



## Garden City Runners News Release

**27 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](mailto:results@gardencityrunners.org.uk)*

### **London Marathon 2025**

Sunday 27th April marked another London Marathon Day. As always, a contingent of GCRs travelled to the capital to run, volunteer or cheer, taking part in this amazing event.

#### **GCR results below:**

<b>Pos Overall</b>	<b>Pos Gender</b>	<b>Name</b>	<b>Time</b>
2413	2251	Rob Casserley	2:57:23
5090	4373	Chris Eland	3:13:49
12404	3115	Rebecca Barden	3:43:37
14142	10367	Sanjeev Kaushal	3:49:24
34822	22541	Johan Preis	4:55:16
46047	27862	Lee Wood	5:41:13
49780	20355	Alison Paterson	6:04:07
54321	23244	Philippa Doughty	6:53:31

**Rebecca Barden** (*pictured, below*) who has been taking part for 11 years now, writes: "I ran the London Marathon today, my 18th marathon and 11th London. After a misty and chilly start from WGC (thanks to **Tendy St Francis** for organising the GCR funbus and even turning up at 6.30 am to see us off) temperatures rose steadily over Greenwich Park, and we set off in already warm conditions. It was baking hot all around the course with very little shade and I had to keep my wits about me as runners slowed, stopped or veered in front of me, particularly as we neared the finish.



Despite all these challenges, London is an amazing event - a feast for the senses with thousands of runners, many in incredible (and very hot looking) charity costumes, bands and choirs and sound systems along the route, and of course the fantastic spectators including a contingent of GCRs at mile 13 and 22 on Wapping Highway, and others dotted about the route providing much-needed encouragement when the going got tough.

After a speedy first few miles I managed to settle into a steady pace and was very pleased to finish in 3:43:37, 73rd in my age group.

As well as being able to stop running and the bling-tastic gold finisher's medal, an extra bonus for finishing was getting to see the GCR baggage team at the finish, and this year was

no exception with a warm greeting from Michael Scutt and his (supremely well-organised) crew as I stumbled into view."







*Johan Preis with his medal*

Alison Paterson

An important mention to **Stuart Mann** who finished was 1st in his age group M80 and looked just as strong at mile 13 as he did at mile 22!





Big



thank you to all the volunteers (*pictured, below*) who joined the baggage crew. Together with the baggage Team captain **Michael Scutt**, the volunteer team comprised:

**Dave de Naeyer, Belinda McGinley, Charlotte Jones, Tendy St Francis, Richard Darley, Jess Timmins, Gareth Askey, Lorraine Bell, Emma Dempster, Ali Eroglu, Fredi Giliberti, Colin Grace, Caroline Hughes, Rob Hughes, Andrew James, Tarin James, Sue Fletcher, Mat Lurkin, Jo Matthews, Sharon Stephens, Rob Jones, Valerie**

**Levison, Ian Kirby, Chris Loveys, Maria Murden, Bernadette Newby and Justin Swallow.**

### **Manchester Marathon 2025**

Another marathon took place today, in Manchester, and saw a number of GCRs taking part.

**Matt Baker** ran and sent his run report. **Matt** writes: "I headed up to Manchester to join the 35,000+ participants on the big marathon day of the year. After a good training block, I secured a new marathon PB of 03:01:47 on a hot day.

For anyone that doesn't get into London I would recommend doing Manchester - great crowds, flat route and good atmosphere. My previous PB was just before I joined GCR in 2023. This PB was definitely down to the 1000s of laps around Gosling track since, joining the Avery/Club races and the motivation of all those in the club. Thanks GCR".

Other GCRs who took part: **Jamie Rose, Alex Faulkner** and **Daniel Gordon – results below.**

<b>Name</b>	<b>Time</b>
Joe Ansbro	2:49:23
Matt Baker	3:01:47
Jamie Rose	3:32:36
Daniel Gordon	3:32:36
Alex Faulkner	4:19:27

## **Phoenix: NOT The London Marathon Run**

**Nadine** and **Aiden Dwyer** (*pictured below, with medal*) decided to go for the opposite of London Marathon, because why not.

