



**Garden City Runners
News Release**

23 June 2019

High Noon at Singlers Marsh

GCR's biggest and best Welwyn 10K yet

OK, so forgive the Sergio Leonesque headline. But it was in the sultry heat of the noonday sun that the leaders of the 546 Welwyn 10K competitors crossed the line at Singler's Marsh in what was the biggest, and arguably the best GCR-promoted event of the six Welwyn 10Ks staged to date.

Brilliantly manoeuvred by race director CRAIG STEPHENSON, along with assistant PETER HARVEY, it brought a fitting end to Welwyn Festival Week.

It also made for a great atmosphere and record number of registrations—no mean feat with other events such as the Triffic Trail (Trent Park) and Hard Half (Hitchin) event vying for custom. As befitted the occasion there was something of a carnival atmosphere at race base with TERRY FOWLER defying the temperatures by being clad in the Herts Sports Partnership deer outfit.

The race was keenly contested, with some fast times despite the humid conditions, while others, unfamiliar with the 1-in-9 gradient of the notorious Whitehill, peaked too early.

Said CRAIG STEPHENSON afterwards, *"GCR's Welwyn 10K was held in excellent conditions, blessed with a bit of cloud cover as the race started. Preparations had been in hand all week, but we really kicked off at 4pm on Saturday with Race HQ setup and the diversion signs being put out by DANIEL (PUDNER) and JUSTIN (KEAN) on the course in the evening. Thanks to everyone who came along to help and puzzle how the*

GCR big tents go together."

PETER HARVEY also paid credit to ROB JONES. *"As Water Manager he did a great job."*

The record sales this year had been helped by EMMA McGRATH's social networking skills and "a massive marketing effort by many runners at events with leaflets," according to Stephenson. *"We also made an appearance at the Welwyn Festival street market and this helped get some more locals involved."*

"Our usual MC for the day will be known by many as FYL NEWINGTON, an RD at Panshanger. Our sponsors HRJ Foreman Laws came along to hand out the trophies and Taylor Wimpey had a great presence with lots of flags and a marquee. ASA GROUT and her team provided the most amazing tea and cake stall in a themed gazebo and brought 50 packed lunches for our incredible road marshals."

"It was pleasing to see the Ladies course record being broken and many great finishes from our GCR runners. The 'swag table' as Peter Harvey refers to it, was groaning under the weight of our trophies and medals, and a feature of the Welwyn 10k is the quality of these. RICHARD SIDLIN was on top form with the event timing, not easy with all those results and prizes."

"Finally, I want to say a personal thank you to everyone who contributed to the many different roles without which we could not make a significant contribution to the Welwyn Festival charities."

The festival cheque presentations to the various charities is being held on July 18. If anyone would like to attend this please contact either Craig or LOUISE SMITH.

Clearing the course

One anecdote about the course from the event's traditional bike man, JOHN DAVIS: *"On my reverse pre lap of the race I was asked to deliver walkie talkies then proceeded to about half way down Whitehill waiting for the lead cyclist (Curt)."*

"A 'lone' runner approached without a cyclist so I thought maybe it was a guy out on his own for a Sunday run? Then I saw that he had a race number, and realising that the lead

cyclist wasn't around, I decided to lead [the first runner] round.

"It turned out that Curt had had a malfunction up the hill and managed to catch me up so he then took over ... at which point I fell back around 700 yards to the second runner—GCR's very own NEIL HUME.

"Apart from a woman on a horse and a group of eager Verulam cyclists the course appeared fairly clear."

