



## Garden City Runners News Release

**30 June 2024**

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

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### **SportsShoes Discount - Update**

The SportsShoes code for [July](#) is [PU6VB0444](#). GCR members **ONLY** have access to The SportsShoes discount code, which entitles all GCRs **ONLY** to 10% off and free shipping on orders over £50, at <https://www.sportsshoes.com/> The code expires on 1<sup>st</sup> August 2024. Please note that some products including Coros, Garmin, Shokz, Maurten and a few shoes are excluded from the offer. 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.**

## **Welwyn 10K**

Sunday 30<sup>th</sup> June was the hugely successful Welwyn 10K in Panshanger Park, expertly executed by Race Director **Barbara Kubis-Labiak**, with many GCRs volunteering in various capacities to ensure the event ran smoothly. No doubt everyone (runners and volunteers alike) was thankful that we didn't have the same scorching conditions as last year.

Once the event was over, and Barbara had had some well earned refreshment, she shared her thoughts on her second stint as Race Director for the Welwyn 10K:

"It's difficult to see the entirety of the race as a Race Director - you get to see and look after all the detail that goes behind it, and then you see the start and the finish and all in between. You then catch up on the rest from all the photos and chatting with everyone. I can definitely say that this year felt like we were properly settled with our Welwyn 10k at Panshanger Park - last year was brilliant but this year was even better, thanks to all the volunteers and the race team. Parking was super smooth, with the introduction of the drop off zone, our race village worked really well and it looked like everyone enjoyed themselves.

I need to mention:

- **Roger Adey**, who agreed to be the lead bike (last minute) and did an amazing job racing our super fast number one finisher
- Rab Harley and Andy Sturgess, with their parking volunteer team who did an amazing job parking 350 cars in time for the race to start
- **Sue Fletcher** for organising all volunteers on course, and all our amazing volunteers who helped and kept on offering to help throughout, and runners who stayed behind to help
- **Richard Somerset** for organising the race HQ and for dealing with the tent that I just don't have any patience left for
- Maria Murden for looking after medals, our sponsors, water and lots of other things.
- **Michael Scutt** for helping with licence docs, water stations and lots more
- **Jane Molloy** for her usual calm spirit and help
- **Hannah Frank** for driving the minibus and making it look like the easiest thing in the world
- **David Hale** for quietly looking after our accounts so we don't overdo it
- **Louise Smith** for her ongoing support
- and of course **Rich Sidlin** and Craig Stephenson for providing brilliant and super well organised chip timing ([racesonline.uk](http://racesonline.uk)).
- I'd also like to thank **Peter Harvey** for doing the usual amazing job sorting out the

trophies for our runners, and course set-up.

- Tarmac for all their help and ongoing support and the time they've taken to organise and design the beautiful kilometre markers, specifically for the Panshanger Park 10k.

Amazing day, and I am so proud to be the Race Director working with so many amazing, helpful and dedicated friends - GCR is truly an exceptional running club."



*Barbara (above, centre, with previous Welwyn 10K RDs Patrick Pierce and Craig Stephenson)*

On to the results!

With our phenomenal representation, GCR unsurprisingly won both the men's and women's team awards (**Joe Ansbro** [who also was 3<sup>rd</sup> overall], **Peter Harvey** and **Jamie Rose** for the men; **Hannah Frank**, **Lucy Iles** and **Helen Stafford** for the women). In the age category awards, **Peter Harvey** took 1<sup>st</sup> MV50, and the GCR vet ladies did their best to clean up the trophy table: **Lucy Iles** and **Helen Stafford** taking 1<sup>st</sup> and 2<sup>nd</sup> FV40, respectively; **Rebecca Barden** taking 2<sup>nd</sup> FV50; **Carol Reid** and **Gail Munro** taking 1<sup>st</sup> and 2<sup>nd</sup> FV60, respectively; and **Maureen Steed** taking 1<sup>st</sup> FV70.

GCR results are below, with full results are available [here](#).

