyns School, Chesham Road, Berkhamsted HP4 3AH	free	Club will send out details by email	
12	6 th July	Ware 10s	The Chauncy School, 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	free	Club will send out details by email	
16 V	10 th Sept	Race 3 of the Hatfield 5k	Affinity Water HQ, Hatfield		enter at Racesonline	
17	28 Sept tbc	XC Sunday League Race 1	Cheshunt	free	Club will send out details by email	
18	5 Oct	Standalone 10k	Standalone Farm,		Herts Seniors tbc Enter here	
19	19 th Oct	Stevenage Half Marathon	Hampson Park, Stevenage		enter here	
20	2 nd Nov	XC, race 2 Sunday League	Trent Park	free	Club will send out details by email	
21	30 Nov	ATW Hatfield 5 miler	Herts University, Hatfield		Herts Vets tbc enter at ATW	
22 V	start-mid	Festive 5	WGC		enter at Racesonline	
23	14 Dec	XC, race 3 Sunday League	Panshanger park	free	Club will send out details by email	
24	end Dec	Buntingford 10 miler	Freman College, Buntingford		Herts Vets tbc BMAF tbc	

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/

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