In fact it was Watford Joggers' STEPHEN NORRIS (35:46) who beat NEIL HUME (35:56) into 2nd place. Other GCRs finishing were SIMON BOSTOCK 11th (37:54) ahead of PETER HARVEY (39:09); JAMES DUNMORE (39:33); STEVE ELLERD-ELLIOTT (40:43) and JUSTIN HILL (40:48). CAROLINE HALE was first GCR lady home (in 42:44), while ZOE STEPHENS made it over the line as second GCR female (in 43:26). Recent GCR recruit NICK PORTALSKI finished in 44:04, ahead of NEIL BRITTAIN (44:23); DAVID McCABE (45:15); RICHARD ROBINSON (46:01); REBECCA BARDEN (3rd GCR lady in 47:13); VERONICA SHADBOLT (47:25); NEIL MATTHEWS (48:38); TREVOR DAVIES (49:09); KATE WALKER (51:17); ALI EROGLU (53:33); ANNA LILLIE (54:06); ANDY NEWBURY (54:39); ANDY SHADBOLT (54:50); MAGGIE WRIGHT (55:35); NICK ATKINSON (56:38); TOM PARMLEY (58:08); MELANIE KING (58:57); MARK BOYCE (59:30); ROB CARTWRIGHT (1:00:12), pipping JERRY GILBERT (1:00:13) on the line; MICHAEL SCUTT (1:01:10); TRACY POTTER (1:01:26); RACHAEL EVERARD (1:02:26); ELIZABETH DEAN (1:03:42), the same time as GRANT CARNEGIE BROWN, with NAZ GEZER CLARKE a few seconds behind in 1:03:47); WAYNE AYLOTT (1:04:08); KATH EVANS (1:06:10); JUDY EDEN (1:07:49); CHARLOTTE JONES (1:11:24); TERRY TRISTRAM (1:12:00); EMILY HAMMOND (1:12:06); WILLOW GIBSON (1:13:10); PETER LAPHORNE, who gamely battled to the line despite struggling with a badly pulled muscle (1:15:07), and DAWN REDWOOD (1:20:38).

Photos were contributed by Willow Gibson, Yvonne Enever, Helen Paine, Daniel Pudner and Kath Evans. Naz Gezer Clarke is seen cosying up to costumed figure of Terry Fowler.









MWRRL Race #3: The Battle of Epping Forest (with apologies to Genesis)

GCR put out a large attendance at Midweek League #3 (organised by Orion Harriers) on Thursday. The Men finished in 6th place and the Women one place higher in 5th. There was better news in the Vets Division where while the men finished 5th the Women narrowly missed top spot, finishing in an excellent 2nd. However, overall both Men's and Women's teams languish back in 6th place while the Vets are in 4th.

But club captain, SEAN BOWEN, remained sanguine. *"GCR can take many positives from our performance at Epping Forest. The turnout was brilliant—44 men, 31 women, 75 in total—considering the arduous journeys many of them suffered to get there. Compare that to 2017 when only 48 of us made it. It's particularly gratifying to see the GCR women occupying places 141 to 149 out of 149. JANE, WILLOW, CLAIR, CHARLOTTE, LOUISE, LINDA and GILL all enjoyed their race —especially the big climb—and there was a great camaraderie at the back."*

He also described CATHY WIDDEN as being the find of the series. *"She had another excellent race, while DEAN HARRIS and RYAN KEAN both ran blinders. BRUCE (JUDGE) remains solid as a rock, leading the guys home in NEIL (HUME'S) absence. And it was a fantastic win for MARTHA (HALL) against some quality opposition. Clearly, the standard at the top end of Division 1 is now way too high for the likes of Royston and ourselves. But I have a feeling that Trent Park on July 4th is going to be something of a 'leveller'. The course is a bit of a curv eball, and if we hit that magic target of 100 finishers, it's going to be HUGE!"*

Finally, he thanked DAVE EDWARDS and HANNAH FRANK for recording the results.

The dedication to the cause that SEAN referred to earlier is exemplified by the experience of JAMES DUNMORE, who made it to Epping Forest by the skin of his teeth. What should have been a simple 30-minute journey from Liverpool Street Station, due to a points failure saw him sprint from the main line terminal to Shoreditch High Street (weaving in and out of the crowds, with a rucksack full of clothes and a laptop). From here he took the overground to Dalston Junction, before sprinting to Hackney Downs Station just as the doors were closing and finally a sprint from Chingford Station to the clubhouse. *"The bag was dumped, two minutes before the start. I had already covered about 2K—even before the race had started. But I'm glad I made it on time,"* he said.