Name	Gun Time	Name	Gun Time
Hannah FRANK	48:06	Nadine DWYER	01:07:53
Lucy ILES	49:22	Tracy BEHR	01:08:04
Helen STAFFORD	49:44	Alison PATERSON	01:09:50
Rebecca BARDEN	50:10	Lee-Ann STEPHENSON	01:10:56
Clare WILDEY GROVER	50:57	Kath EVANS	01:11:01
Maggie WRIGHT	56:33	Sharon REYNOLDS	01:12:14

Hayley CONNOLLY	56:43	Kelly JOHNSON	01:12:21
Ariadna WEST	57:54	Francesca DI PAOLA	01:13:25
Jessica TIMMINS	01:00:17	Helen CHURCH	01:14:02
Holly WISE	01:00:29	Carly ALWIN	01:14:44
Carol REID	01:00:35	Rosemary AZZOUZ	01:18:37
Sharon STEPHENS	01:01:19	Ran TAKHAR	01:19:21
Elizabeth DEAN	01:01:22	Jane MOLLOY	01:23:11
Thippawan RASHLEIGH	01:03:32	Maureen STEED	01:26:33
Gail MUNRO	01:03:32	Charlotte JONES	01:26:33
Alison MEADEN	01:06:03	Willow GIBSON	01:28:09
Melanie KING	01:06:22	Dawn REDWOOD	01:28:11
Sarah STEPHENSON	01:07:34	Tendy ST FRANCIS	01:28:11

<b>Name</b>	<b>Gun Time</b>	<b>Name</b>	<b>Gun Time</b>
Joe ANSBRO	38:40	Martin DAVIDSON	52:29
Peter HARVEY	39:17	Marc HEWITSON	53:27
Jamie ROSE	39:35	William MITCHELL	54:58
Paul GUY	40:23	Gareth ASKEY	55:14
Martin MITCHELL	40:47	Andrew NEWBURY	56:40
Chris DUNGATE	41:01	Chris MCGURK	57:08
Andrew KNIGHT	41:07	Stuart WONFOR	57:11
Nicholas SUMMERS	41:45	Richard BROWN	57:29
Steve ELLERD-ELLIOTT	42:23	Sergio DELNEVO	57:48
Justin HILL	42:47	Robert JONES	58:05
Daniel GORDON	43:41	David GOOSETREE	59:19
Mark WESTLEY	44:09	Matthew HUNT	59:30
Stuart GAVIN	45:07	Robert SAVILLE	59:52
Peter JASKO	46:14	Tim THORNTON	01:00:23
Robert DILLEY	48:38	Bernard ROCKHILL	01:03:40
Jonathan FOAN	48:51	Robin CATTLE	01:04:02
Daniel FOLLON	49:35	Marc ENDERSBY	01:05:15
Nick PORTALSKI	50:11	Ché CHERITON	01:05:36
David ROBERTS	50:19	Robert WYE	01:05:40
Steve MOWLES	50:54	Nick BREAM	01:07:24

James AITCHISON	51:06	David HALE	01:08:08
Andrew POCKOCK	51:49	Michael BOWE	01:17:33
Ross MARTYN	51:54		











*Above left: 3<sup>rd</sup> place finisher Joe Ansbro*

*Above right: Mens team winners Jamie Rose (left), Joe Ansbro (centre), Peter Harvey (right)*

*Below left: Ladies team winners Helen Stafford (left), Lucy Iles (centre), Hannah Frank (right)*

*Below right: MV50 winner Peter Harvey (centre)*







*Above left: FV60s Gail Munro (2<sup>nd</sup>) and Carol Reid (1<sup>st</sup>)*



*Above right: FV50s Rebecca Barden (2<sup>nd</sup>)*

*Below left: FV70 Maureen Steed (1<sup>st</sup>)*

*Below right: FV40s Helen Stafford (2<sup>nd</sup>) and Lucy Iles (1<sup>st</sup>)*







## Ultra London 55K

Last Saturday 22<sup>nd</sup> June, **Paul Watts** participated in the 55 Km Ultra London on Saturday, from Woolwich to Richmond. Martin Ilott sent in this report:

"It was a hot day and technically challenging course for Paul, following the Green Chain and London Ring. Paul made the 35K cut-off with less than a minute to spare but finished strongly. It was great performance for a blind runner with many obstacles, steps and rough tracks to negotiate."



## **parkrun roundup**

96 GCRs started their weekends off in the best possible way with a parkrun. 38 GCRs stayed local at the Panshanger course, many of whom were there to congratulate **Jane Molloy** on her 250<sup>th</sup> parkrun! Honourable mentions also to **Bruce Judge** who was 4<sup>th</sup> in 19:05, and **Pip Collis** who got a new course PB of 24:24.

