



Garden City Runners

News Release

14 October 2018

Storm Callum doesn't dampen GCR spirits Run in the Rain

Herts 10K

Four GCR's took on this year's Herts 10k. Tom Parmley reports that "the course was very wet and pouring with rain in parts, in places it was like wearing ice skates; the fields we ran through had puddles the size of lakes and mud everywhere! Everyone seemed in good spirits though with lots of laughter as we all got soaked". First GCR home was TOM WEATHERHEAD finishing in 48mins 31secs. The only GCR female was MAGGIE WRIGHT crossing the line in 58mins 55secs. TOM PARMLEY finished in 1hr 04mins followed by TERRY TRISTRAM in 1hr 15mins and 16secs.

Hatfield House 10K and Half Marathon

8 Garden City Runners kept it local, participating in the Hatfield House Half marathon. GCR news reporter Rebecca Barden reported that "It was a very beautiful science course, through the Hatfield House Estate - a mixture of trail, paths and woodland - one loop for the 10K, two for the half. We were quite lucky with the weather - the rain chucked it down before and after but held off during the race so the most wet I got was up the back of my legs from splashing through muddy puddles. The course was well supported by friendly marshalls including our very own Tim Cooke. Overall winners and age group winners were rewarded with a congratulatory snood as well as an attractive medal and the customary banana".

LAURA COWLEY to the crown of first lady in 1hr 34mins and 46secs. Closely followed by BECCA HAYDEN who finished in 3rd place in 1hr 37mins and 53secs. REBECCA BARDEN was first W50 and 7th female overall in 1hr 46mins and 05secs. BARBARA KUBIS-LABIAK was 4th GCR home and 4th in her age category in 1hr 52mins and 19secs. STEVEN EDWARDS describing the course at "quiet uphill" and having the extra connection of the memories of his wedding day at Hatfield House, was first GCR



3rd place female Becca Hayden

Carol Forbes, Rebecca Barden, Ann Hayden and Becca Hayden

male home in personal best time of 1hr 52mins and 15secs. PAUL BUTLER came in at 1hr 54mins and 47secs and ANN HAYDEN took 2nd W50 in 2hrs and 32secs. JACKY O'LEARY claimed 1st W60 in 2hr 04mins, with DAVID SELWOOD completing a great day of running for GCR in 2hrs 17mins and 49secs.



A further 12 GCR's completed the 10K. JOSEPHINE BETTLES was first W40 in 46mins 21secs and KAY METCALFE took first W50 in 4mins 33secs. LUCY ILES was next GCR home in 59mins 13secs. SHENA LANCASTER took second in her age group in 1hr 16secs. First male GCR home was PETER LAPHORNE in 1hr 2mins and 04secs, followed by LINDA HAMM in 1hr 09mins and 54secs and GILL SOL in 1hr 09mins and 55secs. LOUISE O'DONNELL completed the course in 1hr 16mins and 03secs and was shortly followed by DAWN REDWOOD, CHARLOTTE JONES and MAUREEN STEED crossing the line together in 1hr 17mins and 48secs.

Royal Parks Half

Venturing into London a number of lucky GCR's completed in the very popular London Royal Parks Half. RICHARD SOMERSET was first GCR home in 1hr 26mins and 07secs, followed by first GCR female SOFIE MARCHANT in 1hr 46mins and 05secs. JOHAN PREIS completed the scenic course in 1hr 52mins and 28secs and SIAN MITCHELL in 2hrs 03mins and 39secs.

AARON HUSSEY, JULY KEAN and JUSTIN KEAN all completed the course raising money for charities close to them. JUSTIN KEAN completed the in course for the Roy Castle Lung Cancer Foundation in a personal best time of 1hr 56mins and 12secs, a PB by over 11 minutes. JULY KEAN wasn't far behind in 2hrs and 34secs. AARON HASSEY who was supporting the Royal British Legion finished in 2hrs 20mins 33 secs.

Aaron at the Royal Parks Half



Perkins Great Eastern run

Two GCR's took part in the Great Eastern Half in very soggy conditions. SALLY LAFIN completed the course in 1hr 55mins. DAVE HEAL made this his 109th half marathon. Dave reported that although he completed the flat circuit in 1hr 54mins and 44sec



the conditions were far from ideal, with torrential rain leading to a very soggy course. A further celebration was in order for Dave as this was officially Dave's 100th UK athletics measured and registered half marathon recognised by the power of 10 and run Britain sites.

Birmingham Half

KATH EVEANS headed up north to complete the Birmingham half and finished in 2hrs 22mins 40secs. A very impressive time considering that the day before she completed a 10k trek up Snowdon in very blustery, rainy conditions in aid of Cavell's Nurse Trust.

Yorkshire Marathon

Heading even further up north ANNE HENSON took on the Yorkshire marathon in less than ideal conditions. Raining so heavily that she struggled to tear open her gels, Anne finished in 4hrs 21mins 09secs, only a few minutes of her PB.

Founders Challenge

NICHOLAS GENEVER took on The Founders' Challenge a trail event for walkers and runners in Hills near Guildford. Nick reports "that navigation was by written description and GPS was a challenging due to the dense woodland and the many paths crossing the route". He completed the challenged the 27.4 mile course in 5:35 and the total ascent was 955m.

Lisbon Marathon

Taking GCR international this week was LORENZO FRANCHI. Reporting that the first part was tough but helped by a strong wind, Lorenzo finished the course in 3hrs 33mins and 47secs.

