



**Garden City Runners**

**News Release**

**7 July 2019**

## **YOUR CLUB NEEDS YOU!**

**All hands (and feet) to the pump for the MWL super finale this  
Thursday!**

As well as a round-up of this week's races, this newsletter includes a special plea to make this Thursday's Mob Match a storming success. As hosts of this event, which brings together all clubs from three Divisions of the MWL for a spectacular finale and prize-giving, we have the opportunity to showcase our magnificence as a running community.

### **MWL Mob Match – Thursday 11 July – HELP NEEDED**

Final shout-out to all club members to move heaven and earth to contribute to making our celebratory end of season race a ginormous success. While the league places have been sorted and trophies etched, there is still the Mob Match Shield to go for, so we'll be needing all our strongest, fastest runners this Thursday, and lots of vocal support to spur them on to victory!

Race Director, PETER HARVEY, reports an urgent need for more volunteers, including:

- Marshals
- Kitchen staff
- Car Park Attendants (if you are racing and can arrive early this is ideal)
- A GCR results person (also ideal for the fastest men and women racing)
- More people for the water station at the finish (ideal for fast runners to man) plus on course

We also need as many people as possible catering for the hundreds of hungry runners who are worse than a plague of locusts, so PLEASE BRING FOOD. For example, cakes or quiches that can be cut into small portions, sandwiches (ready cut into 4's) mini sausage rolls and cocktail sausages are all ideal.

If you are able to help with volunteering - and to prevent the race organisers getting over-stressed - do contact PETER HARVEY ***as soon as humanly possible*** at [peterharveyone@gmail.com](mailto:peterharveyone@gmail.com) and also let LOU SMITH know what food you are committing to bring along at [louise.smith0@icloud.com](mailto:louise.smith0@icloud.com)

### **MWL Race 4 Trent Park**

As expected, with the exceptionally high standard of clubs, GCR finished 6th and bottom of Division 1 overall, and are therefore relegated. However, our Vets put in a great performance, finishing 4th in a very strong league.

40 GCR men and 33 women completed this week's race at Trent Park, which was hot and hilly. Captain SEAN BOWEN commented "This was a highly creditable achievement given so many absentees injured, poorly, working, holidaying, family dutying, and a couple of DNFs. Welcome back HELEN STAFFORD racing for us after a few years away, and also welcome to first-timer JUDY EDEN. **HUGE** thanks to Hannah Frank for taking care of GCR results for both men and women, and to Bruce for helping her."

First GCR was PIETER VERMEESCH (36:48), followed by BRUCE JUDGE in 37:59; MARKUS ALLEN (40:28); JACK TANN (40:30); ADAM WADLEY (40:50); RUSSELL CASEY (41:01); RICHARD SOMERSET (41:22); SEAN BOWEN (41:23); RYAN KEAN (41:32); STEVE ELLERD-ELLIOT (41:37); DEAN HARRIS (41:59); JUSTIN HILL (42:24); MIKE RUSSELL (42:59); ROB HUGHES (43:14); MICHAEL TANDY (43:35); NIGEL CAVILL (46:03); RICHARD ROBINSON (46:12); ORVILLE ARCHER (48:10); STEVE WILLIAMS (48:15); DANIEL PUDNER (48:36); JAMES AITCHISON (50:23); JUSTIN KEAN (51:15); STEVE GROUT (51:17); DAVE EDWARDS (52:07); STEVE EDWARDS (52:33); ALI EROGLU (52:57); JOHAN PREIS (54:29); ANDY NEWBURY (55:16); TOM ROGERS (56:19); SAM ELLIOTT (56:26); NICK ATKINSON (56:27); JOHN WARDEN (56:45); SHAUN KENT (57:22); PAUL HAJISAVVI (57:46); RICHARD DARLEY (58:54); TOM PARMLEY (59:58); JOHN DAVIS (1:01:36); TONY HARDEN (1:03:12); ROB CARTWRIGHT (1:03:23) and WAYNE AYLOTT (1:03:33).

For the Women, CAROLINE HALE continued her consistently excellent performances, finishing first GCR and tenth Vet in 45:05 followed by RACHEL HICKEY (46:22); KATY HEALY (48:36); REBECCA BARDEN (49:24); CATHY WIDDEN (50:20); JO GRANT (51:39); HELEN STAFFORD (52:42); JACKY O'LEARY (54:33); CAROL REID (54:56); ASA MOBERG GROUT (56:12); JENNIFER HILL (56:39);

MAGGIE WRIGHT (56:49); JULY KEAN (57:16); YVONNE JONES (57:36); NIKKI COWEN (58:04); JO MATTHEWS (58:15); HELEN HARRISON (58:30); HELEN PAINE (59:02); ALEX YATES (59:33); DELPHINE GIBBS (1:03:08); KAREN ATKINSON (1:03:35); JUDY EDEN (1:03:51); SHENA LANCASTER (1:04:51); HOLLY CASEY (1:08:20); LINDA HAMM (1:08:23); ANGELA WOODS (1:10:00); SAMANTHA PLUMMER (1:13:47); EMILY HAMMOND (1:14:30); CHARLOTTE JONES (1:15:25); WILLOW GIBSON (1:16:00); MAUREEN STEED (1:21:14); DAWN REDWOOD (1:25:07); CLAIR EMMS (1:30:00).

