



## **Garden City Runners**

### **News Release**

**23<sup>rd</sup> September 2018**

## **A Match Made in Hayden and the Cross Country season beckons!**

Firstly, an appeal for volunteers...

### **Hatfield 5k – final race of the Series**

The third in the set of three 5k races in Hatfield will take place on Wednesday 3<sup>rd</sup> October. We need marshals, and staff at the finish, so please contact Chief Marshal Peter Harvey to offer your help. [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. The race starts at 7.45pm, and the marshals briefing is from 6.00pm onwards.

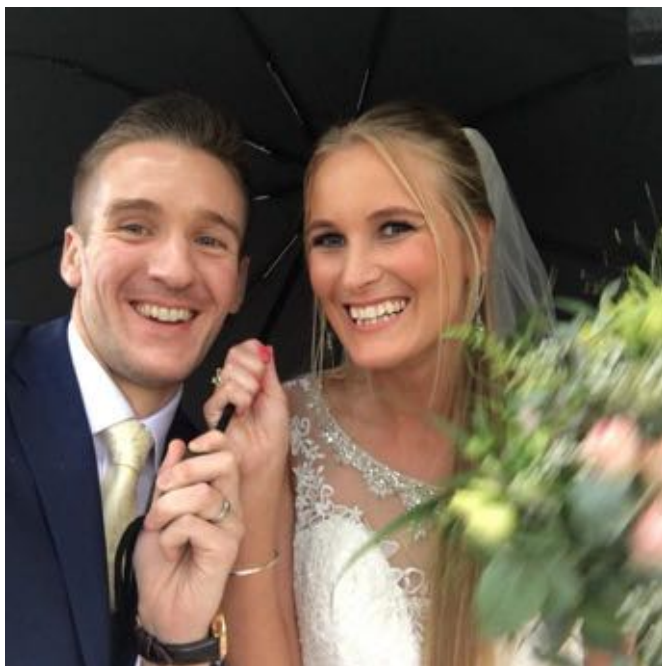
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### **New faces expected at Ridgeway Academy on Tuesday**

25<sup>th</sup> September sees the start of the 9<sup>th</sup> of our highly successful Beginners Courses. The start is at 6.15pm, so if you see anyone looking lost please point them towards KAREN ATKINSON. We may also be welcoming some students from Hertfordshire University, as GCR had a stall at the University Sports Day last week, and lots of students expressed an interest in running with us.

## CELEBRATIONS

### Rebecca Hayden



BECCA HAYDEN was in her usual position of first lady at the line, and overall tied with groom Alex Windsor at her own wedding on 22<sup>nd</sup> September.

We all wish the couple decades of happiness!

### Dennis and Eleanor Draper



*Dennis and Eleanor Draper recreating their wedding photo at Reigate Church. Photo courtesy of the Welwyn Hatfield Times.*

Dennis and Eleanor added another page to their catalogue of astonishing milestones, by celebrating their 60<sup>th</sup> wedding anniversary. A feature has already been published in the Welwyn Hatfield Times – [click here](#) to read it. Their family sprung an extra treat for them by entering them in the Reigate 5k, DENNIS finishing in 38:37 and ELEANOR in 47:22.

## EVENT ROUND UP

### Hatfield 5k / Herts Vets Champs

The second event in this series was also host to the county vets 5k race. The top GCR men were JAMES HUIISH in 17:17, BRUCE JUDGE in 17:22, and TOM WACKETT, after a blistering run on Stage 14 of the Round Norfolk Relay only four days earlier, in 0:17:30.

For the GCR ladies, MARTHA HALL finished in 19:01, SALLY LAFLIN in 25:41, and JULY KEAN in 27:05.

The full results are available online [here](#), and a report with a further results breakdown will be available next week. The county results are available [here](#).

### Chiltern Wonderland 50

This was TOMASZ PISULSKI's first 50 mile ultra-marathon, which he completed in 12:29:15. Tomasz writes:

"I've managed to complete my first Ultra 50 mile run, the Chiltern Wonderland 50. It's a 50 mile single loop around Chiltern countryside that takes in 5600 ft of climb. The race was very well organised and the support from the crew and volunteers was great.

