



Garden City Runners

News Release

2 September 2018

Becca leads GCR's 12-hour stampede Darley's double-header for Spitfire and RAF

There were several events away from the mainstream this week and GCR runners, as ever, were eager to take advantage. Our heroes of the weekend were unquestionably BECCA HAYDEN and RICHARD DARLEY.

St. Albans Stampede 12 Hour Enduro

The St. Albans Stampede 12 Hour Enduro is an ultra marathon, organised by St Albans Striders, and taking place in the beautiful Hertfordshire countryside through parts of Heartwood Forest and Nomansland Common. The challenge is to cover the most amount of distance (in miles) over a 12-hour period — either undertaken solo, as a pair or as a team relay (up to 4- or 8-person options).

Many GCRs participated. REBECCA BARDEN reports, *"It was an extremely hot day which made for tough going, especially as the course offered very little shade. However, we were all cheered on by fantastic encouragement from marshals and fellow runners alike, and kept well fed and watered by the catering team, with food and drinks on hand all day. And there were even enough loos (you know how unusual and important that is!). On my fifth lap, run at twilight, I noticed one of the marshals had etched 'LOOKING GOOD' into the sand at about mile two, and as I ran my sixth lap in the dusk, under a warm pink and mauve sky, there were fairy lights lit up in the woods, which made it all seem rather magical and took my mind off thinking about how sore my knee was."*



Fraser and Jacqueline McCallum, Elaine Giles, Kath Evans; Becca Hayden with her trophy



Above: Johanna Houlahan, Louise Beale, Jo Grant, Barbara Kubis-Labiak. Right: Fleur Harvey-Keenan, Rebecca Barden, Becca Hayden and Ann Hayden

One all-GCR team comprised KATH EVANS, JACQUELINE and FRASER McCALLUM and ELAINE GILES. GCR's SAM MALES and ANN HAYDEN ran in a four team with WENDY THARANI and CAROL FORBES, with ANN putting in a heroic fifth lap after dark to bring the team total up to 17 laps. BARBARA KUBIS-LABIAC was in another four team with LOUISE BEALE, JO GRANT (all three GCRs) and JOHANNA HOULAHAN, and they completed 16 laps.

ALAN ROUTLEDGE and CHRIS ELAND ran as solos, with ALAN completing 15 laps (making him 8th best male) and CHRIS 12 laps.

REBECCA herself was in a team with BECCA HAYDEN of GCR and FLEUR HARVEY-KEENAN and CAROLINE BAILES from St Albans Striders. They completed an impressive 21 laps to be the fastest women's team, and the 4th fastest team of four, behind three all-male teams — beating all the mixed teams. BECCA ran an amazing 26-minute first

lap and won the fastest female lap prize. Commenting on the race, she said, "I had never done the St Albans Stampede before. I was so impressed by the friendliness, well organised and marshalled course and amazing refreshments! En route everyone was cheering each other on no matter what team and club they were from. The course was beautiful and hilly and the sun shone all day so it was very warm."

Pics: JO GRANT, with REBECCA BARDEN, BECCA HAYDEN and ANN (LANCASTER) HAYDEN + ELAINE

London Spitfire 10k

The RAF Museums in Hendon and Cosford hosted the annual Spitfire 10k races over the weekend. Raising money for RAF charities, this year's runs also celebrated 100 years of the RAF. Runners were also encouraged to run in memory of airmen who gave their lives in the Battle of Britain. In fact they wore 'I am running for ...' bibs, bearing the name of a fallen airman, which added an extra note of poignancy.



Richard Darley (left) with his 10K Spitfire medals, and (right) with Debbie Morris and Jane Molloy

A trio of GCRs were among the 600 contestants in the popular London

Spitfire 10K, run around the local streets of Hendon and Colindale. The uninspired, flat course was more than compensated for by the quality of the medals (and associated swag).

The race started and finished on the taxiway, with RICHARD DARLEY leading the GCR charge in 58:05, followed by DEBBIE MORRIS 1:02:41 and JANE MOLLOY 1:10:53.

Not content with this, Richard then journeyed to the Midlands and ran the equivalent Cosford race on Sunday morning, completing the double in 55:02. A field of 1000 ran a single lap circuit around the museum grounds and neighbouring RAF base including a trot up and down the still very active runway. A remarkable feat for Mr. D.

Dunstable Downs Marathon

The Dunstable Downs Marathon is a trail race through the picturesque Chiltern Hills. NICK GENEVER finished the course in 4:19:07.

Ellenbrook parkrun

GCR mounted its usual good showing at Ellenbrook Fields where there were PBs aplenty. In the absence of NEIL HUME it was left to CRAIG BROWN to lead the way, finishing 2nd in a time of 17:42. Behind him were: MALCOLM DOWN 19:49, with the ever-improving RYAN KEAN and NEIL BRITAIN also finishing under 20 minutes, respectively in 19:51 and 19:53 (the former setting yet another PB). Behind them were NIGEL CAVILL in 20:21, STEVEN EDWARDS 21:16 and the evergreen RICHARD SIDLIN 22:26 (all three recording splendid PBs). JAMES AITCHISON clocked 22:58; JUSTIN KEAN 23:31 (a new PB); FELICITY WADLEY 23:53; MICK WISE 25:21; MARK CASWELL 25:35; HELEN PAINE 26:00; JERRY GILBERT 26:14 (a year's best); JULY KEAN 27:07; CRAIG STEPHENSON 27:21; DAVID HALE 27:48; RICK HOLE 29:13; NICOLA STEWART 30:12; SANDRA WISE 32:11; TRACEY STEWART 37:25; AMY ROUTLEDGE 44:41 and CIARAN WELSH 55:06.

