



Garden City Runners

News Release

14 July 2019

GCRs Rise to the Mob Match Challenge & New GCRs graduate; Hayden tops the podium at Bushey, and GCRs Race to the Stones

MWRRL Mob Match: Welwyn Garden City

The Mob Match celebrates the end of the Midweek League series with a race featuring members of clubs from all three divisions plus the presentation of prizes to winning teams and individuals. This year's fixture was once again hosted by GCR in tandem with our friends Herts Phoenix at the Ridgeway Academy (known to us old timers as Sir Fred's) and saw 586 runners run through the finish arch – possibly an-all time MWRRL record. Special thanks go to Race Director PETER HARVEY who sent us this report:

“Clubs throughout Hertfordshire plus parts of Essex and North London descended on Welwyn Garden City for the Midweek Road Runners League Mob Match. Garden City runners had 55 running with as many helping out ensuring the 586 starters got round the course safely through Shire Park and The Mundells, finishing at the Ridgeway Academy. Garden City Runners were the top men's team but the club just missed out on the overall shield.

Alexander Lepretre from Barnet & District AC won in 32.25 and the first lady was Sally Mussen from Watford Joggers in 38.49. The first Garden City Runner was Pieter Vermeesch in 35.58 with Neil Hume two seconds behind in 36:00. Thomas Wackett was our third runner in the top twenty, finishing in 36:32, and Bruce Judge and Paul Guy were all under 37 minutes. In the sub 40 minutes group were Simon Bostock, Rob Casserley, Markus Allen, Adam Wadley, Russell Casey and James Huish. Steve Ellerd-Elliot, on fire this season, was the final scorer. Rebecca Barden was the first female Garden City Runner, followed by our new star Cathy Widden making it five races out of five, close behind in 48:46. Helen Stafford, Jacky O'Leary, Carol Reid and Sam Males completed the women's A team.

Below: Neil Hume powers up out of one of many underpasses



Below: GCR trio Simon Bostock, Bruce Judge and Paul Guy chase a Trent Park runner



Below: rising star Ryan Kean with men's captain and super vet Sean Bowen



Above: still smiling! GCRs Judy Eden, Rob Cartwright and Jago Jackson won't be beaten by the underpass



Garden City Runners hosted the event assisted by Herts Phoenix and newcomers to the League Ware Joggers. Race Director Peter Harvey (*pictured, left*) was ably assisted by Tim Cooke and Kay Metcalfe. July and Justin Kean played the crucial roles of Site and Transport Manager respectively. Chief Marshal Sean Bowen had about 40 marshals to organize with Åsa Moberg Grout and Helen Paine in charge of the mid-race water station and Dave Edwards and Holly Casey recording GCR results. The finishers enjoyed a sumptuous buffet prepared by Louise Smith and her catering team. Charlotte Jones took amazing pictures of the runners in action and at the presentation which can be viewed [here](#). Photos featured here are by Charlotte and Caroline Hughes.

Congratulations to GCR winners of individual silver medals for the series: SEAN BOWEN was second V50, STEVE WILLIAMS second V60, CAROLINE HALE second V45 and sixth overall in the series, and CAROL REID (*below, with trophy*) was second V55. GCR finished sixth overall in the league table which means, despite excellent turn outs across the series, we are relegated to Division 2. Still, the silver lining is that we still get to race in Royston next year. Full results for all the MWRRL races have been emailed to members and can also be viewed at the Run Herts [website](#).



Bushey Spire 10K

Four GCRs took on this 10k in leafy south Herts. BECCA HAYDEN reports:

"The race, which is part of the Bushey Festival, started and finished at Queens' School, Bushey, and the 10k route wound its way around Bushey town and park. It was a good turn out and there was a lovely atmosphere. This was my first race back post injury and I was very nervous and just wanted to go out and gain the confidence to race again. I was very surprised to cross the finish line to find out that I was first lady. My time was 44:00. I would definitely recommend this race, friendly, enjoyable and very supportive marshals who were amazing!"

Also taking part was RACHAEL EVERARD, in her first race in a GCR vest. Rachael crossed the line in 57:58, and writes "Special thanks to Becca Hayden who gave me a special cheer as she stormed past on her way to first woman home - gave me a real boost!"

Below: Becca Hayden on the podium after her 10K triumph



Also racing were GRANT CARNEGIE BROWN and ELIZABETH DEAN who finished in 1:03:50 and 1:05:01 respectively.