First GCR was BRUCE JUDGE in 35:31, followed by TOM WACKETT (35:44); PETER MCKENZIE (36:04); PAUL GUY (36:38); SIMON BOSTOCK (36:43); ROB CASSERLEY (37:17); ADAM WADLEY (37:28); RUSSELL CASEY (37:40); JAMES DUNMORE (37:51); JACK TANN (38:36); RICHARD SOMERSET (38:40); JAMES HUIISH (38:42); DEAN HARRIS (39:23); RYAN KEAN (39:57); DANIEL PUDNER (40:16); SEAN BOWEN (40:17); MIKE RUSSELL (41:17); NIGEL CAVILL (42:41); PETER JASKO (43:08); RICHARD ROBINSON (45:15); NEIL MATTHEWS (45:54); STEVE WILLIAMS (46:03); BRAD SMITH (46:46); SAM ELLIOTT (47:14); CHRIS LOVEYS (47:52); JUSTIN KEAN (47:58); STEVE GROUT (48:16); JAMES AITCHISON (48:47); STEVE EDWARDS (49:24); ANDY NEWBURY (51:00); TIM COOKE (51:48); ALI EROGLU (52:03); MATTHEW HARDEN (52:17); DAVID SELWOOD (52:45); NICK ATKINSON (52:59); NICO DURSO (54:02); PAUL HAJISAVVI (54:09); RICHARD DARLEY (54:26); TOM PARMLEY (56:23); JOHN DAVIS (57:05); TONY HARDEN (58:32); ROB CARTWRIGHT (1:00:00); WAYNE AYLOTT (1:00:26) and SHAUN KENT 1:06:21.

For the Women MARTHA HALL romped home first in an outstanding 38:00, followed by the excellent CAROLINE HALE (41:18); RACHEL HICKEY (44:18); KATY HEALY (47:16); CATHY WIDDEN (48:03); ANNA LILLIE (51:46); CAROL REID (51:51); ASA MOBERG GROUT (52:46); SAM MALES (53:46); MAGGIE WRIGHT (53:55); NIKKI COWEN (54:30); HAYLEY CONNOLLY (54:32); JULY KEAN (54:48); JO MATTHEWS (54:55); ALEX YATES (55:42); YVONNE JONES (56:01); HELEN HARRISON (56:34); MELANIE KING (57:30); DELPHINE GIBBS (58:10); EMMA DEMPSTER (1:05:15); HOLLY CASEY (1:05:34); EMILY HAMMOND (1:10:34); KAREN ATKINSON (1:11:10); JANE MOLLOY (1:11:10); WILLOW GIBSON (1:12:05); ANNE HENSON (1:15:30); CLAIR EMMS

(1:24:31); CHARLOTTE JONES (1:24:31); LOUISE O'DONNELL (1:26:46); LINDA HAMM (1:27:20) and GILL SOL (1:27:20).

Race To The King Ultra Marathon

DAVE HEAL met the King of Winchester at the finish line of the Race To The King— a double day marathon—completing a total of 52.5 miles over two days. The race started at Slindon Common on the South Downs Way and finished at Winchester Cathedral.



The first day consisted of running a very hilly brutal trail course of 23 miles in 5:12:13. After camping over at base camp on the South Downs way in North Marden. The following day started at 6.25am with a 30-mile Ultra to cover. Says Dave, *"I ran another brutal hilly course in 7:11:30 with overall finishing time for the 52.5 miles of 12:23:43— a new personal best at that distance. I was 72nd out of 400+ runners and am chuffed to bits."*

Pic: Dave Heal meets the King of Winchester

Greensand Ridge Relay

Team organiser, JOHN DAVIS THE SHORTER writes: *GCR (and formerly GCJ) have been entering teams in this excellent annual handicap trail relay since 1994. Held on an (almost always) sunny Saturday afternoon in mid-June, the team event features six stages of various lengths to cover the 34 miles from Linslade near Leighton Buzzard to Northill near Sandy.*

"Putting teams together is always a challenge, partially because of runners' penchant for getting injured! However, with the eventual help of a few 'guests' we completed two teams. Braving possible sunburn and dehydration, 'Garden City Gazelles' came home in 9th place on handicap out of a total of 46 teams, while 'Garden City Greyhounds' were 30th. Outstanding performance of the day came from the legendary STUART MANN, making his Greensand debut at the tender age of 75. His time of 1:22:14 for the prestigious 9.1-mile leg 3 was 15 minutes inside his MV70 handicap. It's a feat just to get from Woburn to Millbrook without any wrong turns at one's first attempt."

Full results are on the GSRR

website: <http://www.smoc.info/GSRR/gsrr2019teamresults.htm>



Meanwhile, Sean Bowen ran the combined 34.3 miles of all six legs as a solo. In a highly non-competitive field, Sean's time was the quickest of the 31 solos on the day.

