



Garden City Runners

News Release

7 October 2018

GCRs SHOW YOU'LL NEVER STANDALONE

Affinity Water Hatfield 5K Series Race 3

The final race in the three-race Hatfield 5K Race series, organised by Garden City Runners in association with Affinity Water, took place on 3 October, and was followed by prize presentations in the sumptuous surroundings of Affinity Water's HQ. Ware Joggers carried off the men's team series prize and North Herts Road Runners the women's trophy. GCR men's team came third and the women's team scooped second place. Rising star AFEWORK ROSSOM of Herts Phoenix won all three races and took the men's individual prize for the series, with Dacorum & Tring AC's KATIE RENNIE earning gold in the women's competition. GCR's MARTHA HALL was second overall in the women's series and took the women's vets' prize for Race 3. Series bronze medallists included GCR's PAUL GUY in the MV40 category and JUSTIN HILL in the MV50s. YUKO GORDON from Fairlands Valley Spartans was the fastest age graded athlete at 92%.



Above: AFEWORK ROSSUM with his winner's trophy (L), and (R) Chairman BRAD SMITH presents a cheque for £900 raised by the race series to Kit Aid, a charity that provides clothing and shoes for African runners.

Thanks are due to all those GCRs who marshalled at the races, with a special shout out to Helen Paine who marshalled at all three, and Sean Bowen, Ian Munro, Karen Archer, Mike Tandy, Bernadette Marie Byrne, Tom Weatherhead, Shena Lancaster, Yvonne Jones, David Selwood and Stuart Mann who donned the hi-vis at two.

Full results for the series and Race 3 can be viewed at www.racesonline.uk

Standalone 10K

October's Avery race saw a strong cohort of GCRs heading up the A1 on a beautifully sunny morning, a relief after Saturday's miserable conditions. A happy combination of perfect racing conditions, a well-organised race and plenty of friendly support around the course saw several GCRs scoring personal best times. First GCR across the line and 23rd overall was THOMAS WACKETT in a new pb of 36:49, closely followed by RUSSELL CASEY in 36:58 and 24th and ROB CASSERLEY in 37:04 and 28th overall. DAVE DESBOROUGH's time of 39:36 won him first place in the MV60 category. MICHAEL RUSSELL finished in 40:37 and STEVE ELLERD-ELLIOTT ran a pb of 40:39. ROB HUGHES ran in 41:08; MARK EDWARDS in 44:17; MICHAEL PAINE in a pb of 44:25; KEITH McCLELLAN in 44:59 and Chair BRAD SMITH in 45:24. First GCR lady home was HANNAH FRANK in 45:31, not a pb but over two minutes faster than her 2017 time. STEVEN EDWARDS ran in 46:07 and EMON MARTIN in 47:19. JUSTIN KEAN and JULY KEAN arrived later than planned after they stopped to help your humble editrix whose tyre had exploded on the way to the race, but their goodness was rewarded when they both ran pbs of 49:49 and 53:28 respectively. STEVE BUTTON ran in 50:49; JOHN DAVIS (The Taller) made a return to racing form in 50:53; CAROL REID was second GCR lady in 51:43, just pipping



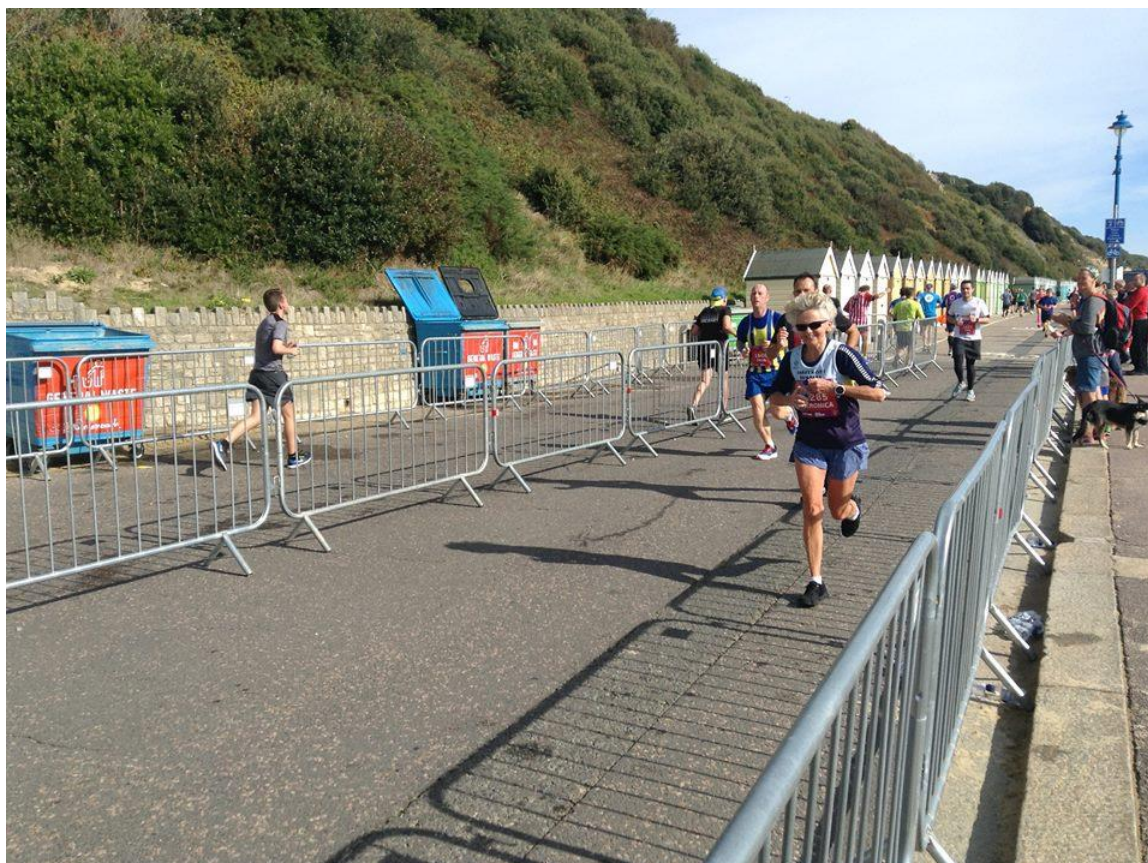
HELEN PAINE, who ran in 52:03, in the final k. TIM COOKE ran in 52:16; RICHARD DARLEY and HAYLEY CONNOLLY (*pictured, left*) crossed the line together in 54:22; MAGGIE WRIGHT finished in 56:33; MELANIE KING in 57:13; SHENA LANCASTER in 59:21; EMMA DEMPSTER in 1:00:52; TOM CASSERLEY in 1:11:32. GCR supervets DENNIS and ELEANOR DRAPER finished in 1:13:01 and 1:23:48 respectively.