I made some rookie errors that almost cost me withdrawal from the race (twice actually) - I was in some really dark places both mentally and physically. With great support from the Centurion crew and other runners, I managed to overcome it and finish within the time allowed. Lessons learned including some important ones about my body.

Best moments include a cup of warm tea at the 3rd Aid Station and running in the dark through forests near Goring.

I cannot believe it but I think I'm warming up to the idea of... attempting another Ultra, at least 50 miler..."

## Causeway Coast Marathon



NICK GENEVER's latest off-road escapade took place along the spectacular coastline of the Causeway Coast in Northern Ireland. Nick writes:

"The route passed by the Giant's Causeway stones and several Games of Thrones locations. The trail went along cliff tops, rocky shores, sandy beaches and small harbours. At the half-way feed station there were potatoes for the runners which made a change from jelly babies! I finished in 4:40:35 and the total ascent was 800m."



## Marlow Sprintathon



*TOM WEATHERHEAD hands over to GARY CHALKLEY*

A team of four took part in this unusual relay, including one former GCR, with the team being organised by Craig Stephenson who writes:

“The GCR race clock and a team of TOM WEATHERHEAD, RYAN, KYLE and JUSTIN KEAN, and GARY CHALKLEY travelled to the third Marlow Sprintathon - a

marathon distance split into 100m individual legs, current record 1h 47m. 30 teams took part and we just missed out with a time of 1:49:01. A great day out, and a total of £20,000 was raised for cancer charities. NIKKI STEPHENSON and JULY KEAN marshalled on one of the four changeover points in the rain, but they seemed to be enjoying themselves more than the runners. Justin stood in for another team's member who couldn't make it, and had to run hard to keep up with a junior runner at the change over.

If anyone else fancies coming along for next year's record attempt, to help or run, let me know and thanks to Team GCR Sprintathon."



*Three of the contingent from Welwyn Garden City: Tom Weatherhead, Ryan Kean, Kyle Kean.*



*Keeping it in the family: Ryan Kean hands over to his brother Kyle.*

## Tring Ultra 50k



PATRICK and VIRGINIA BIRD went to Tring to do the "Tring Ultra", a little over 50km. Virginia writes:

"It was run by XNRG and was a charity event in aid of humanity direct, a children's charity in Africa. The route took us along the canal, up through Wendover Woods and Tring Park, more canal, then Ashridge and Ivinghoe Beacon and back to Tring. We both completed it, Patrick in 6:16 - 69<sup>th</sup> out of 111 men - and Virginia in 7:15 - 29<sup>th</sup> out of 45 women. It was tougher than we expected but that's probably because we spent too much of the summer sailing and not running! Serves us right...."



## St Paul's Walden Bury 10k

JANE MOLLOY reports:

"On an extremely soggy morning, a few GCR's took a trip to this local village the other side of Codicote for its annual run and fun day. There are 3 options - 10k, 5k and 2k.

"PAUL GUY did us proud steaming home in first place well ahead of the field. For some strange reason, I am only showing as 'started', although I definitely finished and I have the very sweet hand-made wooden medal to prove it. So my time isn't official, but according to my FitBit, it was 1:14:11. I might be slow, but I was there! It's a very hilly course - lots of long steady ups, with a very small number of short, sharp downs - my knees and lungs would definitely prefer it the other way round."

The GCR participants were PAUL GUY, finishing in 38:13, closely followed by DANNY FIGG in 38:43 and taking 2<sup>nd</sup> overall position, BRAD SMITH in 49:50, MAGGIE WRIGHT in 1:02:13, and JANE MOLLOY in 1:14:11.

Full results are available [here](#).

## **parkrun Round Up**

The consolidated club results for 22nd September are available [here](#). Top GCR performers were as follows.

### Panshanger

ALEX NEWMAN-SMITH and JACK TANN, 1<sup>st</sup> and 2<sup>nd</sup> finishers in 17:27 and 18:19 respectively.

### Oak Hill

JAMES HUIISH, 3<sup>rd</sup> finisher in 17:41.

