



Garden City Runners

News Release

29th July 2018

FVS 3K Relays bring out the best in GCR

Massive turn-out for hottest night of the year

Although the changing weather brought some welcome respite to weekend parkrunners, two days earlier Fairland Valley Spartan 3K relays took place in Stevenage on the hottest evening of the year. However, this didn't deter a vast contingent of GCR's from taking part. Respective captains, SEAN BOWEN and CHARLEE CHAPMAN, marshalled an excellent turn-out, enabling the club to feature a number of teams in both the Men's and Ladies' categories.

In total, 67 runners plus supporters — in trios for the Ladies and quintets for the Men — endured the stifling heat and humidity to push themselves around the lakeside paths over the 'sprint' distance.

However, it was the value of GCR's Beginners programme that was most rewarding. For the ladies, both JENNIFER HILL and AMY SLATER are recent Beginners graduates while first timers included ANNA BELLINGHAM, ELIZABETH DEAN and STEVE EDWARDS.

ANNA BELLINGHAM's time of 13:51 showed a true new star in the making, while the Men weren't going to be outdone, revealing their own promising first-timer, RYAN KEAN, the young son of club members, JULY and JUSTIN KEAN, carding 11:51 on his anchor leg.

The GCR women's A-team of HANNAH FRANK, BECCA HAYDEN and CHARLEE CHAPMAN finished 8th overall, with BECCA's 11:45 the 9th fastest female on the night. The Vets trio of REBECCA BARDEN, YVONNE JONES and VERONICA SHADBOLT came 4th in the

County Vets Championships.

The GCR men's 'youth squad', TOM WACKETT, CRAIG BROWN, JAMES HUIISH, DANNY FIGG and RYAN KEAN, were a superb 5th fastest team overall. Meanwhile, GCR's Vets team of RUSSELL CASEY, ROB CASSERLEY, NIGEL CAVILL, NEIL BRITTAIN and NEIL HUME were 10th overall and took bronze in the Herts County Vets Champs behind strong St. Albans Striders and North Herts Road Runners. Neil Hume's 9:48 made him 9th quickest individual.

Captain Sean Bowen said: *"it was a truly brilliant night for GCR. We had ten women's trios out - only Dunstable could match that, and eight men's quintets (thanks to three of our guys running a second leg to make up a team for our two subs) - no other club fielded more than five.*

"The lads were brilliant, but the highlight was seeing CHARLEE bring it home for our girls' under-35 stars to such a great result. She had put a lot of work into assembling those teams. I couldn't have managed the Men's without help from my VC (and cameraman) JOHN DAVIS THE SHORTER."





SEAN says the beauty of this event is the way it unifies the club. *"Members of every shade, pace and competitiveness can enjoy and be a big part of it. I love watching newbies whom I barely know giving it their all, but equally it's a rare chance to see the likes of SUE FLETCHER and JOY ALLEN racing for us. And another magic moment is jogging in with our OWEN GALLAGHER, the very last finisher of the night, to the cheers of the last few dedicated spectators."*

Thanks go to CRAIG STEPHENSON, who assembled the classy club 'patch' complete with comfy chairs and extra water. Thanks also to all GCR runners and supporters who provided watermelon and mini doughnuts.

In summary, SEAN BOWEN said, *"This was an event to remember — a fitting climax to the end of the summer racing season it was GCR doing what it does at its very best."*

The photos above (courtesy John Davis the Shorter) show (clockwise left to right): Becca Hayden; Jen Denman pursuing Charlotte Jones, Tom Wackett, James Huish, Angela Woods and Eleanor Draper.

Toronto Beach Jazz Festival 10K

HANNAH FRANK completed the *Toronto Beach Jazz Festival 10K*, describing it as *"a fabulous flat run along the beach front with the CN tower in the background."*



She says, *"The race started at 7.00am, which was a challenge for us as we landed at 10pm Saturday night. It was already 25 degrees before the race began."*

Hannah (pictured with her medal) finished in 47.52 and came 3rd in her age category.

Ride London

Whilst GCR members were assisting with the baggage, MICHAEL PAINE took on the 100 mile distance in wet and windy conditions. He completed the course in 5:13 hrs. Fellow GCR ALAN DONOVAN also took part, completing the course in around 7 hours.

Avery Standings

After seven of the 12 races, the top ten Avery standings are as follows: TOM WACKETT (224pts), NEIL HUME (190), RUSSELL CASEY (186), STEVE ELLERD-ELLIOT (160), CHRIS JONES (152), MICHAEL PAINE (149), STEVE BUTTON (128), NIGEL CAVILL (116), PAUL GUY (115), ROB CASSERLEY (106).

Midnight Marathon

The *Midnight Marathon* is a hilly trail race following an out-and-back route on the South Downs Way. The race started at 9pm so head torches were needed throughout. NICK GENEVER completed the marathon in 4:43:51.

Fugitive Half Iron Aquabike

CHARLEE CHAPMAN took part in a middle distance aquabike in Marlow (comprising 1900m swim and 56 mile bike), clocking a 33.06 minute swim and 3hr bike — sufficient to earn her 2nd female overall! *"My total time was 3:35 with transition," she says. "Conditions were tough in the wind and rain but I got myself around in the end!"*

www.stuweb.co.uk/race/211/700.html

Local parkruns

With Panshanger parkrun closed this week due to the *Wildlife Festival* taking place in the park, local attention shifted to Ellenbrook Fields where swirling winds made fast times difficult.

