



Garden City Runners News Release

6 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

<i>In this week's newsletter...</i>	
Race & Run Reports	Chiltern Ridge 50k Around the Bay, Hamilton (Canada) Salisbury 10-Mile London Landmarks Half Marathon Canum 40 St Clare Hospice 10k Yorkshire 3 Peaks South Eastern Police Cross Country League Dartmoor with Jasmin Paris 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

GCR Walking Group

Just a reminder for anyone planning to join next Wednesday's walk (9th April) we are meeting 9.30am on the Marford Road, Wheathampstead (by L'Olivo Restaurant, AL4 8NH) for a bluebell walk through the beautiful Gustard Wood/Lamer Park/Stockingswood area.

Contact: jerry@jgp-pr.com for further info.

Chiltern Ridge Classic 50k - Runaway Racing

Matt Cowan-Dickie completed his first ultra distance of the year with the Chiltern Ridge 50k. Matt writes: "Felt good up to Marathon distance but the course threw up some tasty descents and ascents in the last 8-10k. I finished in 4h40, 9th overall and 2nd V40. (First place finished in an incredible 3h39 given the 1000m+ elevation on the course!)"

The race was good training for the Classic Quarter coming up 24th May - 70k along Cornwall coastline from Lizard Point to Land's End."



Around the Bay, Hamilton, Canada

Jim Davis has sent in this fabulous race report from his recent trip to Canada.

"The 'Around the Bay' is the oldest, long distance foot race in North America. It precedes the Boston Marathon by three years, and was first held in 1894. Nowadays the race features 5km, 10km, 15km and 30km distances. I had long wanted to run in the race, as it is only held about 5 miles away from where my daughter and granddaughter live. So I had seen people wearing Around the Bay t-shirts, and I wanted one.

I was a day or so late in deciding whether I would try the 30km or go for the 15km. During this time all the places for the 30km had gone. So I was pretty happy to have the decision taken for me - 15km it was. I was in the oldest age group, so didn't have too many competitors. In the end there were 5 of us.

About 6,000 to 8000 people take part in total, 4,000 of whom generally do the 30km. You can earn badges, which attach to your shoe laces, showing how often you have taken part in the 30km - 10, 15, 20, 25 or 30. Awesome.

The course was far from flat. After a couple of miles we entered the most expensive housing area around this area of the lake, and there seemed to be continual up and downhill sections. Nothing flat at all. Eventually we dropped a hundred feet or so down to lake level, then climbed up and then down again.

It was wet and fairly cold - not quite freezing, but close, with a light, chilly drizzle throughout much of the run. Winter was by no means over in this southern stretch of Canada.

We were taken by school bus from the finish to our start. I had never been on a bright yellow school bus before. The buses stayed with us until just before 09:45, when we were called to the start line, then someone said 'Go', and a thousand or so of us crossed the time keeping mat and set off. There was the usual sight of clothing being thrown in the air and discarded, but mostly people kept everything on.



Jim after the race with his Canadian granddaughter.

The winning male finished the 15km in 52:57. First lady finished in 1 hour exactly. I finished in 1:38:15. Not too bad for an old person and good enough, just, to win my age group. I was just 9 seconds ahead of the next guy. I had no idea it was that close. It was decided purely on chip timing, so he could have been miles ahead or behind me.

The winning time for the 30 km was 1:37:30 for men and 1:47:36 for ladies.

Would I do it again? In a heartbeat. But then it was a great reason to meet up with my daughter & granddaughter. I also like Hamilton. And it has a great parkrun."

Salisbury 10-Mile

Daniel Follon ran the Salisbury 10-mile on Sunday, and writes: "I finished 315 out of 819 runners, ran a time of 1:20:39. Beat my time from last year by nearly 5 minutes, so was really pleased with that."



Pictured above: Daniel with his finishers' t-shirt

London Landmarks Half Marathon

Miles Hubbard (*pictured, right*) had a landmark PB this weekend in the capital. He reports: "It was a beautiful day in London for running, so a year on from my previous HM PB I was back at the London Landmarks to try to smash it again. Luckily the pacers overtaking me were clearly struggling with GPS so I realised very late I was on for sub 2 hours. My official finishing time was 1:57:18 so after the disappointment of Cambridge last month I'm now super pleased with the new benchmark."

Canum 40

Nadine Dwyer (*pictured, right*) sent in this report of her latest running adventure which brought her to Wales for the Canum 40 ultra:

"...40 miles, starting at Newport, along the Monmouthshire canal, through Bannau Brycheiniog National Park (Brecon Beacons), along MonBrec canal and finishing in Brecon. They don't call it 'The ultimate canal ultra' for nothing!

