



**Garden City Runners**

**News Release**

**30 September 2018**

## **Huish's double-header**

### **All the results from the Hitchin 5K**

What a weekend for JAMES HUISH. Warming up for the Hitchin 5K in which he finished 3<sup>rd</sup> overall (and 1<sup>st</sup> GCR through the funnel) he took on the same distance at the Stevenage parkrun, and PB'd in 17:47 — just 18 secs slower than his Hitchin achievement.

#### **Hitchin 5K**

There was a strong GCR turn-out and some other great performances at the fourth annual Hitchin Town Centre 5K, organised by Burnt Hares, with many GCR's looking to build up Avery points. This was a two-lap course through the town centre, and GCR finished 2<sup>nd</sup> in the team event. HANNAH FRANK was first GCR lady home in 22:00 (earning her 1<sup>st</sup> position in her FV30 age category) and REBECCA BARDEN also won her FV50 category in 23:22.

HANNAH described the course as "*fast but twisty, with slight distractions including some scaffolders trying to descend a ladder as we ran under it.*" HELEN added, "*The sunshine, encouragement from cow bell ringing marshals and the many spectators in the town square made for a great local race which was well supported by our club members.*"

HANNAH says her one regret was losing a sprint to the line with club colleague (and HELEN's husband) MICHAEL PAINE, who finished a second ahead in 21:59.

Other GCR's taking part were TOM WACKETT, who finished 6<sup>th</sup> in a creditable 18:25; RYAN KEAN in 21:28; STEVE EDWARDS 22:02; KAY METCALFE 23:27; CAROL REID 25:48; RICHARD DARLEY 26:10; HELEN PAINE 26:15; DAVID SELWOOD 26:57; JULY KEAN 27:10; LUCY ILES (returning to the club) in 28:06 and SHENA LANCASTER 29:45.



***Pictured above (left to right): KAY METCALFE, STEVE EDWARDS, SHENA LANCASTER, JAMES HUIISH, HANNAH FRANK, REBECCA BARDEN and LUCY ILES. Below: JAMES HUIISH on the winners' podium, and with TOM WACKETT***



### **Windsor Half Marathon**

Club chairman BRAD SMITH competed in the 36<sup>th</sup> Windsor Half Marathon, finishing in an excellent 1:43:53. He described the course as *"hilly, but quite scenic through the Great Park."* Along the way he met up with Radio 2's CHRIS EVANS and shook his hand. *"He certainly wasn't attempting to go incognito,"* noted BRAD.

### **Warsaw Marathon**

LORENZO FRANCHI (*pictured below*) took part in the Warsaw Marathon, completing it in an excellent 3:36:17. He described the conditions as *"perfect weather and excellent organisation."*



*"The course was quite flat, barring lots of bridges on the Wisla River to cross."*

### **Hull Marathon**

A result that slipped through the net last week is PAUL RICHARDSON at the Hull Marathon. He finished 7<sup>th</sup> overall, and was 1<sup>st</sup> in the V40 category in a PB of 2hr 46 secs. An outstanding achievement.

### **Eslingdon 10K**

WAYNE AYLOTT attended what sounds like an early *Oktoberfest* — a beer festival in Stuttgart. "Some 12 beers later we competed in the *Eslingdon 10k* with other local Verlea and Herts Phoenix runners," he says. STUART MANN picked up the Over 70s trophy. See picture right



### **parkruns**

There was a feast of PBs in the excellent conditions at Hatfield's Ellenbrook Fields. These included NIGEL CAVILL in 19:31; FELICITY WADLEY 23:32; JO MATHEWS 25:27; SIMON HARLOW 25:33; CLAIRE HARLOW 26:09; EMMA DEMPSTER 29:55; STEVE BUTTON 25:10 and BERNADETTE BYRNE 30:16.

Meanwhile GCR's Parkrun Tourists (the club's Barmy Army) were this week at Stevenage, where in addition to JAMES HUISSH's PB, TOM WEATHERHEAD also recorded his best time there of 22:53. The same applied to ANDREW HOLT, whose 19:53 earned him 7<sup>th</sup> place and a new PB at Wimpole Estate, while at Panshanger JACK TANN finished first in 18:05, a new PB — one of three GCR's to finish the course in under 19 minutes.

This week's consolidated parkrun results can be found [here](#).

### **Stevenage Half**

A reminder of the Stevenage Half on November 4, where places are still available. In addition to being a classic race in the local race calendar, this year it also incorporates the Herts County Senior Half Marathon Herts Championships. The event also marks the penultimate race in GCR's Avery Trophy series. "It's the last chance for the endurance specialists to nudge a few points ahead before the 'sprinters' have their day at the Hatfield 5 series closer," says club captain SEAN BOWEN. Details of the 2018 Avery League can be found [here](#).

### **Hatfield 10K and Half Marathon**

There are still a few places available for both the 10K and Half Marathon at the car-free

Hatfield House course on October 14, says race director, GARY O'LEARY. All proceeds go to the nominated charities Isabel Hospice & HAD (Herts Action on Disability).

### **Special Report: Tri Dog Events Weekend**

This weekend DEBBIE MORRIS took part in Tri Dog, a unique event weekend — essentially undertaking a Triathlon with her dog, Brendan. DEBBIE reports, *"I entered a few months ago not realising that my dog couldn't swim — I spent many a summer evening training him. The Triathlon consisted of an 80m lake swim, a 2.5km trail bike ride (which was, in fact, just over 3km) and a 2.5km run (again just over 3km) — once on the Saturday and once on the Sunday."* DEBBIE (pictured



so

right with HELEN CONVERY) and Brendan placed 18th out of 64, and she was 10th female and 5th female in her V40 category. *"It was probably the scariest, but most amazing race I have ever taken part in,"* she concluded.

### **Walton-on-Thames Pyjamathon**

DAVE HEAL (pictured) ran his 18th lifetime marathon at Walton on Thames called Pyjamathon. This 6hr challenge event required competitors to run as many 3.28 mile



laps as they could on a rough trail path beside the Thames. DAVE ran eight laps — 26.2 miles marathon distance — in 5:5:36 hrs and finished 30th out of 45 runners over that distance. *"Some runners chose to run in pyjamas, but I declined as my elasticated cord broke the night before (almost TMI there Dave). Organisers, Phoenix Running Events, are always small and friendly and a lot of runners are members of the 100 Marathon Club. It was a great atmosphere and a glorious Autumn day."* Upon finishing everyone

was awarded with a unique Pyjamathon style medal.

### **Marshals required**

A plea for marshals for the last of the Hatfield 5k Series on October 3 comes from PETER HARVEY, with briefing from 6.15pm. Anyone interested should contact:

[peterharveyone@gmail.com](mailto:peterharveyone@gmail.com)

### **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).

| Event                                            | Avery Race # | Date                            | Time           | Online entry               |
|--------------------------------------------------|--------------|---------------------------------|----------------|----------------------------|
| <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<br/>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<br/>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<br/>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? 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](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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