



Garden City Runners

News Release

19 August 2018

GCR'S reflect at Leila's run Wise's hit Parkrun century

Leila's Run

The biggest turn out this weekend was for Leila's run. The annual events organised by Deny Baudry and David Lewis in memory of former GCR Leila Taylor, who sadly died of cancer in 2013.

The particularly hilly course, which started behind Wheathampstead (Nomansland), had been slightly rerouted for what was the event's sixth year. The difficult terrain, however, did not deter many runners undertaking two laps of the course (for Half Marathon distance) and up to four laps (for the full marathon).

GCR's reported that it was a lovely course, with a fantastic atmosphere and was a time to reflect on those we have lost.

The event was on track to raise over £1000 for Leila's Hospice, and Leila's daughter Sarah was, as usual, in the starting line-up.

Result were not available at time of release, however a few made it through to results@gardencityrunners.org. Full results will be included next week.





First GCR home was BECCA HAYDEN (right), who then joined mum ANNA HAYDEN for another lap to complete the half marathon distance. Becca's fiancé ALEX completed the 10K distance followed by JERRY GILBERT. NICHOLAS GENEVER took on the marathon distance along with other GCR members who can be seen in the image above.

Photos from Leila's run can be seen here

<https://flic.kr/s/aHsmm9bv9A>

| Distance | Name | Time |
|---------------|------------------|---------|
| 10K | Jerry Gilbert | 1:04:32 |
| | Becca Hayden | 47:06 |
| | Alex | 54:41 |
| Half Marathon | Anna Hayden | 2:05:11 |
| Marathon | Nicholas Genever | 3:48:49 |

Sri Chinmoy 5K

On Monday evening JAMES HUIISH completed the final race in the Sri Chinmoy 5K series. With conditions being much cooler than recent weeks, James felt that the evening was perfect for fast times. He reports that he spent almost the entire race alongside two guys from Herne Hill Harriers and Serpentine RC, who were pushing each other the entire way. The hard work paid off and James finished in 15th place, achieving a huge PB of 16:49!



Hertfordshire Summer Triathlon

This year Herts triathlon was unfortunately converted into a duathlon because Stanborough Lake was too green with algae. BERNADETTE MARIE BRYNE tackled the standard distance of 10km run, 38km bike and 5km run. Her strong performance won her Hertfordshire County Gold for the v60 age group. Bernadette enjoyed the well organised race and the good conditions.



Clacton Half Marathon



It was half marathon number 107 for DAVID HEAL this week. Dave reports that it was a two-lap circuit with very windy conditions.



Paul Guy Trophy Update

In the final chapter of the saga involving PAUL GUY's wholly-deserved win at the Miles For Men charitable event in Hartlepool on 29th July, Paul (pictured) has now received his splendid trophy. By the time the social media storm-in-a-trophy abated, there had been 481 shares of a bemusing post, attempting to identify him despite the photo of Paul showing his race bib. With the demeanor of any true champion, Paul has weathered the consequent attention, and the well-intentioned but merciless teasing from fellow GCRs, with admirable dignity and good humour.



Parkrun roundup

It was a busy start to the weekend for GCR Parkrunner's with 64 members turning out across the country.

Congratulations to regulars Mick and Sandra Wise, who ran their 100th parkrun and arranged to reach the milestone together. The couple are well-known within GCR, volunteering at many of our hosted events and leading groups on training evenings. What you might not know is that Mick is also a keen triathlete, and has competed as a member of British Triathlon Age Group Team in the ETU Sprint Distance Triathlon European Championships. Sandra, who's now a regular runner, used to vow that she would never run! Photos from this week's Ellenbrook parkrun can be



seen here <https://flic.kr/s/aHsmqvbvSd>

Well done to all of those who completed parkrun this week. Top position went to BRUCE JUDGE finishing first at Heartwood Forest and CRAIG BROWN also first at Cassiobury. PAUL GUY took second at Gadebridge.

There were a number of personal best's. A special mention must go to Tim Cooke who took over 3 minutes off his time.

View all results for GCRs taking part in Saturday's parkruns [here](#).

| Course | GCR Member | Time |
|-------------------------|-------------------------------|--------------|
| Heartwood Forest | Bruce Judge | 17:52 |
| | Andrew Holt NEW PB! | 18:40 |
| | Hannah Frank | 22:41 |
| | Michael Paine | 22:49 |
| | Helen Paine | 26:46 |
| | Maggie Wright | 27:40 |
| St Albans | James Huish | 17:26 |
| | Matthew Harden NEW PB! | 22:26 |
| | Tony Harden | 27:16 |
| Oak Hill | Tom Casserley | 37:26 |
| Stevenage | Louise Smith | 31:19 |
| Gadebridge | Paul Guy | 18:46 |
| Stevenage | Chris Jones | 18:19 |
| | Hannah Frank | 21:38 |
| Panshanger | Russell Casey | 18:38 |
| | Justin Hill | 19:45 |
| | Gary O'Leary | 22:43 |
| | Johan Preis | 23:04 |
| | Robert Saville | 25:41 |
| | Matthew Hunt | 25:49 |
| | Jack O'Leary | 25:59 |

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|----------------------------|--------------------------------|--------------|
| | Terry Tristram NEW PB! | 32:55 |
| | Helen Johnson | 59:16 |
| Cassiobury | Craig Brown | 17:02 |
| Gedling | Adam Wadley | 19:30 |
| Dalby Forest | Lucy Iles | 29:48 |
| Ellenbrook | Malcolm Down | 19:28 |
| | Neil Brittain | 19:53 |
| | Ryan Keane NEW PB! | 20:04 |
| | Nigel Cavill NEW PB! | 20:29 |
| | Richard Sidlin NEW PB! | 22:31 |
| | James Aitchison | 23:15 |
| | Stuart Whitford | 23:40 |
| | Justin Kean | 24:03 |
| | Craig Stephenson | 25:07 |
| | Richard Brown | 25:15 |
| | Mark Caswell | 26:39 |
| | Tom Rogers | 26:41 |
| | Simon Harlow NEW PB! | 27:01 |
| | Steve Grout | 27:08 |
| | Thomas Parmley | 27:09 |
| | Claire Harlow | 27:12 |
| | Jo Mathews | 27:16 |
| | Jennifer Denham NEW PB! | 27:55 |
| | Peter Lapthorne | 28:07 |
| | Naomi Routledge NEW PB! | 30:01 |
| Elaine Giles | 30:08 | |
| Lynette Stewart | 30:09 | |
| Rick Hole | 30:30 | |
| Jacqueline McCallum | 31:34 | |
| Kath Evans | 31:35 | |
| Sandra Wise | 31:42 | |
| Michael Mise | 31:43 | |

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|----------------------|---------------------------------|--------------|
| | Jane Molloy | 31:53 |
| | Joy Allen NEW PB! | 32:22 |
| | Maureen Steed | 33:16 |
| | Charlotte Jones | 33:17 |
| | Fraser McCallum | 34:01 |
| | Tracey Stewart | 37:30 |
| | Dawn Redwood | 37:31 |
| | Stephen Livingstone | 40:30 |
| | Garry Grey | 42:37 |
| Llanerchaeron | Mark Edwards | 22:17 |
| Pocket | Helen Moye | 26:39 |

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 |
|--|---------------------------------|---------------|----------------------------|
| 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 |

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|---|--|----------------|-------------------------------|
| Harlow 10 | 9th September | 10:00am | 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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