A real test of determination and grit: ice cold wind blowing in our faces all morning and then brutal sunshine all afternoon and very unforgiving terrain. BUT I meet the loveliest people - not just the people I ran with but also so many people on the canals (be it walkers, people in the beer gardens or on their boats) cheering us on and stopping us for a little chat. Lots of laughter and chat. The Welsh really are the loveliest people. And Pegasus Ultra Running were amazing - so much support and loved those little touches like the race director calling every runner a few days prior to the event, homemade goodies at the checkpoints and the hug for each runner at the finish line. My feet are totally knackered but what a brilliant day, with great people.



St Clare Hospice 10K

The 5th race in the Avery League was held on Sunday at Hastingwood. GCR was well-represented with 14 taking part out of a field of over 500. Our very own Chair, **Sean Bowen**, picked up the prize for 1st MV60. Results are taken from [racsonline](#).

Sean Bowen	42:08
Daniel Hitch	43:59
Keith Mclellan	47:02
Justin Swallow	48:24
Clare Wildey Grover	51:31
Brian Robbins	51:27
James Aitchison	51:55
Maggie Wright	53:58
Dave Goosetree	57:03
Carol Reid	57:12
Nick Bream	58:11
Alison Paterson	1:04:26
Peter Lapthorne	1:07:37
Willow Gibson	1:26:27



Yorkshire 3 Peaks

On Saturday 5th April **Ann Hayden, Alison Meaden, Gail Munro** and **Sharon Stevens** all took part in the Yorkshire Three Peaks Challenge. This is a 25-mile route to complete the peaks of Pen-y-Ghent (694 metres), Whernside (736 metres) and Ingleborough (723 metres) in under twelve hours.

The day started with a 6 am ascent up Pen-y-Ghent in a wind that reached 30 mph. At the summit the sun shone through the mist and the decent offered up a panoramic view of the Ribble valley with the remaining two peaks waiting ahead.

After Whernside Gail added some extra distance to her route when she ran back to rescue Alison who had been left behind after a short break.

Ingleborough was a long, hard rock scramble up rocks, but by 4:30 all of the group were on the third summit ready for a brisk descent back to Horton-in-Ribblesdale within the twelve hour window.

It was a fantastic day and we all felt a great sense of achievement, but we all agreed we are looking forward to getting back to our running activities.



South Eastern Police Cross Country League

On Wednesday **Terry Fowler** took part in the South Eastern Police Cross Country league at Stanborough Lakes (South side). Having retired 13 years ago I am still able to represent the MET Police.

The course consisted of 2 ½ laps, quite undulating and unusually for Cross Country the ground was rock hard. This posed a bit of a dilemma as to what running shoes to wear. Eventually went for road shoes, which in hindsight, wasn't the best idea. The trainers I wore just didn't like the hard ground unfortunately and Cross Country in April didn't seem right.

Setting off on the 9km course on the hottest day of the year it was the usual made rush at the front and this group contained several female runners who were doing 4 ½ km.

It was our own Mick Wise who designed the course and he made an excellent job with lots of positive comments about it. Initially I thought it would be a course consisting of 4 or 5 laps but Mick used the large field which you get to through the tunnel on the far side of the park.

As someone who trains most days I soon discovered that being "race fit" is something I was lacking. I couldn't remember the last time I entered a race and actually raced it nevertheless I was reasonably pleased with my run and who knows, it might give me the enthusiasm to start doing a bit more racing.

Finished 12th overall and 2nd in the V60 category being beaten by a runner who had just entered that age group.

It was only at the award ceremony I discovered our own **Sharon Stephens** won her age group for the series. The look on her face when they called her name out was absolutely brilliant."

Terry is pictured above right, receiving his prize from the High Sheriff.

Dartmoor with Jasmin Paris

Last weekend, **Alex Yates** and **Kath Evans** attended the Dartmoor with Jasmin Paris retreat, organised by The Way of the Runner. Alex sent in this report:

"This was three days of running, workshops and talks, in beautiful accommodation on the very edge of the moor, with amazing vegetarian food. Highlights included some stunning and challenging routes which catered for a range of abilities, wild swimming, mobility training and a last night pub dinner. Jasmin gave an excellent talk and took questions but what was really special was that she stayed for the whole weekend, dining and running with us, and even coming to the pub. She was super friendly and chatted with everyone, signed books and magazines, and was clearly loving being on Dartmoor for her first time. It was quite surreal to be running along, then looking over your shoulder to Jasmin Paris smiling beside you! The retreats are organised by Adharanand Finn, author of a number of running books, and he was also supportive, friendly and just fascinating to talk to. Highly recommended."



