



Garden City Runners

News Release

07 October 2019

GCRs storm standalone, while others hit the coast.

The Kean's head north to find the Loch Ness monster, while closer to home, ParkRun celebrates 15 years, Maureen hits her 100th and Eleanor storms to victory at the Willow 10K.

Willow 10K

A popular local event, the Willow 10K raises funds for Bob Wilson's Willow Foundation, who work with seriously ill young adults to fulfil uplifting and unforgettable Special Days.

Runners reported it was a well organised event for an amazing cause, with a gorgeous undulating course around the grounds of Hatfield House. ELEANOR NEWTON finished in 45.49, first lady and seventh overall. ANN HAYDEN was pleased to finish in 58.43 in her first race after returning from a ski injury in March.



Eleanor and Ann pose with their medals.

Standalone 10K

Another popular event, and not just for the Avery points, GCRs turned out in force at the Standalone 10K, Letchworth.

NEIL HUME took 13th place overall from a field of 1335 runners in a time of 0:35:27, THOMAS WACKETT 0:38:19; CHRIS ELAND 0:38:44; ROBERT CASSERLEY 0:38:49; ANDREW HOLT 0:39:55; DANIEL PUDNER 0:40:25; ROBERT DILLEY 0:43:07; EMON MARTIN 0:49:26; THOMAS ROGERS 0:51:21; TIM COOKE 0:52:00; YVONNE JONES 0:54:29; THOMAS PARMLEY 0:54:31; SHAUN KENT 0:54:31; CAROL REID 0:54:38; MAGGIE WRIGHT 0:54:55; RICHARD DARLEY 0:56:09; MELANIE KING 0:56:46; SHENA LANCASTER 0:58:37; KAREN ATKINSON 1:00:44; ROBERT CARTWRIGHT 1:03:14; WAYNE AYLOTT 1:05:09; EMMA DEMPSTER 1:06:19; TOM CASSERLEY 1:14:26; CHARLOTTE JONES 1:15:12; JANE MOLLEY 1:16:05; MAUREEN STEED 1:22:12; WILLOW GIBSON 1:24:26; and EMILY HAMMOND 1:24:27.

Full results are available here -

<https://www.sportsystems.co.uk/ss/results/Standalone%2010k%20/4223>

Avery league points have been updated after Standalone 10K, with WAYNE AYLOTT and CHARLOTTE JONES both leading on 19 points. Full standings included separately.

Saltmarch Ultra

BARBARA KUBIS-LABIAK took on the Saltmarch Ultra this weekend, a 50 mile (reportedly 51 and a bit!) route around the Dengie Peninsula, Essex. Barbara finished in a time of 12.39.20.

Barbara reports that although it was a beautiful route and the weather was kind, it was both a physical and mental challenge – with very long stretches of the windy and exposed sea wall with nothing else ahead but more sea wall! Although she doesn't want to look at another sea wall for a while, Barbara says she would definitely consider doing this ultra again.



The coastal views enroute and Barbara at the finish line with her well-deserved medal.

If the beautiful sea views don't tempt you then perhaps the report of lovely volunteers and lots of homemade cake might!

Santorini Trail 10K

BECCA HAYDEN ran the Santorini 10K on Saturday morning, starting in Oia at 08.15am the route traverses the caldera cliff to the Chapel of the Prophet Elias. The route then continues on to the village of Imerovigili, the half way point, before returning back over the cliffs to Oia.



Becca reports that it was the hilliest run she'd ever done, with dirt tracks up and down the caldera, and stunning views from start to finish. The atmosphere was amazing with runners from all over the world – an amazing experience like no other.

Becca finished first lady in a time of 01:09.

Becca representing GCR on the podium as first lady

Bournemouth Marathon and 10K

PAUL GUY ran the Bournemouth Marathon, along the sea front between Bournemouth and Christchurch with two piers enroute, in a time of 2:58:18. A strong headwind made for some tough conditions and Paul reported being slightly slower than hoped for as a result. Nevertheless he finished 27th overall, and 2nd V45.