Race to the Stones

Three GCRs took on this testing 100K ultra with a course taking runners from Lewknor in Oxfordshire, along the ancient Ridgeway to finish at the Avebury stone circle. The race can be run in a single day or over two days with an overnight stop. BARBARA KUBIS-LABIAK and ELAINE GILES both completed the non-stop event, Barbara in 17:01:18 and Elaine not far behind in 17:08:25. Barbara writes: "It was tough, dusty, hot and humid, with some very rough terrain along the Ridgeway. I felt like giving up at 50k but somehow managed to pull myself together and carry on." *Below: Barbara at the finish*



Ultra running dynamo DAVE HEAL chose to make it a weekender, running 50K on both Saturday and Sunday. Dave completed the first day's 50k in 6:59:50 and the second day in 7:25:48.. Dave reports: "The course takes in 4500ft ascent on a rough trail circuit and runs through an area of linear earthworks named Grim's Ditch, which lived up to its name as it was



very rough underfoot with dangerous tree roots, ruts and stones – I was glad to get through unscathed!! The event, organised by Threshold events, was once again was brilliant with a superb medal and t-shirt.”

Dave reported himself “proud as punch to push and conquer new boundaries this weekend!”

Dave (left) at the finish

parkrun roundup



Above: GCR members new and old celebrate with a graduation parkrun

There was no resting on our laurels after the excitement of the Mob Match as GCRs welcomed new members celebrating completion of the beginners' course in the customary manner, with a Panshanger parkrun. Joining our graduates were GCRs including THOMAS WACKETT, finishing first overall in 18:14; RUSSELL CASEY 8th in 19:48 and JUSTIN HILL 10th in 19:57. Despite starting at the back, MARTHA HALL was second lady in 22:35. Special mention to GCR legends DENNIS and ELEANOR DRAPER, who turned out to support our new members and finished in 37:51 and 49:19 respectively. In other parkrun news, PIETER VERMEESCH was first overall at Ellenbrook Fields in 16:59 and JAMES HUIISH was 3rd at Gadebridge in 19:13. JO GRANT travelled to her hometown of Coventry and fitted in not only a parkrun but a meeting with the legend that is Dave Moorcroft, former 5000m world record holder and current Chair of parkrun UK (*pictured together, below*).



Click [here](#) for a full list of this weekend's parkrun results.

Forthcoming Events

Fairlands Valley 3k relays

Please let team captains SEAN BOWEN or CHARLEE CHAPMAN if you are able to race in a men's, women's or mixed team – details below.

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#). The next Avery race is the Fairlands Valley 3k relays on 25th July – see the Forthcoming Events table for information.

GCR Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group.

GCR parkrun Tourist Series

The next meetup in the series will be at Jersey Farm on 3rd August, which is also an Avery points race. Everyone is welcome to car share, or to meet at the venue. To view the full tourism calendar on the club web site, [click here](#).

Although the weather is likely to improve from now on, there's always a risk of cancellation, so please always check the relevant event page before you travel on the day.

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.

For all "club members only" events, you should receive race information from your captain:

SEAN BOWEN | sean.bowen.gcr@hotmail.co.uk | 07802 382596
 CHARLEE CHAPMAN | charlotte.chapman27@live.co.uk | 07986 326518

Event	Avery 2019 Race #	Date	Time	Online entry
Fairlands Valley Challenge		21st July	8:00am	Click here
Fairlands Valley Spartans 3k Relays - incorporating County Vets and 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		Click here
Leila's Run	16	18th August	9:00am	Click here
Hatfield 5k series, Race #1 - incorporating County Senior Champs	17	28th August	7:45pm	Click here
St Albans Stampede		31st August	9:00am	Click here
Hatfield 5k series, Race #2 - incorporating County Vets Champs	18	11th September	7:45pm	Click here
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	Click here

Standalone 10k - incorporating County Senior Champs	20	6th October	9.30am	Click here
Stevenage Half Marathon - incorporating County Vets Champs	23	3rd November	10:00am	Click here
Hatfield 5 - incorporating County Vets Champs	24	24th November	10:00am	Click here

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 nearly 300 members and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres right through to full marathons. Try a few sessions before joining. Membership is only £20 per year and is available on the GCR website via the new Membermojo platform (note that it is no longer possible to join via the old application form). Simply log into <https://membermojo.co.uk/gcr> and follow the instructions. 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 <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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