



**Garden City Runners**

**News Release**

**23 December 2018**

## **Kath beats the clock, eats the cake Another parkrun centurion celebrates**

All KATH EVANS wanted for her 100<sup>th</sup> parkrun was a sub-30 parkrun ... and a Yuletide chocolate log on crossing the finishing line. So she hitched up her wagon train in the form of a race posse, which for the purposes of this festive newsletter we'll call Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen. Thanks to some skilled pace-making, largely by SANDRA WISE it got her over the line in 29:58, while the awaiting chocolate cake tasted as sweet as those two precious seconds.



**Left to right: Dawn Redwood, Maureen Steed, Elaine Giles, Mike and Kath Evans, Jane Molloy and Sandra Wise in parkrun celebration**

And as fellow GCR TOM ROGERS lines up his 100<sup>th</sup> at Panshanger next weekend, after JANE MOLLOY reached the same milestone last week, how long I wonder will it be before we're looking at a 200<sup>th</sup> somewhere? The fact that MICHAEL PAINE also celebrated his 50<sup>th</sup> parkrun this weekend almost seems like a footnote.

### **Sunday XC League**

Results from Fairlands Park were ratified too late for last week's newsletter (although we managed to carry photos). So we are pleased to bring them here.

Reporting on the event, Men's Club Captain, SEAN BOWEN, said: *"A very strong turnout from GCR saw 36 of our men and 12 women at the third race of five in the SXCL series. Host clubs FVS and Hitchin had reluctantly decided they could no longer use their William course and venue, and instead improvised a three-lap route on the undulating grass of Fairlands Valley Park in Stevenage—at the south end, away from the lakes. After the Siberian Saturday, the early sunshine made for a lovely mild bright morning. Conditions underfoot varied throughout, with shady sections in the enclosure still hard and frosty, while the exposed upper section became gradually softer and wetter."*

A rare appearance from student DANNY FIGG boosted the young GCR men's A-team, and he finished in a commendable 22nd. Meanwhile, young newcomer ELEANOR NEWTON made an outstanding 32nd in her first league appearance for GCR, and very new joiner BELINDA MCGINLEY finished an excellent 57th in her first race with the club.

Team GCR finished 4th overall on the day. In the table, the men lie 4th and the women 6th. *"Thanks to HELEN PAINE and MICK WISE for taking care of the GCR team results recording, and to all our supporters who came along to watch,"* summarised Sean."

As for the full results, for the Ladies, MARTHA HALL was 2nd home in 32:01 followed by ELEANOR NEWTON 36:37; HANNAH FRANK 37:24; BETHAN MOSE 38:50; BELINDA MCGINLEY 39:06; JEN HILL 40:51; VIRGINIA BIRD 41:12; SHENA LANCASTER 47:03; ALEX YATES 49:02; CAROLINE HUGHES 51:35; EMMA DEMPSTER 51:45 and HOLLY CASEY 53:37.

In the Mens race, NEIL HUME was first GCR home in 28:38, closely followed by JAMES HUIISH 28:40. Then came DANIEL FIGG 28:52; BRUCE JUDGE 29:46; TOM WACKETT 30:00; JACK TANN 30:13; RUSS CASEY AND ROB CASSERLEY, given identical times of 30:29; CHRIS ELAND 30:49; CHRIS JONES 31:09; DAVE DESBOROUGH 31:54; SEAN

BOWEN 32:10; RICHARD SOMERSET 32:43; ROB HUGHES 34:01; PATRICK BIRD 36:02; ALAN ROUTLEDGE 36:20; MICHAEL PAINE 37:57; STEVE EDWARDS 38:48; BRAD SMITH 38:52; ROB JONES 38:54; TOM WEATHERHEAD 38:59; RICARDO GREGORIO 39:02; ALI EROGLU 39:24; STEVE WILLIAMS 39:45; DAVE EDWARDS 39:55; ANDY SHADBOLT 42:04; TOM ROGERS 42:13; RICHARD SIDLIN 42:16; TIM COOKE 42:49; JOHN DAVIS (TALLER) 42:20; JOHN WARDEN 44:55; DAVID SELWOOD 45:26; PAUL GATENS 45:46; WAYNE AYLOTT 46:15; ROB CARTWRIGHT 46:30 and JOHN DAVIS (SHORTER) 46:54.

