



Garden City Runners

News Release

19 September 2018

Round Norfolk Relay Special

Team GCR were in Norfolk last weekend for their 14th appearance in the Round Norfolk Relay. With 17 runners covering stages of various distances, the route covers nearly 200 miles around the perimeter of that vast county, starting and finishing at the sports centre in Kings Lynn, taking in the splendid landscape of the coastal path and continuing through the night on rural lanes and quiet A-roads; with runners illuminated by the headlights of their clubmates in the escort vehicle.

Based on their estimated pace, GCR had a target of 24 hours, 45 minutes. They were playing catch-up from early on at Hunstanton – thanks to the change to the stage 1 route which added half a mile to lead-off man **PAUL GUY**'s run, but which they didn't tell us about beforehand!



Paul Guy on the start line at King Lynn. The man next to him doesn't look to happy about it!



John Davies the shorter brings it home at Lynnsport

Gradually, successive legs clawed back the 'lost' seconds, and by the time **ROB CASSERLEY** came in to the end of stage 10 at Earsham before midnight, the team were inside target. When anchorman **JOHN DAVIS THE SHORTER** brought the baton home on the track at 09:32am Sunday, they were a comfortable 12 minutes up on it.

The total team time of 24:32:50 was the 14th fastest of the 60 teams. Fastest overall were the mighty City of Norwich AC A-team in 20:43:32, with the slowest teams taking 28 or 29 hours. GCR were the third quickest

team from outside East Anglia, and retained their bronze medal place as the third team affiliated to ARC – the Association of Running Clubs co-founded in the Noughties by former GCR Chairman Dick Meredith to give clubs like ours more independence from UK athletics' governing body.



Richard Somerset ready to go at Hunstanton



Johan at Burnham Overy Staithe



Russell and Jo on the Shingle at Cley

RNR 2018 - GCR Team Results							
LEG	From - To	miles	Runner's Name	Time	pace/mile	placing for leg	age-graded %
1	K.Lynn - Hunstanton	16.32	Paul Guy	1:51:11	06:49	7	72.2
2	Hunstanton - Burnham Ov.	13.75	Richard Somerset	1:37:21	07:05	13	72.3
3	Burnham Ov. - Wells	5.76	Johan Preis	0:49:39	08:37	33	57.5
4	Wells - Cley	11.14	Alan Routledge	1:39:12	08:54	37	59.4
5	Cley - Cromer	10.81	Russell Casey	1:20:49	07:29	15	63.0
6	Cromer - Mundesley	7.90	Ricardo Gregorio	1:04:12	08:08	27	59.3
7	Mundesley - Lessingham	9.24	Sean Bowen	1:01:17	06:38	11	77.6
8	Lessingham - Horsey	7.52	Wayne Aylott	1:11:09	09:28	55	55.4
9	Horsey - Belton	16.60	Neil Hume	1:43:39	06:15	3	79.1
10	Belton - Earsham	18.13	Rob Casserley	2:01:41	06:43	11	73.6
11	Earsham - Scole	12.45	Brad Smith	1:40:13	08:03	32	57.0
12	Scole - Thetford	19.67	Paul Davies	2:07:20	06:28	13	71.8
13	Thetford - Feltwell	13.25	Michael Paine	1:43:54	07:50	34	67.4
14	Feltwell - Wisington	7.27	Tom Wackett	0:46:02	06:20	4	68.7
15	Wisington - D.Mkt	10.59	Gary O'Leary	1:17:52	07:21	23	72.9
16	D.Mkt - Stowbridge	5.49	Jacky O'Leary	0:45:11	08:14	32	76.2
17	Stowbridge - K.Lynn	11.73	John Davis the Shorter	1:52:08	09:34	57	60.9
	Averages =	11.62			07:27		
	TOTALS=	197.62		24:32:50		14th of 60	

Team manager Sean Bowen says "We weren't quite as strong as the world-beating 2017 GCR team, but if you measure success in terms of the good vibes flowing throughout the weekend, this has to be our best ever RNR. Our WhatsApp Group was just deluged by messages expressing members' excitement and love for the team, the people, the event, the organisation and the location. We had four runners making their debut appearance, and four of the support crew doing their first RNR and they were all absolutely full of praise.



John Dickerson, Tim Cooke, Michael Paine and Tom Wackett, Thetford at 3am!

TOM WACKETT running the fourth fastest stage 14 of the year was a fantastic result - as was **NEIL HUME**'s third fastest stage 9 through Great Yarmouth and out the other side.

But equally enjoyable were chairman **BRAD SMITH** on his first-ever night-time leg, clearly having enjoyed his 12.5 miles “uphill all the way” along the flat A143, **WAYNE AYLOTT** back after a break, powering towards the Horsey windmill in the twilight, and **JOHN DAVIS** – the oldest runner on stage 17, and a survivor of the first GCR Norfolk team in 2004 – battling his way along the Ouse riverside path at a highly respectable pace, and **RICARDO GREGORIO** in his first appearance – having a great run and a star turn on the evening drive shift.

Russell taking the toughest leg 5 with his traditional seriousness and apprehension



Ricardo makes his RNR debut at Cromer

Jackie O'Leary waits for husband Gary to hand over at Downham Market



Wayne model the very latest relay kit at Lessingham



Brad Smith finishes the midnight leg at Scole

Paul Davies after a superb run on the 'queen' stage 12 19.7 miles into Thetford





Tom and Rob Casserley at Gorleston Industrial Estate

But what made this one extra special was the dedication and sheer enthusiasm of our wonderful support team. From **PAUL HAJISAVVI** tearing up the coast road on his bike to get to all the little bits of bike escort duty for **ALAN** and **RUSSELL**, through **MICHAEL TANDY** speaking ETAs into his voice-activated app, night drivers **MARTIN COTTAM** and **ROB CARTWRIGHT**, to dawn bike **TIM COOKE** keeping **GARY AND JACKY O'LEARY** company in the early light. Most of all, our truly magnificent **JOHN AND MAUREEN DICKERSON** – who this year, as well as being timekeepers for the entire 25 hours, also made sure everyone go their t-shirts and medals as they went around – a friendly presence at every changeover from scenic Wells to desolate Scole and chilly Wissington.

Everything that's great about Garden City Runners – condensed into one crazy beautiful weekend."

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
Beginners' Course #9 Starts	25th September	7:15pm	
Hitchin Town Centre 5k *** only 1 place 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	Race full
Hatfield House Half and 10k	14th October	9:30am	Click here
Herts 10k	14th October	10:00am	Click here
Stevenage Half Marathon *Avery race*	4th November	TBD	Click here
St Neots Half Marathon	18th November	10:00am	Race full
Herts Half Marathon, Knebworth House	18th November	9:00am	Click here
Hatfield 5 ***final 2018 Avery race***	25th November	10:00am	Click here
Festive 5	9th December	9:30am	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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