



Garden City Runners

News Release

20 January 2019

HUME & HENSON HUGE AT HUGHES Vets win prizes at Fred Hughes and McKenzie & Hayden scoop silver at Essendon

Fred Hughes 10



Above: GCRs all smiles at the Fred Hughes 10

The winter sun shone on GCRs limbering up for this popular ten-mile race run on country lanes to the west of St Albans. This year's race was run on its traditional course which involves a two-loop route and a number of challenging hills. GCRs were not daunted, though, and an excellent performance by club runners yielded both individual and team prizes. Sixth overall and first MV40 was GCR's NEIL HUME in a time of 57:49. Next was JAMES HUIISH, nineteenth overall in 59:34. PAUL GUY finished seventh in his age group M40 in 1:00:13; JACK TANN ran in 1:02:43;

Captain SEAN BOWEN was seventh in his age group M50 in 1:05:41; CHRIS JONES was next in 1:06:45, then ROB HUGHES in 1:09:03. VERONICA SHADBOLT was first GCR lady in a storming 1:14:28 and was also second W55. NIGEL CAVILL ran a smashing 1:14:44; Chair BRAD SMITH a doughty 1:15:47; CHRIS HARBRON finished in 1:16:47; REBECCA BARDEN clocked 1:17:49;



HANNAH FRANK scored a ten-mile pb of over nine minutes in a time of 1:19:50; RACHEL HICKEY finished in 1:25:51; ANDY SHADBOLT in 1:27:56; ANNE HENSON (*left, with her age group winner's trophy*) shot across the timing mat to finish in 1:28:44 and was first in her age group W65; CAROL REID was next in 1:30:54; NICK ATKINSON ran in 1:32:37; SHENA LANCASTER in 1:37:19; SARAH HALLIDAY in 1:40:11; LOUISE BEALE in 1:41:08; WAYNE AYLOTT in 1:41:53; RICHARD DARLEY in 1:43:03; ALEX YATES in 1:43:05; EMMA DEMPSTER in 1:50:48; CHARLOTTE JONES in 1:52:30, and JANE MOLLOY in 2:04:20.

In the Herts County Vets' Champs, the GCR men's team of NEIL HUME, PAUL GUY, SEAN BOWEN and CHRIS JONES won the silver men's team prize. NEIL also won the MV40

individual prize.

Essendon 5K and 10K

Another contingent of GCRs travelled south to Essendon to tackle the scenic 5K or 10K course around the grounds of the Essendon Country Club, both races being run to raise money for Isabel Hospice. It was an early and chilly start for runners, the 10K event (reportedly a little more than 10K) starting at 8.30am with the thermometer showing -3 degrees. In the 5K distance, SARAH CATCHPOLE finished in 34:12 and TRACEY STEWART in 43:53. In the 10K event, GCR scored a double silver and a bronze, with PETER MCKENZIE second male in a time



of 39:13, and BECCA HAYDEN (left, with mum Ann) second lady in a time of 43:43. PETER JASKO came in next in 44:36 and ELEANOR NEWTON was third lady in a time of 45:22. MICHAEL PAINE ran in a brisk 48:24, despite a bothersome knee, and HELEN STAFFORD finished in 53:35. ANN HAYDEN ran in 55:33, a new 10K pb; JACKY O'LEARY finished in

55:56; TOM ROGERS in 56:02; THOMAS PARMLEY in 56:47; MAGGIE WRIGHT in 58:39; RACHAEL EVERARD in 59:53; GILL SOL in 01:13:07, and LINDA HAMM and LOUISE O'DONNELL crossed the line together in 01:13:08.

Braintree Boggle Marathon

Several of GCR's most dedicated distance runners were in action at the Braintree Boggle Marathon, a self-navigation trail race through the Essex countryside. NICK GENEVER reports: "At the start it was -4c and the ground was frozen, but it warmed up later in the sunshine and the muddy fields defrosted." Nick finished in 4:35:01. Also completing the race were KATH EVANS and ELAINE GILES.

Winter Tanners 30



TIM COOKE added another feather to his ultra cap, wrestling himself from his sick bed to take on this event, termed a 'Challenge Event' by its organisers, the LDWA (Long-Distance Walkers' Association), rather than a race or an ultramarathon. Tim reports:

"My personal challenge was to throw off the flu that had had me confined to bed only six sleeps earlier. I was a bit slow, so my finish time was 7:43:37, with my own measurement of the distance being 31.1 miles.

In between coughing fits, I enjoyed splendid views over the Surrey Hills, including part of the North Downs. The weather was perfect, with no rain or wind at all."

Left: Tim celebrates completion of the Winter Tanners 30

Parkrun roundup

Congratulations to all GCRs taking part in parkruns on a fiercely cold Saturday. Two GCRs clocked silver podium placings: DANIEL PUDNER was second at Burnham-on-Crouch in 21:23 and NEIL HUME in the same spot at Ellenbrook Fields in 17:42. View all results for GCRs taking part in Saturday's parkruns [here](#).

GCR Social and Awards Evening

Mark your calendars for **the social event of the year**: the GCR Social and Awards evening is set for Friday 8th March at the Fairway Function Suite, Welwyn Golf Complex, Old Hens Lane, AL7 2ED. Further details of the evening and how to buy tickets to follow; for now, get your glad rags out of mothballs and start practising your moves.

Avery League 2018

Details of the 2019 Avery League races can be found [here](#).

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 Champs "The Southern" - Parliament Hill Fields		26th January	TBD	<i>See your captain</i>
parkrun tourism - Gadebridge		2nd February	9:00am	<i>See updates on Facebook</i>
Watford Half Marathon		3rd February	10.30am	Click here
Sunday Cross Country League #5 Royston	3 Ⓐ	10th February	10:30am	<i>See your captain</i>

Panshanger parkrun	4 Ⓐ	23rd February	9:00am	
ECCA XC Champs "The Nationals" - Leeds		23rd February	TBD	<i>See your captain</i>
parkrun tourism - Aldenham		2nd March	9:00am	<i>See updates on Facebook</i>
GCR Social and Awards Evening		3th March	tbc	
Welwyn Half Marathon	5 Ⓐ	17th March	9.00am	Click here
Milton Keynes Festival of Running – 5K, 10K, Half, 20 miles		17th March	From 9.50am	Click here
Oakley 20		24th March	10.00am	Click here

Ⓐ : 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/.

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