**Nadine** writes: "Didn't get a place in the London Marathon ballot? No problem. There's always the 'NOT The London Marathon Run' with Phoenix Running. I did this event last year and loved it.

This year, I brought Aiden and a friend along to run this together to celebrate my upcoming birthday. This was the last run in my 40s and I couldn't have asked for a better event. We had an absolutely brilliant day, the atmosphere was amazing and there were lots of new faces and lots of them doing their first ever half marathons or full marathons.

The medal for this event is incredible and HUGE. Phoenix offer this event each year and if anyone fancies running it as an alternative or maybe as their virtual London Marathon, I really couldn't recommend it highly enough".



### **Beastie McBeastRace Half Marathon for Alex**

**Alex Yates**, rightly pointing out the importance and love of hills, took part in a half marathon in Cornwall. **Alex** writes: "I have travelled down to Cornwall this weekend to do the Beastie McBeastRace Half Marathon in Bodmin. There was a marathon option as well, but knowing Cornish hills as I do, I opted for the half.

That said, they lied and it was actually 1.5 miles longer than a half. I'm willing to forgive them however as it was stunning scenery and beautiful routes through woodland, including the National Trust site at Lanhydrock and Cardinham Woods, with banks full of primroses, bluebells and wild garlic. Yes, the hills were bad, but then the name is a bit of a give away, and the colourful medal was very welcome at the end."

### **parkrun Roundup**

104 GCRs took part in parkruns yesterday, locally and abroad. Some chose to volunteer instead, especially those running today's (Sunday) marathon races.

- Katharine Farrell was 2<sup>nd</sup> lady at Luton Wardown, in 23:55
- Lauren Potter was 3<sup>rd</sup> lady at St Albans, in 23:07
- At Oak Hill, Dan Pudner was 2<sup>nd</sup> overall in 17:55
- At Panshanger, Chris Baylis was 3<sup>rd</sup> overall in 18:00, Paul Guy 5<sup>th</sup> in 18:17 and Graeme McSorley 8<sup>th</sup> in 18:57
- John McDowall was 6<sup>th</sup> at Barclay, in 22:04
- Tom Wackett was 8<sup>th</sup> at Aldenham, in 21:42

- At Letchworth, Bruce Judge finished 4<sup>th</sup> overall in 19:47
- At Jersey Farm, Juliet Vine was 1<sup>st</sup> lady in 19:35
- Sofie Marchant was 8<sup>th</sup> lady at Sunny Hill, in 29:22
- Sharon Threlfall was 10<sup>th</sup> lady at Rosensteinpark, in 27:23
- At Oaklands College, Martin Mitchell was 5<sup>th</sup> overall in 18:56, Amber-Leigh Marvin was 4<sup>th</sup> lady in 22:52 and Clare Wildey 6<sup>th</sup> lady in 25:17

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

### **150th parkrun for Willow at Millennium Country Parkrun**

**Willow Gibson** (*pictured below, with fellow GCR runner Peter Lapthorne*) completed her 150<sup>th</sup> parkrun and shared her experience. **Willow** writes: "I completed my 150th Parkrun on Saturday at Millennium Country parkrun. It's been a brilliant journey getting to this point — full of early alarms but lots of good laughs along the way.

Thank you to everyone from the club who's encouraged me, shared the course with me, and celebrated the wins (big or small). Parkrun has been such a huge part of my running journey and community, and I'm excited for whatever comes next — even if that's just more coffee & cake at the finish line.

## **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:

<b>Race #</b>	<b>Event</b>	<b>Date</b>
1	Fred Hughes 10	19 <sup>th</sup> Jan
2	Watford Half Marathon	2 <sup>nd</sup> Feb
3	Panshanger Parkrun	8 <sup>th</sup> Mar
4	Hitchin 10k	4 <sup>th</sup> 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!