### **Ware 10's**

There was a strong club turnout at this Avery-point local event, which is always brilliantly hosted by Ware Joggers. Runners have a choice of 10k or 10m, run on a combination of pavements, trails and towpath, with a couple of hills thrown in. Finishers were rewarded by a chunky medal and a bright green training t-shirt. The laden cake stall was a big draw too!



***All smiles from GCR massive before the start of the Ware 10s***

On the day of the final of the Women's Football World Cup, it seems only fitting that the 10 mile two-lap race was won by a woman. ANNABEL GUMMOW of Winchester & District AC romped home in an exceptional time of 57:47, an age grade score of 85.3%, and 1 min 10 secs ahead of the second runner and first man home, PATRICK COATE (unattached).

First back for GCR and second MV50 in the 10m was PETER HARVEY in 1:04:50, and, as Batman to his Robin, was there to welcome DANIEL PUDNER next in 1:07:51. Other GCR's completing 10 miles were JACKY O'LEARY, second FV55 in 1:29:46, MAGGIE WRIGHT 1:32:59, RICHARD DARLEY 1:33:51, ALEX YATES 1:35:06, NICK ATKINSON 1:36:23, BECKY DAY 1:36:43, KAREN ATKINSON 1:45:23, TOM PARMLEY 1:46:58, and KATH EVANS 1:52:22. CHARLOTTE JONES and JANE MOLLOY crossed the line together in identical 2:03:57, followed by WILLOW GIBSON in 2:11:55 and DENNIS DRAPER, winner of the MV80 trophy in 2:13:22.



***Peter Harvey and Daniel Pudner – first 2 GCR's home in the Ware 10 miles***

A higher than usual contingent opted for the 10k this year, perhaps fearful of a recurrence of the oppressive heatwave of the last couple of years. Congratulations to JERRY GILBERT who took first place in the MV70 category in a time of 58:36. The race was won by CHRIS LITTLEJOHN of Ampthill & Flitwick Flyers in 36:23, with first lady CLAIRE THURGOOD (Orion Harrier) 43:11. Leading the GCR pack was RICHARD BROWN 53:13, followed by SHAUN KENT 53:44, HAYLEY CONNOLLY 54:04, TRACY POTTER, 58:01, WAYNE AYLOTT 59:01, SHENA LANCASTER 1:00:39, TERRY TRISTRAM in 1:07:43 (a 10k PB – well done, Terry), MAUREEN STEED, 1:18:03, DAWN REDWOOD 1:18:22, SUE COVENEY 1:18:25 and CLAIRE EMMS 1:22:01.

TIM COOKE took a number of great photos and a few videos at the event. There's a small selection on the next page and you can check out the full album [here](#)





***Start of the Ware 10k***



***Maggie Wright still smiling***



***Dawn Redwood & Maureen Steed***



***A determined Jacky O'Leary***



***Craig Stephenson & Richard Sidlin delivering the results***



***Kath Evans and Dennis Draper at the start of the 10 miles***

## **Marcus Gynn Newmarket 10k**

STUART WHITFORD decided he would like to run a 10k on Saturday evening having done Ellenbrook Fields parkrun in the morning. He opted for a quick dash across to Newmarket, having received confirmation of a few available spaces for on the day entry. He reports "As soon as I arrived at the village hall I remembered having attended the inaugural 10k many years ago. So it's good to see it's still going strong. Organised by Newmarket Joggers, this event is named after a club member who passed away from Sarcoma. All funds raised going to Sarcoma UK. Lovely atmosphere with a well-attended children's race before the grown-ups head off, plus the added bonus of homemade cakes for afterwards.

The route takes in quite undulating A-roads through lovely lush East Anglian countryside, with some surprisingly long-winded inclines, plus taking some of the Newmarket's bridleways, which normally host the race horses. Not my best time, having been flummoxed by the last two long hills, so with a little walking I achieved 57:20."



***Markus Gynn 10k medal, reflecting the areas links to horses***

## **parkrun Tourism – Roding Valley**

Eleven runners ventured to Essex for July's GCR parkrun tourism at Roding Valley, close to Chigwell. It's a very flat course that comprises two laps that hug the boundaries of 3 adjacent fields. TOM WACKETT, chief organiser, was saving his energy for another event later that day, so took on the volunteer role of barcode scanner. RICHARD SOMERSET was the first club member back, 4<sup>TH</sup> overall in 19:54 and ANDREW HOLT, the only one who had completed this course before, achieved a PB of 20:15





### **GCR parkrun tourists on a jolly day out to Roding Valley**

The next meetup in the tourism series will be closer to home at **Jersey Farm** on 3<sup>rd</sup> August, and is also an Avery scorer. 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](#).