Parkrun roundup

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

| Course | GCR Member | Time |
|-------------------|-------------------------------|--------------|
| St Albans | Tony Harden | 27:22 |
| Valentines | Bernhard Trummer | 28:54 |
| Westmill | Tom Weatherhead | 23:42 |
| Killerton | Matthew Hunt | 25:14 |
| Stevenage | Chris Jones | 21:44 |
| | Tichaonezvi J, Ruredzo | 34:36 |

| | | |
|---------------------------------|-------------------------|--------------|
| Brandon Country Park | Thomas Wackett | 22:08 |
| Panshanger | Paul Guy | 17:59 |
| | James Huish | 18:04 |
| | Russell Casey | 18:36 |
| | Justin Hill | 18:41 |
| | Robert Casserley | 19:04 |
| | Malcolm Down | 19:55 |
| | Mattie Labiak | 20:24 |
| | Neil Brittain | 20:26 |
| | Gary O'Leary | 21:11 |
| | Hannah Frank | 22:18 |
| | Brad Smith | 22:51 |
| | Jams Aitchison | 24:29 |
| | Johan Preis | 24:48 |
| | Sam Smith | 26:05 |
| | Tom Rogers | 27:52 |
| | Louise Smith | 30:00 |
| | David Selwood | 30:06 |
| | Shena Lancaster | 31:07 |
| | Nicolao Stewart | 31:27 |
| | Peter Sawko | 33:37 |
| | Dennis Draper | 35:52 |
| | Charlotte Jones | 37:09 |
| | Eleanor Draper | 42:29 |
| | Clair Emms | 48:46 |
| | Lucy Iles | 48:47 |
| Ellenbrook | Jack Tann | 18:12 |
| | Andrew Holt | 19:37 |
| | Rob Hughes | 19:51 |
| | Nigel Cavill | 20:04 |
| | Ryan Kean | 20:10 |
| | Michael Tandy | 21:22 |

| | | |
|---------------|-------------------------|--------------|
| | Felicity Wadley | 25:02 |
| | Steve Williams | 29:27 |
| | Rick Hole | 29:52 |
| | Caroline Hughes | 31:05 |
| | Joy Allen | 34:56 |
| | Jenny Junior | 45:25 |
| | Maureen Steed | 45:25 |
| | Dawn Redwood | 45:26 |
| Pocket | Daniel Pudner | 21:23 |
| | Steve Grout | 25:43 |
| | Sally Laflin | 27:20 |
| | Asa Moberg Grout | 29:29 |

Avery League 2018

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

The next Avery race is the Stevenage Half Marathon on 4th November.

Avery League 2019

Details of the 2019 Avery League will be published by the GCR Race Committee later this month. In the meantime, in case you want to book up for the first of the open races, the Fred Hughes 10 will again be part of the Avery League – you can use the link in the table below to enter. The first Avery race is even earlier: the 4th race in the Sunday XC League; this one is free to enter and doesn't need to be booked.

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 |
|--|--------------|------------------------------------|----------------|----------------------------|
| SEAA XC Relays – Wormwood Scrubs | | 20th October | TBD | <i>See your captain</i> |
| Sunday Cross Country League #1 Cheshunt | | 28th October | 11:00am | <i>See your captain</i> |
| Stort 30 | | 28th October | 9:00am | Click here |
| Stevenage Half Marathon | 11 | 4th November | 10:00am | Click here |
| London Cross Country Champs - Parliament Hill Fields | | 17th November | 1:15pm | <i>See your captain</i> |
| St Neots Half Marathon | | 18th November | 10:00am | Race full |
| Herts Half Marathon Knebworth House | | 18th November | 9:00am | |
| Hatfield 5 | 12 | 25th November | 10:00am | Click here |
| Bass Belle 10 | | 25th November | 10:00am | Click here |
| Sunday Cross Country League #2 Trent Park | | 2nd December | 10:30am | <i>See your captain</i> |
| Bedford Harriers Half Marathon | | 2nd December | 10:00am | Click here |
| SEAA XC Masters Champs SEAA Inter-counties XC – Horspath | | 8th December | 11:00am | <i>See your captain</i> |
| Festive 5 | | 9th December | 9:30am | Click here |
| Sunday Cross Country League #3 Willian | | 16th December | 10:30am | <i>See your captain</i> |
| Christmas Day parkruns Panshanger at 9:00am | | 25th December | various | Click here |
| Buntingford Year End 10 | | 30th December | 10:30am | Click here |
| New Year's Day parkruns Panshanger at 9:00am Ellenbrook Fields at 10:30am | | 1st January '19 | various | Click here |
| Sunday Cross Country League #4 | 1 (A) | 13th January '19 | 10:30am | <i>See your captain</i> |

| | | | | |
|---|------------|------------------------------------|----------------|----------------------------|
| Watford | | | | |
| Fred Hughes 10 | 2 Ⓐ | 20th January '19 | 10:00am | Click here |
| SEAA XC Champs "The Southern" - Parliament Hill Fields | | 26th January '19 | TBD | <i>See your captain</i> |
| Sunday Cross Country League #5 Royston | | 10th Feb '19 | 10:30am | <i>See your captain</i> |
| ECCA XC Champs "The Nationals" - Leeds | | 23rd Feb '19 | TBD | <i>See your captain</i> |

Ⓐ : denotes a 2019 Avery League race

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/.

E N D S