<b>Avery Event #</b>	<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Cost Approx.</b>	<b>Notes</b>	<b>Status</b>
1	19 <sup>th</sup> Jan	<b>Fred Hughes 10</b>	St Columba's College, St Albans	£22	enter at ATW Herts Seniors	completed
2	2 <sup>nd</sup> Feb	<b>Watford Half Marathon</b>	Cassiobury Park, Watford	£38	Herts Seniors enter at ATW	completed
3	16 <sup>th</sup> Feb	<b>Watford XC, race 5 Sunday League</b>	Cassiobury Park, Watford	free	Club will send out details by email	completed
4 V	8 <sup>th</sup> Mar	<b>Panshanger Parkrun</b>	Panshanger Park	free	see parkrun website	completed



5	6 <sup>th</sup> Apr	<b>St Clare Hospice 10k</b>	Hastingswood, Harlow	£16	<a href="https://stclarehospice.org.uk/event/st-clare-hospice-10k-2024/">https://stclarehospice.org.uk/event/st-clare-hospice-10k-2024/</a>	completed
6	4 <sup>th</sup> May	<b>Hitchin 10k</b>	Hitchin town centre	£22	Herts Vets tbc enter at Racesonline	
7	Weds 21 <sup>st</sup> Jun	<b>MWRRL #1</b>	St Albans, venue tbc	free	Club will send out details by email	
8	Weds 4 <sup>th</sup> June	<b>MWRRL #2</b>	Epping Forest	free	Club will send out details by email	
9	Weds 18 <sup>th</sup> Jun	<b>MWRRL #3</b>	West Herts venue tbc	free	Club will send out details by email	
10 V	22 <sup>nd</sup> June	<b>Welwyn 10k at Panshanger</b>	Panshanger Park		enter at Racesonline	
11	Weds 2 <sup>nd</sup> July	<b>MWRRL #4</b>	North Herts venue tbc	free	Club will send out details by email	
12	6 <sup>th</sup> July	<b>Ware 10s</b>	The Chauncy School, Park Rd, Ware		10k or 10 miler enter at Racesonline	
13 V	Weds 9 <sup>th</sup> Jul	<b>MWRRL Mob Match, WGC tbc</b>	Ridgway Academy, WGC	free	Club will send out details by email	
14	17 <sup>th</sup> July	<b>Fairlands Valley Spartans 3k Relays</b>	Fairlands Valley Park, Stevenage	free	Club will send out details by email	
15 V	17 <sup>th</sup> August	<b>20.20k Centenary Run</b>	Stanborough Park South Lake near Hatfield	free	Club will send out details by email	
16 V	10 <sup>th</sup> Sept	<b>Race 3 of the Hatfield 5k</b>	Affinity Water HQ, Hatfield		enter at Racesonline	
17	start Oct	<b>Standalone 10k</b>	Standalone Farm, Hatfield		Herts Seniors tbc enter at Racesonline	
18	mid Oct	<b>XC, race 1 Sunday League</b>		free	Club will send out details by email	
19	end Oct	<b>Stevenage Half Marathon</b>	Hampson Park, Stevenage		enter at Racesonline	
20	end Oct	<b>XC, race 2 Sunday League</b>		free	Club will send out details by email	
21	start Nov	<b>XC, race 3 Sunday League</b>		free	Club will send out details by email	
22	end Nov	<b>ATW Hatfield 5 miler</b>	Herts University, Hatfield		Herts Vets tbc enter at ATW	
23 V	start-mid Dec	<b>Festive 5</b>	Stanborough Common, WGC		enter at Racesonline	
24	mid Dec	<b>XC, race 4 Sunday League</b>		free	Club will send out details by email	
25	end Dec	<b>Buntingford 10 miler</b>	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](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](mailto:rich.somerset@ntlworld.com) to arrange pick-up.

"Puffa" jackets are also available for £42, please contact Martha Hall on: [ma-hall28@hotmail.com](mailto: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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](https://www.facebook.com/groups/gardencityrunners/)

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