Proving you can't keep a good GCR down, RICHARD DARLEY rocked up with a smile on his face and his arm in a sling, taking on the course despite having both dislocated and fractured his left arm after falling during a recent training run.

NEIL HUME occupied his customary position out front, hitting the funnel in 16:59, ahead of PAUL DAVIES and DANIEL FIGG. Behind them in 4th place was PAUL RICHARDSON 17:59, followed by JUSTIN HILL 19:34; RYAN KEAN whose 20:54 finish was a PB; NIGEL CAVILL 21:10; SIMON BOSTOCK 22:45; ALI EROGLU 23:01; SAM SMITH 24:15; JAMES AITCHISON 24:19; JUSTIN KEAN 24:58; MICK WISE 26:49; JERRY GILBERT 27:01; JULY KEAN 27:09; SIMON HARLOW 27:58; PETER LAPHORNE 28:21; DAVID SELWOOD

28:24; ASA MOBERG GROUT 28:25; CLAIRE HARLOW 28:47; RICK HOLE 29:35; CHARLOTTE JONES 32:14; SANDRA WISE 32:18; JANE MOLLOY 33:10; RICHARD DARLEY 33:27; DENNIS DRAPER 39:16; SUE FLETCHER 39:25; SARAH BREEDEN 42:00; ELEANOR DRAPER 44:20 and CIARAN WELSH 1:02:53.

The short distance away in Heartwood Forest, RICHARD SOMERSET recorded an excellent PB of 19:25 to finish 2nd. Club chairman BRAD SMITH recorded 23:01, MAGGIE WRIGHT 28:14 and KATH EVANS 33:39.

Down the road in St. Albans, ANDREW HOLT put in a customary fast time, finishing in 18:44.

Across the county in Ware, several GCR's were in action at Westmill. The ever-impressive TOM WACKETT maintained his current great form, finishing 2nd in 18:58 in a big PB, ahead of MALCOLM DOWN in 19:57. Also competing were TOM ROGERS 25:53; WAYNE AYLOTT 27:15, both recording PBs. THOMAS PARMLEY finished in 28:37 and JEN DENMAN 29:49.

At nearby Barclay Park in Hoddesdon, ROB CASSERLEY (*pictured below left*) put in a mighty shift to finish first in 19:26.



Three GCR's were in action at Stevenage, STEVEN EDWARDS being the fastest, finishing in 22:38, ahead of HELEN MOYE 24:17 and TONY HARDEN 29:21.

Parkruns elsewhere ...

The GCR running furthest afield this week has to be AMY ROUTLEDGE, who ran North Lakes in Queensland, Australia in a time of 43:42. Closer to home, MICHAEL TANDY was among the massive field at Coventry, finishing in a time of 21:05; LYNETTE STEWART and LAUREN POTTER were in action at Peacehaven on the Sussex coast, finishing simultaneously in 31:56. The small field at Pymmes Park, Edmonton, saw TICHONEZVI J RUREDZO finish in 34:16, meanwhile up in the north east PAUL GUY turned on the afterburners in Sedgefield to record a typically nippy 18:33. Up the A1 in Huntingdon, STEVE GROUT finished in 27:22.

Forthcoming events

Below is the list of future events. If you know of any others that you think your fellow members would enjoy, please send details to results@gardencityrunners.org.uk.

Event	Date	Time	Online entry
Burnham Beeches Half / 10K	12th August	9.30am	Click here
St. Albans 10K	12th August	10.00am	Click here
Stopsley 10m / 5m	12th August	10.00am	Click here
Leila's Run 10K, 1/2, 3/4 or Full Marathon	19th August	8.00am 9.00am	Click here
St. Albans Stampede	1st September	9.00am	Click here
Hatfield 5K Series Race #1 Inc Herts Senior Champs	5th September	TBA	Click here
Welwyn Half Marathon Postponed from 4th March (Avery)	9th September	7:30pm	Click here
Round Norfolk Relay	15/16 Sept	6.00am	See Sean Bowen
Hatfield 5K Series Race #2 (inc Herts Vets Champs)	19th September	TBA	Click here
St. Paul's Walden Bury Run	23rd September	11.30am	Click here
Beginners Course #9 starts	25th September	7.15pm	
Hitchin Town Centre 5K	30th September	TBA	Click here
Hatfield 5k Series Race #3	3rd October	TBA	Click here
Standalone 10K. Avery race Sold out	7th October	9.30am	Copy link
Hatfield House Half and 10K	14th October	9:30am	Click here
Herts 10k	14th October	10:00am	Click here

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 200 members and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres and right through to full marathons.

Try a few sessions before joining. Membership is only £20 per year. Membership forms are available on the GCR website www.gardencityrunners.org.uk. Please ask if you would like a paper copy.

If you want to know more about the Garden City Runners please contact Helen Paine (Secretary) or Sue Fletcher (Membership) at gcr@gardencityrunners.org.uk, visit our website www.gardencityrunners.org.uk or our Facebook page at www.facebook.com/groups/gardencityrunners/.

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