Alex Yates and Kath Evans (left and centre) with Jasmin Paris (right)

parkrun roundup

111 GCRs put their Lycra on, had a cup of tea and thought about leaving the house for parkrun. As usual, there was a strong contingent at Panshanger. **Martin Mitchell** was 4th in a new course PB of 18:49 and **Simon Bostock** was 7th in 19:22, with **Nikki Cowan** 6th lady in a new course PB of 24:46. Other course PBs were achieved by **Prachi Sahjwani** (29:45), **Joanne Hill** (31:53) and **Karen Porter** (39:46)

Top 10 finishers elsewhere were as follows:

- **Amber-Leigh Marvin** was 3rd lady at Black Park in 21:41
- **Jack Tann** was 7th man (8th overall) at Hackney Marshes in 17:59
- **Juliet Vine** and **Martha Hall** were 3rd and 4th ladies at Rickmansworth in 19:22 and 20:23, accordingly
- **Chris Baylis** was 2nd at Stevenage in 17:43 and Caroline Hale was 1st lady in 21:17
- **Daniel Pudner** was 6th at Great Notley in 19:25
- **Zoe Stephens** was 2nd lady at Cassiobury in a new course PB of 20:13
- **Robert Stuckey** was 2nd at Aldenham in a new course PB of 20:45
- **Neil Hume** was 2nd at Rutland Water in 18:52
- **Philippa Doughty** was 1st lady at Holkham in 20:56
- **Dom Thomas** was 2nd at Letchworth in 20:53
- **Jamie Rose** was 9th at Higginson Marlow in 20:18
- **Paul Guy** was 2nd at Jersey Farm in 18:47
- **John McDowall** and **Richard Somerset** were 3rd and 4th at Hanworth, with **Johan Preis** 10th man (11th overall) in 19:36, 20:49 and 24:32, respectively
- **Thomas Buzzard** was 4th at Henlow Bridge Lakes in 19:32
- **Daniel Follow** was 10th man (12th overall) at Ganger Farm in 22:24
- **Katharine Farrell** was 5th lady at Bug Hunter Waters in 23:35

Course PBs were achieved by **John Stephens** at Cassiobury (31:09), **Francesca Di Paola** at Barclay (32:27), **Martyn Perrin**, **Peter Laphorne**, **Caroline O'Dwyer** at Oaklands College (23:02, 32:55 and 35:36, respectively)

Alex Faulkner ran her 200th parkrun at Higginson Marlow.

Other parkrun locations attended by touring GCRs were: Chilton Fields, Clapham Common, Gunpowder, Havant, Leavesden Country, Knowsley, Rushmere, Preston Park, Princes, Sizewell, St Albans, Wimbledon Common, Wimpole Estate, Worthing

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	
7	Weds 21 st	MWRRL #1	St Albans, venue tbc	free	Club will send out details by email	
8	Weds 4 th June	MWRRL #2	Epping Forest	free	Club will send out details by email	
9	Weds 18 th	MWRRL #3	West Herts venue tbc	free	Club will send out details by email	
10 V	22 nd June	Welwyn 10k at Panshanger	Panshanger Park		enter at Racesonline	
11	Weds 2 nd July	MWRRL #4	North Herts venue tbc	free	Club will send out details by email	
12	6 th July	Ware 10s	The Chauncy School, Park Rd,		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	start Oct	Standalone 10k	Standalone Farm,		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).

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

These sessions will be open to all members of the club at all paces and are a good way to improve your overall stamina and performance.

You may require a sports watch or timer but if you have not got either of these do not worry you can still come and join in the fun (please see Sid or Dom for the definition of 'fun').

Please be sure to wear bright clothing and/or head torches.

Hill Reps – Tuesday Evenings

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: Intervals tomorrow will be at Moneyhole playing fields - we will be doing a mixture of timed efforts (out & backs),, perfect for every ability, new to intervals or a seasoned regular. Meet at The Ridgeway at 6:30pm to jog over or at the venue (by the car park) 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.

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>

Dave will be taking us for a gentle descent session:

Group 1: 1,000, 2x800s, 600 with 200m jog recoveries between each one.

Group 2: 1,000, 2x800s, 2x600s with 200m recoveries

Group 3: 2x1,000, 2x800s, 2x600s with 200m recoveries

Group 4: Same as group 3 only faster.

Try to do 1,000s at 10K pace, 800s at 5k pace and 600s at mile pace.

For groups 2,3 & 4 try to do jog recoveries so not reached full recovery before the next rep.

With usual warm up, drills, warm down and stretching.

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/