Panshanger parkrun

ROB CASSERLEY had to settle for second place at Panshanger but with the satisfaction of knowing that his time of 18:34 was a new PB. Behind him were: JUSTIN HILL 21:04; GARY O'LEARY 22:09; JACKY O'LEARY 25:16; TOM ROGERS 25:43; TOM PARMLEY 27:25 (a new PB); MAGGIE WRIGHT 27:54; JEN DENMAN 28:54, (a PB); JOHAN PREIS 31:46; TOMASZ PISULSKI 34:12; DENNIS DRAPER 35:55; ELEANOR DRAPER 41:08 and GARY GREY 47:07.

Other parkruns

PAUL GUY's parkrun tourism to Minehead paid off as he finished first in an excellent time of 18:01 — a status shared by SEAN BOWEN, who led the field home in his first run at Letchworth in a time of 20.30. LOUISE SMITH was in action at Banbury where she finished in a creditable 28:32, while at Moors Valley LAUREN POTTER finished in 25:08 and TOM CASSERLEY, running at Oakhill, was timed at 35:09. The ever-active CHARLOTTE JONES ran the Eden Project course, finishing in 33:25, while in Stevenage HANNAH FRANK ran an excellent 22:28 to be the second lady finisher and LYNETTE STEWART ran 31:20. KATY HEALY ran Roundhay in 23:10, while STEVE and ASA MOBERG GROUT were at Brentwood, finishing respectively in 26:31 and 29:19. SALLY LAFLIN was in action at Aldenham, finishing in a new PB of 27:13 while at Thurrock parkrun, Orsett Heath JAMES HUIISH came through the funnel in an excellent 17:58 to finish 2nd. At Mount Edgecumbe ANDREW HOLT also put on a good showing, finishing 4th in a new PB of 20:58. Finally at Letchworth, also lining up alongside SEAN was HELEN MOYE, who finished in a new PB of 26:25.

Changes at SFO

SFO Sports Centre, our run HQ, has now changed its name to the Ridgeway Academy Sports Centre. In future, all communications will refer to it by its new name, and moves are afoot to update the GCR website with the new branding.

Furthermore, GCR has changed its training schedules. Thursday night now offers steady runs at 6.30pm from the Centre as well as intervals at the same time at the Gosling track. There will be two run leaders on the rota for steady runs each week, to cater for different speeds. Explaining the decision, committee member JANE MOLLOY says, "*With no competition from MWL, and with dark evenings making it more difficult for solo running, we're confident that the autumn will see a significant revival in the numbers keen to run on Thursdays.*"

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	Avery Race #	Date	Time	Online entry
Hatfield 5k Series Race #1 (including Herts Senior Champs)		5th September	7:45pm	Click here
Welwyn Half Marathon (postponed from 4th March)	8	9th September	9:00am	Click here
Harlow 10		9th September	10:00am	Click here
32nd Round Norfolk Relay		15th/16th September	6:00am	Contact Sean Bowen
The Harvest Trail ¼ marathon and ½ marathon		16th September	9:30am	Click here
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	9	30th September	9:00am	Click here
Hatfield 5k Series Race #3		3rd October	7:45pm	Click here
Standalone 10k	10	7th October	9:30am	Click here
Willow 10k and 5k		7th October	11:00am	Click here
Hatfield House Half and 10k		14th October	9:30am	Click here
Herts 10k		14th October	10:00am	Click here
Stevenage Half Marathon	11	4th November	TBD	Click here

Hatfield 5	12	25th November	10:00am	Click here
Festive 5		9th December	9:30am	Click here

Further advanced notification

For the benefit of members who need to plan ahead and get their race diary up-to-date please note the following changes, as notified by SEAN BOWEN.

Because of Trent Park's enforced date move, the Sunday Cross Country League Fixtures 2018-19 series will feature two December races and none in November. Also Royston takes place a week earlier than usual, so hopefully avoiding any clash with February Half Term. These dates will be added to the Fixture list above in due course.

Dates and venues have been agreed, subject to booking of parks, facilities, etc. The start times may differ for the October and December races. The remainder start at 10.30am.

28 October: Cheshunt (Broxbourne Runners). The start time may again be 11.00am, as was the case last season, because the Junior parkrun will use a course that includes the field for parking.

2 December: Trent Park (Trent Park RC). Please note date change. It is probable that there will be no parking available in Trent Park.

16 December: Willian or Oughton, nr Hitchin (FVS and Hitchin RC).

13 January: Cassiobury Park, Watford (Watford Joggers supported by Ealing Eagles).

10 February: Royston (Royston Runners).

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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