Willow 10K

GCR's ADAM WADLEY and NIGEL CAVILL took part in this scenic autumnal race around the grounds of Hatfield House. Adam entered the race after being too slow to the draw and missing out on entry for the Standalone 10k, and it's a location that has special meaning for him, as it's where he and fellow GCR Felicity held their wedding reception. He reports: "It was a lovely charity event for a good cause with the added bonus for any Arsenal fans of being greeted by Bob Wilson at the finish line!" Adam very modestly didn't let on that he won the race in a time of exactly 40.00 minutes, and Nigel was fifth overall in 42:59.

Bournemouth Half and Marathon

It was a trip to the seaside for several GCRs taking part in these popular South Coast half and marathon races. In the half, PAUL GUY was first GCR and 20th overall in a time of 1:19:02, and SOFIE MARCHANT smashed her PB to finish in 1:46:18. ANDY SHADBOLT kept busy while his other half VERONICA was running the marathon, finishing the 13.1 miles in 1:57:51. Meanwhile, taking on the full 26.2 were JAMES DUNMORE, coming back from a summer of injury and a niggling ankle problem, to cross the line in 3:45:30, with



VERONICA SHADBOLT (*above*) just behind him in 3:46:03, and RICHARD ROBINSON in 3:55:22. CHARLOTTE JONES eschewed the lure of Avery points to tackle the Big One, finishing in 6:20:14. On hand as support crew and photographer was club stalwart Terry Fowler, himself a veteran of the Bournemouth marathon, currently recuperating from illness – hope to see you back racing soon Terry.

Oxford Half

GCR's ZOE STEPHENS travelled to the City of Dreaming Spires and ran a dream race, finishing in a storming 1:33:10.

Kingston Half

Husband and wife racing demons MIKE and KATH EVANS ran this scenic half which takes runners along the Thames towpath and past Hampton Court Palace, Mike finishing in 1:59:41 and Kath in 2:21:43.

Ealing Half

Late news from last week's Ealing Half: GCR's KATY HEALY was in action as the official Xempo 1.50 pacer, and brought her runners in in a superbly-judged 1:49:49.

parkrun roundup

It was a day of mixed emotions (and weather) on Saturday as parkrunners said farewell to the Heartwood Forest parkrun, which came to an end after 47 gloriously scenic runs. ANDREW HOLT was first GCR through the finish funnel in 19:13, with RICHARD SOMERSET just a minute behind in 20:25. Elsewhere, a week of GCR parkrun golds saw JAMES HUIISH finishing first at Ally Pally parkrun in a time of 18:36; CRAIG BROWN winning at Barclay parkrun in 19:05, and NEIL HUME garlanded in parkrun laurels at Ellenbrook Fields, finishing in 17:24, with JACK TANN third in 17:28. Keen parkrun tourists STEVE GROUT and ÅSA MOBERG GROUT travelled to Krakow, Poland where they ran in 25:27 and 27:51 respectively.

Full results from this week's parkruns can be found [here](#).

Avery League 2018

Details of this year's Avery League races can be found [here](#). The next and penultimate race is the Stevenage Half Marathon on 4th November.

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	Enter
Hatfield House Half and 10k		14th October	9:30am	Click here
Herts 10k		14th October	10:00am	Click here
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
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>
Festive 5		9th December	9:30am	Click here
Sunday Cross Country League #3 Willian		16th December	10:30am	<i>See your captain</i>
Buntingford Year End 10		30th December	10:30am	Click here
Sunday Cross Country League #4 Watford		13th January '19	10:30am	<i>See your captain</i>
Sunday Cross Country League #5 Royston		10th Feb '19	10:30am	<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. 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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