



Garden City Runners

News Release

29th September 2019

Highlights of the Hatfield 5K series Molloy takes on the Tissington Trail

Hatfield 5K Race Series: Race 3



GCR's successful Hatfield 5k Series sponsored by Affinity Water came to an exciting climax with the third and final race on Wednesday 25th September. With 300 runners entering each race, ADAM WADLEY was the first GCR in the series, placing 8th, with SIMON BOSTOCK just behind in 9th and JACK TANN 14th. CATHY WIDDEN was the first

GCR lady in 13th. DAVID DESBOROUGH and VERONICA SHADBOLT won silver in their age categories FV55 and MV60 respectively. The series raised £900 plus donations of running clothes for Kit Aid. Long standing Race Director RICHARD SIDLIN with key personnel CRAIG STEPHENSON and PETER HARVEY executed the series with their usual efficiency, and the races were made possible by many GCRs (some with young helpers) who volunteered and marshalled around the course. Results for the third race can be found [here](#) and for the series [here](#).

Pictured above: PETER HARVEY and BRAD SMITH present a cheque to Kit Aid.

Tissington Trail Half

The News Release team's very own JANE MOLLOY took on this scenic Peak District race, which starts at Parsley Hay and follows a disused railway line to the finish at Ashbourne. Jane reports: "It's a low key, very friendly event, which is held on both Saturday and Sunday, sells out quickly, probably for its PB potential as well as the lovely route and fabulous bling



(pictured left). I achieved my own half PB on this course three years ago, but this year opted for a more leisurely approach, seizing opportunities to photograph the glorious surroundings. My time was 2:44:19. The rain held off until my mile 9, so most participants avoided the downpour!"

Jane advises that entries for 2020's event are already open, in case other GCRs are tempted.

Hitchin Town Centre 5K

SHENA LANCASTER and PETER LAPHORNE took part in this event which involves laps round the centre of Hitchin, Shena finishing in 29:54, 5th in her age group FV60, and Peter in 30:20.

Middlesex 10K

JAMES HUIISH competed in this race around Hackney's Victoria Park, clocking a scorching 10K PB of 35:16 and 26th place overall, in wet and windy conditions.

Milton Keynes Autumn 10K

GCR's NAZ CLARKE took part in this event and finished in 1:01:34.

GCR Junior section

Proud parents HANNAH and MATT FRANK were delighted to welcome to the world their baby daughter FLORENCE HANNAH FRANK, born on Sunday 22nd September. Congratulations to Hannah and Matt and we look forward to seeing our youngest member at future fixtures. Our Kit Manager has already been on the phone to our suppliers about a GCR Babygro.

parkrun roundup

GCRs did not let the wet and windy weather defeat them as they took on parkruns up and down the country. MARTHA HALL was first lady at Cassiobury in 19:29; ROB HUGHES was third at Houghton Hall in 20:00 exactly; there were a trio of fourth places for JAMES HUIISH at Roding Valley in 18:13, SEAN BOWEN at Dunstable Downs in 21:09 and TOM WACKETT at Panshanger

in 19:17, and rising star CATHY WIDDEN was fourth lady at Ellenbrook Fields in a new parkrun pb of 22:07.

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

Forthcoming Events

Tuesday training runs

This week's intervals will be at the Reddings for 400m/800m loops – meet at the venue at 6.50pm or at Ridgeway Academy at 6.30pm.

Avery League 2019 and 2020

Details of the 2019 Avery League are published on the GCR web site [here](#). The next Avery race is the Standalone 10K on 6th October. The 2020 Avery League calendar will be available soon, but you can book your place for the first race which will be the Fred Hughes 10 on 19th January 2020 – see 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 Gladstone on 5th October. 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:

Men's Captains: TOM WACKETT | Thomas.wackett@hotmail.co.uk | 07817 708888 JAMES HUIISH james.huish247@btinternet.com 07835 527027

Vice Captain: RICHARD DARLEY Richard_Darley@hotmail.com 07766 238416|

Women's Captain: CHARLEE CHAPMAN | charlotte.chapman27@live.co.uk | 07986 326518

Event	Avery 2019 Race #	Date	Time	Online entry
Standalone 10k - incorporating County Senior Champs	20	6th October	9.30am	Click here

Willow 10k		6th October	11:00am	Click here
Wimpole Half Marathon		6th October	9.30 am	Click here
Hatfield House 10K and Half Marathon		13th October	10.00am	Click here
Sunday League XC Race 1, Cheshunt		20th October		See your captain
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
Hertfordshire Half Marathon at Knebworth House		24th November	9.30 am	Click here
Sunday League XC Race 2, Trent Park		1st December		see your captain
Festive 5		15th December 2019	tbc	
Sunday League XC Race 3, Stevenage		22nd December 2019		See your captain
Sunday League XC Race 4, Watford		12 January 2020		See your captain
Fred Hughes 10	1	19th January 2020	10.00am	Click here
Sunday League XC Race 5, Royston		9th February 2020		See your captain

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/

E N D S