Top 10 finishers elsewhere were as follows:

- **Rob Casserley** was 9<sup>th</sup> at Stevenage in 20:34, and **Felicity Wadley** was 8<sup>th</sup> lady in 24:34
- **Peter McKenzie** was 2<sup>nd</sup> at Lydney in 18:47
- **Katherine Farrell** was 5<sup>th</sup> lady at Bushy Dublin in 23:59
- **Thomas Buzzard** was 8<sup>th</sup> man (9<sup>th</sup> overall) at Pocket in 21:04
- **Samantha Hastie** was 8<sup>th</sup> lady at Downsview in 34:10
- **Caroline Hale** was 2<sup>nd</sup> lady at Clevedon Salthouse Fields in 20:50, her 100<sup>th</sup> parkrun!

Course PB was achieved by **Tony Harden** at Luton Wardown (29:47).

Other parkrun locations attended by touring GCRs were: Aylesbury, Barnstaple, Bug Hunter Waters, Gunpowder, Henlow Bridge, Hikarigaoka koen, Poole, Rickmansworth, Rutland Water, Salisbury, Southampton, South Woodham Ferrers, St Albans, Trelai Park, Tremorfa, Upton House, Yarborough Leisure Centre

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



Our chance to shine, racing locally, and showing off our fabulous capacity as hosts: the Mob Match is next week on Wednesday 10<sup>th</sup> July. We hope to see lots of you there, either racing or helping with catering and logistics. Please keep an eye out for communications from catering queens Sophie Packman and Nikki Cowen.



## **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:

<b>Race #</b>	<b>Event</b>	<b>Date</b>
1	Fred Hughes 10	21 <sup>st</sup> January
2	Watford Half	4 <sup>th</sup> February
3	Panshanger parkrun	9 <sup>th</sup> March
4	Flitwick 10k	14 <sup>th</sup> April
5	St Albans Half	9 <sup>th</sup> June
6	FVS 3k Relay	End July (tbc)
7	Stevenage 10k	15 <sup>th</sup> September
8	ATW Hatfield 5	24 <sup>th</sup> 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!

<b>Avery Event #</b>	<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Cost</b> <i>Registration fees may apply</i>	<b>Status / Notes</b>
1	21 <sup>st</sup> January	Fred Hughes 10	St Albans	£20.00 aff.	Completed
2	4 <sup>th</sup> 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 <sup>th</sup> March	Panshanger parkrun	Panshanger Park	Free	Completed
5	24 <sup>th</sup> 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 <sup>th</sup> April	Flitwick 10k	Flitwick	£18.00 aff.	Completed
7	6 <sup>th</sup> May	Kimpton Fun Run 10k	Kimpton	tbc	Completed
8	15 <sup>th</sup> May	MWRRL #1	Stevenage	Free	Club will send out details via email
9	23 <sup>rd</sup> May	MWRRL #2	Ware	Free	Club will send out details via email
10	<b>New date</b> 4 <sup>th</sup> June	MWRRL #3	Royston	Free	Club will send out details via email
11	27 <sup>th</sup> June	MWRRL #4	Trent Park	Free	Club will send out details via email
12 (V)	30 <sup>th</sup> June	Welwyn 10k	Panshanger Park	tbc	Details tbc
13 (V)	10 <sup>th</sup> July	MWRRL Mob Match	Ridgway Academy, WGC	Free	Club will send out details via email
14	18 <sup>th</sup> July	FVS 3k Relays	Fairlands Valley, Stevenage	Free	Club will send out details via email
15 (V)	4/11/18 <sup>th</sup> August (tbc)	GCR Centenary 20.2k	WGC Centenary Route	Free	Club will send out details via email
16 (V)	4 <sup>th</sup> September	Hatfield 5k #2 (Vets)	Hatfield	tbc	Details tbc
17	15 <sup>th</sup> September	Stevenage 10k	Stevenage	£18.00 aff.	<a href="#">Register here</a>
18a	22 <sup>nd</sup> September (provisional date)	SXCL #1	Royston	Free	Club will send out details via email
18b (V)	13 <sup>th</sup> October (provisional date)	SXCL #2	Cheshunt	Free	Club will send out details via email
19	20 <sup>th</sup> October	Stevenage Half Marathon & Marathon	Stevenage	tbc	<a href="#">Register here</a>
20	27 <sup>th</sup> October (provisional date)	SXCL #3	Cassiobury Park, Watford	Free	Club will send out details via email
21	3 <sup>rd</sup> November (provisional date)	SXCL #4	Trent Park	Free	Club will send out details via email
22	24 <sup>th</sup> November	Hatfield 5	Hatfield	£22.00 early-bird aff.	<a href="#">Register here</a>
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
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### **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 in all sizes, **and \*new\* a cosy GCR-branded woolly hat**. See club website for photos. All items are £20 (£19.99 if you pay by bank transfer) except for the hats which are £12.

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/)