### Ellenbrook Fields

TOM WACKETT and NEIL HUME, 1<sup>st</sup> and 2<sup>nd</sup> finishers in 17:28 and 17:35 respectively.

## Forthcoming Events

### **Avery League 2018**

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

The next Avery race is the Welwyn Half Marathon on 9<sup>th</sup> September.

### **Avery League 2019**

Details of the 2019 Avery League races will be published by the GCR Race Committee within the next month.

### **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](mailto:results@gardencityrunners.org.uk).

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GCR stalwart, and recent RNR 16<sup>th</sup> stage runner, Gary O'Leary is organising the Hatfield House half marathon and 10k in October – see the table below. Entries are going well, and Gary writes:

I now expect 400 runners by race day, and I am looking for the support of some willing volunteers to help make the day a great success and good fun! For each volunteer I can offer a free entry into either of the runs. They can pass this on to whomever they wish or run themselves (if they can volunteer for an activity before the start or after the finish) e.g. registration, car parking duties, post race duties etc.

Dogs are very welcome on the Estate, and can come along with you. The Estate park grounds are closed to the public on this day and so should be quiet and very pleasant. If you can help, it would be really appreciated. As an extra, you should also see your local WelHat MP in a sweat, as he has entered the 10k.

[Let me know](#) if you (or others you know) could help. Specific roles needed are Lead Bike, Tail Runners, Registration Desk, Marshal points, Water Stations, Photographer etc.

Event	Avery Race #	Date	Time	Online entry
<b>Beginners' Course #9 Starts</b>		<b>25<sup>th</sup> September</b>	<b>6:15pm</b>	
<b>Hitchin Town Centre 5k</b>	<b>9</b>	<b>30<sup>th</sup> September</b>	<b>9:00am</b>	Race full
<b>Hatfield 5k Series Race #3</b>		<b>3<sup>rd</sup> October</b>	<b>7:45pm</b>	<a href="#">Click here</a>
<b>Heartwood Forest closing event</b>		<b>6<sup>th</sup> October</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Standalone 10k</b>	<b>10</b>	<b>7<sup>th</sup> October</b>	<b>9:30am</b>	<a href="#">Click here</a>
<b>Willow 10k and 5k</b>		<b>7<sup>th</sup> October</b>	<b>11:00am</b>	<a href="#">Click here</a>
<b>Hatfield House Half and 10k</b>		<b>14<sup>th</sup> October</b>	<b>9:30am</b>	<a href="#">Click here</a>
<b>Herts 10k</b>		<b>14<sup>th</sup> October</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Sunday Cross Country League #1 Cheshunt</b>		<b>28<sup>th</sup> October</b>	<b>11:00am</b>	<i>See your captain</i>
<b>Stort 30</b>		<b>28<sup>th</sup> October</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Stevenage Half Marathon</b>	<b>11</b>	<b>4<sup>th</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>St Neots Half Marathon</b>		<b>18<sup>th</sup> November</b>	<b>10:00am</b>	Race full
<b>Herts Half Marathon Knebworth House</b>		<b>18<sup>th</sup> November</b>	<b>9:00am</b>	
<b>Hatfield 5</b>	<b>12</b>	<b>25<sup>th</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Bass Belle 10</b>		<b>25<sup>th</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Sunday Cross Country League #2 Trent Park</b>		<b>2<sup>nd</sup> December</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Festive 5</b>		<b>9<sup>th</sup> December</b>	<b>9:30am</b>	<a href="#">Click here</a>
<b>Sunday Cross Country League #3 Willian</b>		<b>16<sup>th</sup> December</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Buntingford Year End 10</b>		<b>30<sup>th</sup> December</b>	<b>10:30am</b>	<a href="#">Click here</a>
<b>Sunday Cross Country League #4 Watford</b>		<b>13<sup>th</sup> January '19</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Sunday Cross Country League #5 Royston</b>		<b>10<sup>th</sup> Feb '19</b>	<b>10:30am</b>	<i>See your captain</i>

## 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](http://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](mailto:gcr@gardencityrunners.org.uk), visit our website [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk) or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/).

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