## **Denys Baudry**

With strong historic links to GCR over three decades, vegan runner DENYS BAUDRY (*pictured*) recently became the first Frenchman ever to have run over 500 marathons (which makes him the French national champion with a tally of 530-plus marathons). *"I am happy to have reached this landmark not so much for myself but for the vegan movement. Having been vegan for some 25 years, and 20 years veggie before that, I have been living in the UK since the early 70's and belong to the Vegan Runners,"* he states.

Denys, who has lived in Borehamwood for many years, has run a total of 511 marathons plus 21 ultras, and with five more marathons to run before the end of the year he hopes to finish on a grand total of 538!

## **parkruns**

As parkruns grow in popularity the GCR parkrun tourism club, masterminded by TOM WACKETT, has set Castle Park (January 5<sup>th</sup>), Gadebridge (February 2<sup>nd</sup>) and Aldenham (March 2<sup>nd</sup>) as its first confirmed dates (see *Forthcoming Events* below).



Several GCR's recorded PB's over the various parkrun courses this weekend. Highlights included PETER MEIGH, PBing at Panshanger in 21:30 and JAMES HUIISH setting a best time at Burnham & Highbridge in 17:43, while PAUL GUY scored a new PB at Ellenbrook Fields, finishing 2<sup>nd</sup> in 17:43 but still failing to reel in the indomitable NEIL HUME, who won the race in 17:09. Other good performances at Ellenbrook Fields included BECKY DAY, whose time of 26:57 was a PB, while another sub-20 runner, SEAN BOWEN ran Basingstoke in 19:58. For full results [click here](#).

### **Ridgeway Academy New Year closure**

The Ridgeway Academy will be closed until January 2nd. However, there is nothing stopping GCR members meeting outside the venue if they choose.

### **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>Christmas Day parkruns Panshanger</b>		<b>25<sup>th</sup> December</b>	<b>9.00am</b>	<a href="#">Click here</a>
<b>Buntingford Year End 10</b>		<b>30<sup>th</sup> December</b>	<b>10:30am</b>	<a href="#">Click here</a>
<b>New Year's Day parkruns Panshanger 9.00am Ellenbrook Fields 10.30am</b>		<b>1<sup>st</sup> January</b>	<b>Various</b>	<a href="#">Click here</a>
<b>parkrun tourism (Castle Park)</b>		<b>5<sup>th</sup> January</b>	<b>9:00am</b>	<i>See Facebook</i>
<b>Sunday Cross Country League #4 Cassiobury Park, Watford</b>	<b>1</b>	<b>13<sup>th</sup> January</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Fred Hughes 10</b>	<b>2</b>	<b>20<sup>th</sup> January</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>SEAA XC Champs (Southerns) Parliament Hill Fields</b>		<b>26<sup>th</sup> January</b>	<b>TBD</b>	<i>See your captain</i>
<b>parkrun tourism (Gadebridge)</b>		<b>2<sup>nd</sup> February</b>	<b>9.00am</b>	<i>See Facebook</i>
<b>Watford Half Marathon</b>		<b>3<sup>rd</sup> February</b>	<b>10.30am</b>	<a href="#">Click here</a>

<b>Sunday Cross Country League #5 Royston</b>	<b>3</b>	<b>10<sup>th</sup> February</b>	<b>10.30am</b>	<i>See your captain</i>
<b>Panshanger parkrun</b>	<b>4</b>	<b>23<sup>rd</sup> February</b>	<b>9.00am</b>	
<b>ECCA XC Champs (Nationals) Leeds</b>		<b>23<sup>rd</sup> February</b>	<b>TBD</b>	<i>See your captain</i>
<b>parkrun tourism (Aldenham)</b>		<b>2<sup>nd</sup> March</b>	<b>09.00am</b>	<i>See Facebook</i>
<b>WGC Half Marathon</b>	<b>5</b>	<b>17<sup>th</sup> March</b>		<a href="#">Click here</a>
<b>Milton Keynes Festival of Running (5K, 10K, HM, 20 miles)</b>		<b>17<sup>th</sup> March</b>	<b>From 09.50am</b>	<a href="#">Click here</a>

### **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/).

**E N D S**