



Garden City Runners

News Release

9 September 2018

**Local Races for Local Runners
GCRs in Action From Welwyn to Hatfield
While some venture further afield, from Tallinn to
the Tyne**

Affinity Water Hatfield 5K Series Race 1

Garden City Runners in association with Affinity Water staged the first of the three-race 2018 Hatfield 5K Race Series, incorporating the Hertfordshire Senior Championships, on 5th September. The competition is now in its sixth year, and on a warm evening with perfect running conditions, a strong field lined up for this race that is now firmly established in the road running calendar.

In first place overall was AFEWERK ROSSOM from Herts Phoenix AC who smashed 17 seconds from the previous course record to finish in a spectacular time of 15:13 seconds, some 38 seconds ahead of the second placed runner.

No fewer than 23 GCRs completed the race with PAUL GUY finishing in 12th position in a time of 17:12 with TOM WACKETT close behind in 14th position in 17:16.

First GCR lady was MARTHA HALL who finished as 3rd lady in 19:04 followed by VERONICA SHADBOLT in 21:20.

In the Hertfordshire County Senior Championships, MARTHA HALL won SILVER in the individual competition. The GCR men's team consisting of CHRIS BAYNES, DANIEL FIGG, ROB CASSERLEY and JACK TANN also won the SILVER award.

Full race results will be published on the Races Online website – www.racesonline.uk

The next race takes place on Wednesday 19th September at 7.45pm and incorporates the Hertfordshire County Vets Champs.

Welwyn Half Marathon

GCRs were out in force at the Welwyn Half Marathon. The race, which starts and finishes on the athletics track at Gosling Stadium, and involves an out and back along the Cole Green Way, had been postponed from its usual March date due to wintry weather. First GCR to make

a triumphant re-entry into the stadium was ALEX NEWMAN-SMITH, 5th overall in a time of 1:21:02. Next came ADAM WADLEY in 1:30:37; MALCOLM DOWN in 1:32:37, earning him 3rd M50. DAVID MCDERMOTT finished in 1:31:51 and LAURA COWLEY was GCR's First Lady and 8th female overall in a time of 1:34:54. RICHARD SOMERSET ran in 1:36:43; NEIL BRITTAIN in 1:36:59; ROBERT DILLEY in 1:40:18; GCR newbie RICHARD ROBINSON ran in 1:41:49, as part of his training for the Bournemouth Marathon. MICHAEL PAINE clocked a time of 1:42:40; HANNAH FRANK felt a lack of sleep and training impacted her time of 1:48:36 but was pleased that she ran almost two minutes quicker than last year. BELINDA MCGINLEY finished in 1:49:21; KAY METCALFE in 1:49:42; SIDNEY VALENTINE in 1:50:18; NEIL MATTHEWS in 1:50:19; FELICITY WADLEY ran in 1:57:34; CAROL REID in 2:01:07; EMMA DEMPSTER in 2:37:04 and CHARLOTTE JONES in 2:38:53.



GCR SuperVets DENNIS and ELEANOR DRAPER (pictured above) smashed their categories M80 and F80 to pick up age group trophies, with Dennis finishing in 2:47:09 and Eleanor in 3:18:13.

Tallinn Half Marathon

Fresh from acing the double Spitfire 10K last weekend, RICHARD DARLEY ventured to the capital of Estonia, where, he writes: "a great weekend away was rudely interrupted by running the Tallinn Half Marathon. The one lap route, which takes in many of the sights of the historic Old Town, is flat and fast albeit with some treacherous cobbles at the end. Being a hundred years since Estonia's independence from the Russian Empire everyone was encouraged to run in the colours of the Estonian flag." An appropriately clad Richard (pictured below) completed the course in 2:06:52.



Great North Run

Six GCRs took part in this famous half marathon in Newcastle, running in the footsteps of Sir Mo Farah, who won the race for a record fifth time in a course record of 59:26. Only a bit behind in the September sunshine were ZOE STEPHENS in 1:43:08; SALLY LAFLIN in 1:59:47; NICK ATKINSON in 2:17:23; ANGELA WOODS in 2:29:37; LOUISE SMITH in 2:30:55, and MAUREEN STEED in 2:48:05.



Above: Frazer and Louise Smith in high spirits at the Great North Run

Harlow 10 miles

JANE MOLLOY ran this single lap race described as 'fast and gently undulating through the Essex countryside.' Jane writes: "Given that yesterday I was knocking back the Lemsip and Googling 'should I run with a cold?' (the answer is yes if it's above the chest), I wasn't unhappy with my time of 2:01:14."

Farnham Pilgrim Marathon

GCR's NICK GENEVER took on this trail race in the Surrey Hills between Farnham and Guildford. Nick reports that the event was very well organised with 250 marshals and drinks stations every 2.5 miles. Nick completed the scenic course in 4:19:50.

Girona Trail Series



BERNADETTE-MARIE BYRNE has been carrying the GCR flag in this 9/10K trail series held near Girona in the north of Spain. Our picture shows Bernadette (left) on the podium, celebrating one of two series' age group wins.

St Albans Stampede

Results from last week's event are now available [here](#). One GCR inadvertently left out of last week's report was RICARDO GREGORIO, who completed a heroic twelve laps as a solo competitor in a time of 10:31:06.

parkrun roundup

Highlights from this weekend's parkrunning include PAUL GUY's silver podium place at Luton Wardown, in a time of 17:57; also scoring a second place overall was JAMES HUIISH at Heartwood Forest in 17:44. At Ellenbrook Fields, NIGEL CAVILL and TIM COOKE both ran new pbs, with Nigel clocking a sub 20 time of 19:52 and Tim his third pb in recent weeks of 25:16. Full details of GCRs taking part in this Saturday's parkruns can be found [here](#).

Next Beginners' Course

Our next beginners' course starts at 6.15pm on Tuesday 25th September. Please publicise this friendly course to friends, family and colleagues. The course is a 10 week programme aimed at people who are new to running, starting with short walk/run sessions and progressing to 5K by week 10. More information can be found at

<https://www.gardencityrunners.org.uk/membership/beginner-course/>

Avery League 2018

Details of this year's Avery League races can be found [here](#). The next race is the Hitchin Town Centre 5K on 30th September.

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
32nd Round Norfolk Relay	15th/16th September	6:00am	Contact Sean Bowen
The Harvest Trail 1/4 marathon and 1/2 marathon	16th September	9:30am	Click here
Hatfield 5k Series Race #2	19th September	7:45pm	Click here
(including Herts Vets Champs) St Paul's Walden Bury Run	23rd September	11:30am	Click here
Beginners' Course #9 Starts	25th September	6:15pm	
Hitchin Town Centre 5k	30th September	9:00am	Click here
Avery Race			
Hatfield 5k Series Race #3	3rd October	7:45pm	Click here
Standalone 10k	7th October	9:30am	Click here
Avery Race			
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	4th November	TBD	Click here
Avery Race			
St Neots Half Marathon	18th November	10.00am	Race full
Herts Half Marathon, Knebworth House	18th November	9.00am	Click here
Hatfield 5	25th November	10:00am	Click here
*** final 2018 Avery race ***			
Festive 5	9th December	9:30am	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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