



Garden City Runners News Release

5 May 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

<i>In this week's newsletter...</i>	
Race & Run Reports	Ultra X Scotland The Howum 30 Hitchin 10K Milton Keynes Half/Full Marathon Resolution 5K London Marathon Part 2 parkrun roundup
Future Events	GCR Club Championships 2025 GCR Avery League 2025
Regular Training	Hill Reps Tuesday Lunchtime Hill Reps Tuesday Evening Tuesday Group Runs Tuesday Intervals Thursday Group Runs Track Intervals Circuit Training
Other	Club Kit Strava Join GCR

Ultra X Scotland

Martin Mitchell (*pictured, below*) went up to Scotland this weekend – whether he was in search of monsters is unclear, but he has come away with a monster age-group win!

“Today I took part in the Ultra X Scotland Ultra a point-to-point trail ultra that starts in Fort Augustus and runs along the side of Loch Ness. It was early start and very cold but I soon warmed up after a big hill climb at the start. There were lots more hills to come with a total elevation of just 1400m. The weather improved and views were amazing, probably the most scenic ultra I've ever done. I was pleased to come in 18th, and 1st in my age group.”



The Howum 30

Nadine Dwyer has sent a report of her latest challenge.

"To mark my 50th birthday this year, I signed up to the Pegasus Slam which is a series of 6 ultras over 6 months, all based in Wales. In April, I ran the first event in this series. This weekend, it was time for me to head back to Wales for part 2 of the Pegasus Slam 2025: The Howum - 30 miles of the greatest trails in the heart of Wales; lots of elevation (over



1500m) but worth it for the views. Had to gather all my Bavarian stubbornness to get to the finish line! Woke up feeling really queasy and couldn't take any fuel all day, so just had to grind through it on liquids alone. TOUGH but it had to be done! Starting from Llanidloes, the route takes in the Sarn, Glyndwr's Way, Severn Way and the Wye Valley Walk, the breathtaking Clywedog Reservoir and a short detour to the source of the River Severn, before heading back to Llanidloes. Due to the heat and the many hills, it felt brutal at times but I absolutely loved this route. We were blessed with glorious sunshine and it was lovely catching up with my fellow slammers. Already looking forward to the next event."

Hitchin 10K

GCRs were out in force and using the force on Sunday May 4th at the popular Hitchin 10k, ably organised by Hitchin Hares with race timing and results by our very own Races Online. The race sets off in the town centre before heading out on an undulating route that takes in the villages of Charlton and Gosmore, with a finish in the cobbled market square.

In a barnstorming performance, GCR's **Emily Owen** was 2nd lady overall in the open race in 39:15.

For the Herts County Vets team competition, GCR Men (**Chris Baylis, Paul Guy, Matt Baker** and **Peter Harvey**) took the gold for Herts Male Vets. Our ladies took the silver (**Martha Hall, Caroline Hale, Zoe Stephens**) and bronze (**Rebecca Harden, Sarah Durston** and **Sofie Marchant**) for Herts Female Vets.

In the Herts County Vets individual age group categories, GCRs were a veritable army of Roombas, hoovering up prizes left, right and centre. **Martha Hall** was 1st FV45 in 41:56. The ladies took the hat-trick of FV55 prizes with **Caroline Hale** was 1st in 44:08, **Rebecca Barden** in 46:42 and **Sarah Durston** in 49:53. **Janet Bream** took bronze for FV65+ in 1:04:40. **Chris Baylis** and **Matt Baker** were 1st and 3rd MV40 in 35:23 and 38:11, respectively **Paul Guy** was 1st MV50 in 36:04, with **Peter Harvey** 3rd in 38:43. **Michael Russell** was 1st MV60 in 42:21.

In addition to her individual and Herts County Vets prizes Caroline Hale was also first age graded with an amazing 83.6%. In fact, GCR made up the top three age graded, with Caroline followed by Paul Guy and Peter Harvey.

Daniel Follon writes: "I ran the Hitchin 10k this morning, gained a new 10k PB with 45:14. Really good conditions for the run, and I managed to run over 4 minutes faster than the same run last year." Daniel ran the Golden Mile with his son prior to the 10k race.

Full results are available [here](#).



Milton Keynes Half Marathon

Bank Holiday Monday was an opportunity for three of our members to bank some new PBs.

Andy Morgan has sent in this report:

"I was one of three runners who took on the Milton Keynes Half Marathon this weekend – and I'm delighted to say that all three of us came away with personal bests.

Alongside **JJ Foan** and **Andrew Harper**, I lined up on the start line of what turned out to be a very well-organised and enjoyable race. The route took us through the scenic parks and roads of Milton Keynes, and with cool temperatures and light winds, conditions were ideal for fast running. Entering the stadium for the final stretch was a real highlight as the atmosphere from the crowd was fantastic.

