



Garden City Runners News Release

12th August 2018

Less of a scorcher! Cooler weather yields PBs for many

Firstly, an appeal for volunteers...

Hatfield 5k Series

GCR is hosting another set of three 5k races in Hatfield at the sumptuous Affinity Water corporate HQ on the following Wednesdays: 5th September, 19th September, and 3rd October.

We need at least a dozen marshals, plus staff at the finish, so please contact Chief Marshal Peter Harvey, specifying at which races you can help out.

[Click here to email](#) Peter, alternatively [click here to register](#) your support on the Garden City Runner website, using a new feature accessible via the Membership tab.

Races start at 7.45pm and the marshals briefing is from 6.00pm onwards.

Now on to the bit where we marvel at how far each member moved their bottoms from the sofa this weekend...

THIS WEEK'S EVENTS

Pride 10k

On Saturday, returning bravely and quickly from a shoulder dislocation-and-break (which is an injury, not a weightlifting technique), Richard Darley cast aside his sling of outrageous misfortune to run in Victoria Park in darkest Hackney. Richard reports that the three-lap flat run is organised by London Frontrunners, the capitals largest LGBT+ running group, and raises money for mental health charities in the capital. Richard finished in a time of 54:07, and is shown below displaying his well-deserved medal. The battery is there purely as a backup.



Burnham Beeches Half and 10k



The smiling ladies are: [behind] Former member and supporter CAROL FORBES, ANN HAYDEN, [front] BECCA HAYDEN, KATY HEALY, REBECCA BARDEN, and ANNE HENSON.

Rebecca Barden reports...

“There was quite a GCR contingent at the Burnham Beeches Half and 10k. The races, brilliantly organised by Burnham Joggers, start and finish at Caldicott School and take in a mix of closed roads and hard surfaced woodland paths through the cool shade of the Burnham Beeches ancient woodland in South Bucks. The 10k race is one undulating lap, and the half marathon is two (although I thought there were more hills in the second lap, how could that be?).

“There is the opportunity to dive into the school pool after the race, but on a pleasantly cool day this was perhaps less tempting than it would have been in warmer temperatures.”

BECCA HAYDEN ran a new PB of 1:3:39 and was 6th lady. REBECCA BARDEN ran a new PB of 1:41:36, followed by KATY HEALY, ANN HAYDEN, ANNE HENSON, and JULY KEAN.

Taking part in the 10k distance were WAYNE AYLOTT, JUSTIN KEAN and Justin and July's son, new member RYAN KEAN.

The complete list of GCR members' positions and times is shown below. For the full results, [click here](#).

Event	Gender position	Name	Chip time	Age Cat Position
Half-marathon	7	Becca Hayden	01:34:39	6
	19	Rebecca Barden	01:41:36	4
	31	Katy Healy	01:45:52	15
	94	Ann Hayden	01:58:11	17
	98	Anne Henson	01:58:52	5
	477	July Kean	02:10:52	58
10k	21	Ryan Kean	44:31	11
	113	Justin Kean	54:11	20
	183	Wayne Aylott	58:00	28



Shown above are some of the jubilant finishers: JUSTIN KEAN, ANNE HENSON, RYAN KEAN, JULY KEAN, REBECCA BARDEN, [kneeling] BECCA HAYDEN AND ANN HAYDEN.

Below is another nice photo, this one of formidable mother and daughter duo ANN and BECCA HAYDEN, who each achieved a PB at Burnham Beeches.



St Albans 10k

This was the inaugural of a new event on an old course, starting at Highfield Park and using a course that many would recognise from the Mid Week League.



Ten GCR's ran on a pleasant, dry morning. Pictured above [left to right] are GCR's first three finishers, JUSTIN HILL, PAUL GUY, and RICHARD SOMERSET.

The complete list of GCR members' positions and times is shown below. For the full results, [click here](#). For the photo gallery, courtesy of the organiser, [click here](#).

Gender position	Name	Chip time	Age Cat Position
8	Paul Guy	37:15	1
19	Richard Somerset	39:23	3
22	Justin Hill	39:41	5
70	Peter Jasko	45:09	19
108	Andrew Tomlinson	48:06	52
123	Emon Martin	49:01	19
170	Tim Cooke	53:24	33
88	Maggie Wright	56:30	22
213	Peter Laphorne	58:54	46
118	Shena Lancaster	60:11	3

Stopsley 10

JANE MOLLOY writes:

“What a lovely event! MAUREEN STEED, KAY FLETCHER and I did the 10 mile event - two laps, which actually registered as 10.34m on my fitbit (!) JACQUELINE AND FRASER McCALLUM and DAWN REDWOOD did the 5 miles. It was almost all on wide trails through fields, with just one particularly fiendish steep hill at around the 4m/9m mark. Weather was perfect, cool with occasional drops of rain. Gorgeous medals designed by local primary school kids. The cake stall was a delight too. Definitely recommended - Stopsley Striders were excellent, friendly hosts, and it's great to have all the facilities at the Inspire leisure centre to use.”

