



Garden City Runners News Release

29 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

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Canary Trail Events: The Rhino Run

Another weekend, another report from the dynamic Dwyer Duo!

Nadine Dwyer writes: "On Saturday, **Aiden** and I headed to the Surrey Hills to take part in the inaugural Rhino Run - a collaboration between Canary Trail Events and my friend Rhino Boy Chris, in aid of Save The Rhino and Liver Cancer Research.

A stunning but absolutely BRUTAL trail route with stepping stones crossing over the river, steep hills, what felt like a thousand steps and at the end of the course the hellish Satan's Staircase - a long and particularly steep step sections, zapping whatever energy we had left in our legs. It was 1 loop for the half-marathon and for those brave enough to tackle more, the same loop again for the marathon. At around 750 meters elevation per loop, this was certainly the toughest half-marathon we've run so far.

Chris has now run 117 marathons as a Rhino and has raised an incredible amount for charity. I've seen Chris tackle all sorts of challenges but this course has to be up there with one of the hardest yet. Everyone found it tough going - imagine running it in a 12-kilo rhino outfit, especially in this heat! As hard as it was, we absolutely loved it! Beautiful trails and scenery, a really well organised event and great atmosphere - just remember to bring the one and only item on the mandatory kit list (a canary!) or you'll be asked for a charity donation as a penalty. There's also a charity swear jar - given the nature of the course, I reckon that jar must have had a few donations. It's fair to say the inaugural Rhino Run was a success and we're looking forward to coming back next year.



Intro to the Alps

Two weeks ago, four GCRs (**Mel King, Maggie Wright, Chrissy Johnson** and **Caroline O'Dwyer**) and two friends (Naomi and Jayne) went to Chamonix in the French Alps for an "Intro to the Alps" weekend organised by Run The Wild.

Mel writes: "Following a group dinner in our hotel on the Friday evening with the 20 other participants, we were up early on the Saturday to set off for the first run. Split into 3 groups, we covered about 14km and 450m of elevation with plenty of rest stops for hill running instruction, history of Chamonix, photos and to admire the incredible scenery. After a checkpoint stop where we enjoyed some local cheeses, wine and fruit it was 4km back to the hotel and straight to a Yoga session. Pleasantly tired, we relaxed by the pool in the afternoon and then enjoyed a lovely dinner in one of the many local restaurants. Sunday followed a similar itinerary and before flying home on the Monday we managed excursions to the "Mer de Glace" (Sea of Ice) and the cable car to the "Aiguille du Midi" summit.

It was a great weekend, well organised and would definitely recommend it!"





parkrun roundup

100 GCRs decided to sweat it out at a parkrun of choice with a third of them staying local at Panshanger. **Charlie Marchione**, **Adam Wadley** and **Rob Casserley** were 7th, 8th and 9th in 19:44, 19:51 and 19:59, respectively. **Andy Morgan**, **Simon Wrenn** and **Jack Pollard** scored new course PBs of 21:20 and 26:47 and 26:50. **David Ivie** (the real one, not one of the imposters from two weeks ago) ran his 300th milestone.

Top 10 finishers elsewhere were as follows:

- **Philippa Doughty** was 4th lady at St Albans in a new course PB of 21:34.
- **Matt Baker** was 8th man (9th overall) at Royal Tunbridge Wells in 20:27
- **Amber-Leigh Marvin** was 3rd lady at Arrow Valley in 22:05
- **Sofie Marchant** was 6th lady at Pymmes in 26:20
- **James Huish** was 3rd at Medina I.O.W in 18:11
- **Andrew Tomlinson** was 7th at Stevenage in 18:47, and **Rebecca Barden** was 3rd lady in a new course PB of 23:23
- **Neil Hume** was 5th at Rutland Water in 19:10
- **Bruce Judge** was 3rd at Letchworth in a new course PB of 19:22
- **Jamie Rose** was 3rd at Watermeadows in 19:40, and **Alex Faulkner** was 4th lady in 24:11
- **Paul Guy** was 6th at Jersey Farm in a new course PB of 18:09
- **Matthew Renney** was 4th at Hafan Pwllheli in 23:02
- **Daniel Pudner** was 2nd at Tamworth Castle Grounds in 18:56

Tom Rogers ran his 350th parkrun at Barnstaple.

Other parkrun locations attended by touring GCRs were: Brentwood, Brueton, Cassiobury, Chichester, Coldham's Common, Dartford, Eastleigh, Gladstone, Henlow Bridge Lakes, Inis Meain, Jubilee (Bedford), Northala Fields, Oakhill, Osterley, Queen Elizabeth, Rendlesham Forest, Rickmansworth, Sandwell Valley, Severn Bridge, Wakefield Thornes, Westmill, Wimpole Estate, Winchester,

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	completed
7	Weds 21 st May	MWRRL #1	St Albans	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 June	MWRRL #3	West Herts venue tbc	free	Club will send out details by email	completed
10 V	22 nd June	Welwyn 10k at Panshanger Park	Panshanger Park		enter at Racesonline	completed
11	Tues 1 st 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	21 st Sept tbc	XC, race 1 Sunday League	Cheshunt	free	Club will send out details by email	
18	5 th Oct	Standalone 10k	Standalone Farm, Letchworth		Herts Seniors tbc enter at Racesonline	
19	19 th Oct	Stevenage Half Marathon	Hampson Park, Stevenage		enter at Racesonline	
20	2 nd Nov tbc	XC, race 2 Sunday League	Trent Park	free	Club will send out details by email	
21	30 th Nov	ATW Hatfield 5 miler	Herts University, Hatfield		Herts Vets tbc enter at ATW	
22 V	start-mid Dec	Festive 5	Stanborough Common, WGC		enter at Racesonline	
23	21 Dec	XC, race 3 Sunday League	Fairlands, Stevenage	free	Club will send out details by email	
24	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

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.

A lot of you doing the midweek league on Wednesday but if you can't make it then there will be an interval session at Stanborough Lakes (north car park) on Tuesday. Meet at stanborough green (lemsford lane end) at 6.30pm or the venue at 6.45pm.

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.

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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/