JJ ran a superb race, finishing strong with a great sprint and smashing his previous best (new PB 1:27:26). Andrew paced himself perfectly and looked strong all the way to the finish, knocking a chunk off his PB (1:27:30).

As for me, I'm really pleased with how things went. I managed to hold a steady pace throughout and was thrilled to cross the line with a new personal best of 1:31:55. It was one of those days where everything just clicked. All in all, a great day out and brilliant results for GCR!"

From scouring the online results, **Matthew Robertson** and **Paul Watts** finished the full marathon in 3:25:38 and 06:02:55.

Full results are available [here](#).



Pictured, left to right: Andy M, JJ Foan and Andrew H

Resolution 5K

Terry Fowler has kindly provided this comprehensive summary of the midweek track challenge that took place this week.

"On Wednesday I entered the Resolution 5K held at Ridlins athletics track in Stevenage. These races are organised by Richard Sidlin and are extremely well organised with a very friendly and supportive atmosphere.

I would encourage everyone to give these races a go when the next one is held in September at the St Albans running track.

The great thing about the races is that they are time based so regardless of what time you predict that you will run, you will be placed in the race with other runners of similar ability so there's no fear of feeling that you're not quick enough.

There were 4 races on Wednesday evening, run in nearly ideal conditions as it was a little warm. I race very rarely these days and do more pacing to help other runners achieve their goals.

In race one I was asked to pace for GCR member **Dave Goosetree** as he wanted try to get as close to 25 min as he could for the 5K. I finished in 24:54 and Dave made a very good effort trying to maintain that pace but just slipped of the pace at the end.

A quick change of numbers and I was then asked to pace **Nikki Cowen** who has made an absolutely amazing recovery to fitness after a lengthy absence due to a very serious health issue. The courage she has shown to recover from her health issues was transferred to her race that evening as she was aiming to run between 23-24 minutes for the 5K. She ran an amazing 23:55 and showed real determination to maintain the pace even managing a sprint in the last 100 metres. It wasn't that long ago that Nikki successfully completed a 50K race!!

Track running is totally different than racing on the roads which the majority of us really do. Obviously totally flat but there's no respite from the downhills that some road races provide. I have always enjoyed track running as an ideal way to increase your speed over any distances on the roads and I would strongly encourage you all to give the Resolution 5Ks a go in September, Richard even offers a discount for GCR members.

I'll finish off by saying well done to both Dave and Nikki for their courage and determination that they both showed in their respective 5K races."

And well done to Terry for your pacing duties!

It was a good week for running for **Daniel Follon**, who ran 21:35 at the Resolution 5k on Wednesday at Stevenage.

London Marathon – Part 2

After recovering from her excellent run last week, **Alison Paterson** (*pictured below, right*) has sent her report of the London Marathon experience.

"After many weeks of training **Pinel Burke** (*pictured, below left*) and I headed off from WGC station to run the marathon. It was great to travel together and we met lots of people on the way, including a funny moment on the tube where Pinel was chatting to Stephen Mangan not realising who he was until he said he was heading to the hospitality start.

We miraculously managed to meet Pinel's friend Nikki in the masses at Blackheath station and got to the start pens in plenty of time for our later wave start.

The wait to start was interspersed by trialling the women's urinals and checking the app to see where various GCRs and friends had got to on the course.

It was truly a unique experience, having your name on your top really makes a difference. It was great to see Dom Thomas spectating- who popped up at various points along the way as well as the GCR baggage crew at the end. The cheer and the hugs from them were amazing.

Pinel is off to do Edinburgh at the end of May - for me I think I am sticking to shorter distances."



Similarly taking a little time for recovery, **Lee Wood** (*pictured below*) summarized his experience:

"I'm not sure if people know the huge amount of issues I've had leading up to this, having already deferred last year. It was now or never, but having run just 400km this year might give a few clues! I have had tons of physio (perk of working at the university and sports science students) having discovered an underlying ankle issue is the cause of multiple injuries over the last few years. I couldn't do substantial miles, so was dependent on cross training and minimal miles. Combined with treatment for GI issues that saw me unable to run even for a couple of minutes last year and still intermittently make running impossible, I effectively did this on 6 weeks training when body finally started to play ball!

Running for Team Autism meant so much to me. When I was diagnosed with Autism in 2021, I was bullied out of my job within a matter of weeks and ended up almost being sectioned as I was so unstable. I only ever wanted to create an amazing memory linked to my diagnosis, to replace the trauma that followed it. My plan was always to enjoy every step of London, zero interest in a time and I easily achieved that. I danced with bands, fussed dogs (obviously I stopped and fussed dogs), stopped at the NAS and Calmzone cheer points and honestly had one of the best days of my life.