### **Other parkruns Round-up**

A total of 63 club members ran in parkruns this Saturday and consolidated results for GCR can be found [here](#). Big local news was the fastest UK parkrun of the weekend achieved at Ellenbrook Fields by KEVIN SKINNER of Newham & Essex Beagles AC in a fantastic time of 15:30.

Notable happenings for club members included

- FREDI GILIBERTI, a regular at Panshanger, opting to celebrate his 50<sup>th</sup> parkrun at Letchworth – congratulations Fredi!
- Two PB's at Ellenbrook Fields, for MICHAEL TANDY (19:30) and MARK BOYCE (27:23)
- PB for CELIA PARDOE (27:34) at Shrewsbury
- DEAN HARRIS taking on Jersey Farm for the first time and finishing third in 19:59

- PIETER VERMEESCH (17:02) and NEIL HUME (17:34) finishing second and third respectively at Ellenbrook Fields behind the exceptionally speedy Kevin Skinner.

Special mention and thanks too to all club members who volunteered at parkruns, both senior and junior, over the weekend. These events wouldn't happen and provide so much pleasure without you.

### **Beginners' Graduation – 13 July**

The current intake of beginners completes our 10 week couch-to-5k course this week, so their graduation will take place next Saturday at Panshanger parkrun. It would be great to have lots of club members there to cheer them on to the finish line. Thanks to CHARLOTTE JONES and a core team of willing stalwarts who have nurtured and encouraged this group consistently through the ten weeks.

### **AGM 22 July**

GCR's Annual General Meeting will take place in the Drama Studio at The Ridgeway Academy on Monday 22 July, starting at 7.30pm. All members should have now received an email with the formal notification and agenda. As well getting yourself updated on how the club is faring on all levels, there is an opportunity for you to have your say on important club matters. Plus there will be Pimms and scones, so do be there if you possibly can.

### **Avery League 2019**

Full details of all the races and the rules for the 2019 Avery calendar can be found on the GCR website at <https://www.gardencityrunners.org.uk/the-club/avery-points/>

### **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 2019 Race #	Date	Time	Online entry
<b>MWRRL Race 5 – “Mob Match” WGC</b>	<b>13</b>	<b>11<sup>th</sup> July</b>	<b>7:45pm</b>	<i>See your captain</i>
<b>Bushey 10k</b>		<b>14<sup>th</sup> July</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Beginners Graduation – Panshanger parkrun</b>		<b>13<sup>th</sup> July</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Fairlands Valley Spartans 3k Relays</b> - inc. County Vets and Senior Champs	<b>14</b>	<b>25th July</b>	<b>7:30pm</b>	<i>See your captain</i>
<b>Ellenbrook Fields parkrun World Hatfield Festival fly-by</b>		<b>27<sup>th</sup> July</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Jersey Farm parkrun</b>	<b>15</b>	<b>3<sup>rd</sup> August</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Riverside 10k</b>		<b>4<sup>th</sup> August</b>	<b>10:30am</b>	<a href="#">Click Here</a>
<b>Leila’s Run</b>	<b>16</b>	<b>18<sup>th</sup> August</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Hatfield 5k series, Race #1</b> - incorporating County Senior Champs	<b>17</b>	<b>28<sup>th</sup> August</b>	<b>7:45pm</b>	<a href="#">Click here</a>
<b>St Albans Stampede</b>		<b>31<sup>st</sup> August</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Hatfield 5k series, Race #2</b> - incorporating County Vets Champs	<b>18</b>	<b>11<sup>th</sup> September</b>	<b>7:45pm</b>	<a href="#">Click here</a>
<b>Stevenage 10k</b>		<b>15<sup>th</sup> September</b>	<b>10:30am</b>	<a href="#">Click here</a>
<b>Five Rivers Challenge</b>		<b>15<sup>th</sup> September</b>	<b>8:00am</b>	<a href="#">Click here</a>
<b>St Paul's Walden Bury Runs 10K, 5K, 2K &amp; Family Fun Day. In aid of Autism Angels</b>		<b>22<sup>nd</sup> September</b>	<b>11:30am</b>	<a href="#">Click here</a>
<b>Hatfield 5k series, Race #3</b>	<b>19</b>	<b>25<sup>th</sup> September</b>	<b>7:45pm</b>	<a href="#">Click here</a>
<b>Standalone 10k</b>	<b>20</b>	<b>6<sup>th</sup> October</b>	<b>9:30am</b>	<a href="#">Click here</a>
<b>Stevenage Half Marathon</b>	<b>23</b>	<b>3<sup>rd</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Hatfield 5</b> - incorporating County Vets Champs	<b>24</b>	<b>24<sup>th</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>

### **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](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 <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](https://www.facebook.com/groups/gardencityrunners/)

**E N D S**