The complete list of GCR members' positions and times is shown below. For the full results, [click here](#). Congratulations to KAY METCALFE for finishing 1st in her age category, and to MAUREEN STEED for finishing 2nd in her category!

Event	Gender position	Name	Chip time	Age Cat Position
10 miles	5	Kay Metcalfe	01:24:09	1
	28	Jane Molloy	02:00:21	5
	29	Maureen Steed	02:01:40	2
5 miles	39	Jacqueline McCallum	00:59:37	15
	25	Fraser McCallum	00:59:40	6
	43	Dawn Redwood	01:05:23	4

Hunt for Guy

As per last week's report, and contrary to what most people assumed, this isn't a new single from Elton John but the Interweb's latest Facebook-post-sharing overnight sensation that was the search for GCR's trophy-winner Paul Guy. The organiser wasn't available for comment, but is rumoured to have said "We're hoping that someone recognises Paul Guy's photo and can help us identify Paul, or that someone will contact Paul of Garden City Runners on our behalf." In a brazen and bare-faced denial that it was him, Paul told reporters: "Yes - it was me.". Paul Guy is a V40.

parkrun Roundup

Members' results from all parkruns (except Ellenbrook Fields) are shown in the following table.

The podium placer this week was Hannah Frank, 3rd lady at St Albans.

The following members achieved a new course PB: ROB HUGHES, showcasing his ability to run a sub-20 parkrun regardless of hills, SALLY LAFLIN, SEAN BOWEN, ANDY HOLT, ALI EROGLU, STUART WHITFORD, THOMAS PARMLEY, AND NAOMI ROUTLEDGE.

Setting the baaa this week for the furthest parkrun from base, were RUSSELL and HOLLY CASEY, seeking the solitude of Welsh venue Penrhyn, far away from Hertfordshire competitors. Imagine Russell's surprise at finishing just 4 seconds behind a runner from Shaftesbury Barnet Harriers! Seemingly feeling just as sheepish as the Caseys, KATH EVANS ran at Porthcawl, south Wales.

Course	GCR Member	Time
Heartwood Forest	Rob Hughes	19:55
	Caroline Hughes	31:41
St Albans	Dave Desborough	19:39
	Hannah Frank	22:29
Eastleigh	Simon Betteridge	43:23
Oak Hill	Tom Casserley	36:37
Stevenage	Sally Laflin	25:54
	Tichaonezvi J. Ruredzo	36:18
Gadebridge	Sean Bowen	20:39
Netley Abbey	Andrew Holt	18:33
Porthcawl	Kath Evans	32:17
Panshanger	Gary O'Leary	22:49
	David Edwards	23:46
	Matthew Harden	23:47

	Barbara Kubis-Labiak	24:53
	Tom Rogers	25:53
	Jacky O'Leary	26:20
	Tony Harden	27:51
	Lucy Iles	30:32
	Lynette Stewart	30:40
	Shena Lancaster	30:57
	Johan Preis	31:49
	Emma Dempster	32:28
	Amanda Miller	35:13
	Alison Christie	39:13
Penrhyn	Russell Casey	19:00
	Holly Casey	34:08
Rushmere	David Heal	27:18
	Neil Brittain	19:47
	Michael Tandy	20:15
	Steven Michael Edwards	21:34
	Ali Eroglu	22:41
	Emon Martin	23:27
	Stuart Whitford	23:36
	James Aitchison	23:53
Ellenbrook Fields	Craig Stephenson	24:41
	Thomas Parmley	25:36
	Mark Caswell	25:57
	Michael Wise	26:01
	Jo Mathews	26:32
	Simon Harlow	27:50
	Claire Harlow	30:00
	Rick Hole	30:41
	Naomi Routledge	31:03
	Joy Allen	32:57

	Maureen Steed	33:36
	Charlotte Jones	33:37
	Sarah Breeden	40:52
Letchworth	Sam Smith	27:32

Avery League 2018

Details of the 2018 Avery League can be found [here](#).

The next Avery race is the Welwyn Half Marathon on 9th September.

GCR Strava Group

If you'd like to join the GCR Strava community; [click here](#) for details of the group.

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
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 (including Herts Senior Champs)	5th September	7:45pm	Click here
Welwyn Half Marathon (postponed from 4th March) *Avery Race*	9th September	9:00am	Click here
Round Norfolk Relay	15th/16th September	6:00am	Contact Sean Bowen
Hatfield 5k Series Race #2 (including Herts Vets Champs)	19th September	7:45pm	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 *** only 46 places left ***	30th September	9:00am	Click here
Hatfield 5k Series Race #3	3rd October	7:45pm	Click here
Standalone 10k *Avery Race*	7th October	9:30am	Click here
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? Do you like running? Garden City Runners is your local running club, has over 250 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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