Big thank you to the GCRs at the baggage truck for their round of applause, a truly touching moment which was completely unexpected!"



parkrun roundup

125 GCRs started their May Day weekend with a parkrun. At Panshanger, the field was dominated by GCRs. **Bruce Judge** was 9th in 20:51 and **Nikki Cowen** was 6th lady in 24:29. **Martyn Perrin** and **Prachi Sahjwani** achieved new course PBs of 22:12 and 29:22, respectively. **Chris Baylis** ran his 100th parkrun

Top 10 finishers elsewhere were as follows:

- **Amber Leigh Marvin** was 5th lady at Bedford in a new course PB of 21:32
- **Robert Stuckey** was 2nd at Westmill in 21:07
- **Zoe Stephens** and **Lauren Potter** were 5th and 6th ladies at Stevenage in 22:48 and 22:59, respectively
- **Katharine Farrall** was 3rd lady at Alness in 25:31
- **Alex Newman-Smith** was 1st at Sherwood Pines in a new course PB of 17:48

Course PBs were achieved by **Richard Brown** (26:38) and **Chris Poole** (26:39) at Oaklands.

Juliet Vine ran her 25th parkrun at Oaklands.

Other parkrun locations attended by touring GCRs were: Barnstaple, Ben's Yard, Brandon Country, Cassiobury, Dalby Forest, Durlston Country Park, Havant, Hazelwood, Henlow Bridge Lakes, Jersey Farm, Kagerzoom, Lancaster, Leavesdon Country, Luton Wardown, Oaklands, Northala Fields, Philips Park, Pocket, Wendover Woods, Wimpole Estate, Wycombe Rye

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	4th May	Hitchin 10k	Hitchin town centre	£22	Herts Vets tbc enter at Racesonline	completed
7	Weds 21st	MWRRL #1	St Albans, venue tbc	free	Club will send out details by email	
8	Weds 4th June	MWRRL #2	Epping Forest	free	Club will send out details by email	
9	Weds 18th	MWRRL #3	West Herts venue tbc	free	Club will send out details by email	
10 V	22nd June	Welwyn 10k at Panshanger	Panshanger Park		enter at Racesonline	
11	Weds 2nd July	MWRRL #4	North Herts venue tbc	free	Club will send out details by email	
12	6th July	Ware 10s	The Chauncy School, Park Rd, Ware		10k or 10 miler enter at Racesonline	
13 V	Weds 9th Jul	MWRRL Mob Match, WGC tbc	Ridgway Academy, WGC	free	Club will send out details by email	
14	17th July	Fairlands Valley Spartans 3k Relays	Fairlands Valley Park, Stevenage	free	Club will send out details by email	
15 V	17th August	20.20k Centenary Run	Stanborough Park South Lake near	free	Club will send out details by email	
16 V	10th Sept	Race 3 of the Hatfield 5k	Affinity Water HQ, Hatfield		enter at Racesonline	
17	start Oct	Standalone 10k	Standalone Farm, Hatfield		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	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).

This Tuesday the 5 and 7k groups will be meeting at Moneyhole at 6:30pm for the performance enhancement training session, please allow for a bit extra time to park up if you are driving as the carpark is likely to be busy.

We will congregate near the carpark then take a jog down to the training area

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.

From Martha: Hi everyone, intervals tomorrow will be at Stanborough lakes (fishing lake side). We will be starting on the grass nearest the cafe end of the lakes. Loop will be around 1200m. Either meet there at 6.45pm or at Stanborough Green (Lemsford Lane end) to jog down at 6.30pm

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.

Speed work training on the track at Gosling Sports Park this Thursday, 8th May, 8pm till 9pm.

This week we will be running 3 different distances. Where the pattern is long-medium-short-medium-long. Always 200m recovery. Starting at around 5km pace and getting slightly faster each time.

Group 1

Peak 1: 600 / 400 / 200 / 400 / 600

Peak 2: 400 / 200 / 400 / 600

Group 2

Peak 1: 800 / 600 / 200 / 600 / 800

Peak 2: 600 / 200 / 600 / 800

Group 3

Peak 1: 600 / 400 / 200 / 400 / 600

Peak 2: 400 / 200 / 400 / 600

Peak 3: 400 / 200 / 400 / 600

Group 4

Peak 1: 800 / 400 / 200 / 400 / 800

Peak 2: 400 / 200 / 400 / 800

Peak 3: 400 / 200 / 400 / 800

Plus all the usual warmup, drills and cooldown.

All members welcome, as always.

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/