Pic (top): GCR's Martin Jones and Wayne Aylott at Leighton Buzzard. Left: Sean Bowen

Mynd Drover

The Mynd Drover is a 26-mile challenge event on the Long Mynd range in Shropshire. It was warm and sunny, and there were great views from the hill tops, says NICK GENEVER, who took part. He

finished in 5:30 and the total ascent was 1,260m. The previous weekend he also completed the Malvern Midsummer Marathon in 5:53. *"The gradient at the start was so steep that all the runners walked the first 500m,"* he reports. *"The route went over all 20 of the Malvern Hills - six in the first section and the remaining hills in the last six miles. The total ascent was 1,220m."*

Endure 24 2020

With Endure 24 behind us, all members are invited to take part in the three GCR teams fielded at next year's event in Reading. This takes place June 13-14 but most people

need nearly 24 hours beforehand to prepare, pack, travel, and pitch a tent, then 24 hours afterwards to return home and catch up on sleep, says TIM COOKE.

There are 21 places available; to request one of these email JACQUELINE McCALLUM at jacq.mccallum@btopenworld.com, before noon on June 26. If you are allocated a place then you will need to transfer £72 by 5pm on June 27. "If more than 21 people show an interest at this stage, there'll be a ballot and you'll hear on the 26th/27th whether or not you have a place. If there are spare places then friends of members could join a team, but preference in the initial allocation will be given to members," says Cooke.

parkruns

Many GCR runners were spread far and wide at the UK's parkrun courses this weekend. They included RICHARD DARLEY at Dudley, GARY and JACKY O'LEARY at Reading, LAUREN POTTER and LYNETTE STEWART at Moors Valley, STEVE GROUT at Whitley Bay, JANE MOLLOY at Marple, BECKY DAY at Forest Rec, while CHRIS ELAND registered a new PB of 19:50 at Keswick. CASSANDRA BELCHER was in action at Bournemouth, ROB HUGHES at Coldham's Common, MARTHA HALL ran Westmill in an astonishing 21:11, 1st lady home and 3rd overall. And DANIEL PUDNER came a remarkable 2nd at Millennium Country in the Forest of Marston Vale, in 19:24.

There were no PBs at Panshanger, where no doubt many were saving themselves for the exigencies of the Welwyn 10K and other Sunday races. But in the heat at Ellenbrook Fields, among those in the peloton was RYAN KEAN, who PB'd in an incredible 19:14.

For this week's full GCR results, click [here](#).

Hannah Bowman

GCR's own HANNAH BOWMAN, a recent club recruit, made the news this week in the *Welwyn Hatfield Times'* digital edition, telling how joining GCR had revolutionised her whole lifestyle, and given her back self-worth and self-esteem. You can read the fascinating article [here](#). HANNAH was her usual cheery self at the Welwyn 10K last weekend, working at the Registration desk (*and pictured waving somewhere above*).

<https://www.whtimes.co.uk/news/21-stone-lady-changes-life-with-running-1-6117680>

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.

Finally, don't forget Garden City Runners' AGM on Monday, July 22nd at 7.30pm at The Ridgeway Academy Drama Studio.

Event	Avery Race #	Date	Time	Online entry
MWRRL Race 4, Trent Park	11	4th July	7.45pm	<i>See your captain</i>
Ware 10's	12	7th July	10.00am	Click here
MWRRL Race 5 'Mob Match', WGC	13	11th July	7.45pm	<i>See your captain</i>
Fairlands Valley Challenge		21st July	8.00am	Click here
Fairlands Valley Spartans 3K Relays (inc Vets/Senior Champs)	14	25th July	7.30pm	<i>See your captain</i>
Jersey Farm parkrun	15	3rd August	9.00am	Click here
St. Albans 10K		4th August	10.00am	Click here
Leila's Run	16	18th August	9.00am	Click here
Hatfield 5K Series Race 1	17	28th August	7.45pm	<i>Not open yet</i>
St. Albans Stampede		31st August	9.00am	Click here
Hatfield 5K Series Race 2	18	11th September	7.45pm	<i>Not open yet</i>
Stevenage 10K		15th September	10.30am	Click here
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	11.30am	Click here
Hatfield 5K Series Race 3	19	25th September	7.45pm	<i>Not open yet</i>
Standalone 10K	20	6th October	9.30am	Click here
Stevenage Half Marathon	23	3rd November	10.00am	Click here
Hatfield 5	24	24th November	10.00am	Click here

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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