PETER LAPTHORNE and CLAIR EMMS also made the trip down to Bournemouth this weekend to run the 10K event. Peter finished in 1:02:53 and Clair in 1:27:06.

Jersey Marathon

Former GCR captain SEAN BOWEN took the short hop over from Southampton to St Helier in the Channel Islands – not in search of a tax haven, but to take part in the Jersey Marathon. Sean finished 19th overall, in a time of 3:07:58 which, in the absence of the local supervet hero, was enough to take first MV50.

Sean says “for such a low-key marathon, the support from locals and volunteers was just massive – it’s like the entire population of Jersey was out watching the race. It’s a lovely route through the rural western half of the island with a very generous finish. Miles 21 and 22 are a wicked gentle descent and the last four along with the sea front with a nice strong westerly wind behind. Sadly, I was so spent after battling the wind and ascents of the first 20 miles that I wasn’t really up for taking advantage of it!”



Sean’s impressive trophy was presented by celebrity starter England football legend John Barnes – not being a Liverpool fan, Sean quipped “World in Motion – best football song ever recorded”, to which he snapped back – “that wasn’t a football song – that was a PROPER song!”

Sean receiving his trophy from football legend John Barnes

Wimpole Hall Half Marathon

ANN HENSON completed this off-road half marathon in a time of 2:07. The rain overnight ensured that the course was very muddy in parts and there were hills but Ann reports that all in all it was a very nice event!

Loch Ness Marathon

JUSTIN and JULY KEAN ventured to the Scottish highlands to run the super scenic 26.2 mile Loch Ness marathon. Runners are dropped at the start near Knockie Lodge and make their way along the banks of Loch Ness to the finish line at Inverness.



It was Justin's first marathon and July's second – and they miraculously managed to bump into each other halfway round and cross the finish line together in a time of 4.13.00.

July says "As well as the stunning route, it was a fantastic experience overall and well worth the trip!". July also mentioned they both loved Inverness and intend on going back.

July and Justin pose with their medals and elusive Nessie!

Clarendon Marathon

The Clarendon Marathon is a trail race from Salisbury to Winchester along the ancient Clarendon Way, with a total ascent of 650m. NICHOLAS GENEVER completed the marathon in 4:24:35, despite the wet and muddy going after heavy rain.

Cardiff Half Marathon



ROB LAWRENCE set a new PB of 1:14:52, finishing in 60th place overall out of over 20,000 runners.

Rob at the finish of the Cardiff Half Marathon.

And finally... best of luck to all those awaiting London Marathon ballot results from today!

Parkrun roundup

Parkrun celebrated its 15th running anniversary this weekend and a number of GCRs joined the celebrations! A full round up this weekend's parkrun results is available [here](#).



A few special mentions from this weekend's runs include NEIL HUME finishing 2nd at Ellenbrook Fields in 17:19; and flew the GCR flag at Gladstone as part of our local parkrun tourism series KAREN and NICK ATKINSON finishing together in 30:25/26.

MAUREEN STEED qualified for the elite parkrun 100 club, finishing Ellenbrook Fields in 35:49. Maureen is pictured smiling as she finishes, accompanied by Sandra Wise.

In parkrun tourism, JUSTIN and JULY KEAN warmed up for their marathon at Inverness finishing in 24:20 and 30:59 respectively; STEVE and ASA GROUT ran the Frimley Lodge event (Surrey) finishing together in 25:10; and PAUL GUY ran the Moors Valley event (Dorset) in 21:27. KERRY HENDERSON continued her tour of South African parkruns, completing the Bronkhorstspruit event in 30:33.

And final special mention to DANIEL PUDNER, who travelled to Bushy Park, South London, where it all began to join in the anniversary festivities – joining a field of 1,838 runners to finish in 18:17, 34th overall.

Forthcoming Events

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#). The standings have been updated after the Standalone 10K and are attached with this roundup.

The Fred Hughes 10, 19th January 2020 will be the first event of the 2020 league.

GCR Strava Group

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

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
Hatfield House Half marathon and 10k		13th October	10.00am	Click Here
Sunday League XC Race 1, Cheshunt		20th October		See captains
Love Luton Half Marathon and 10K		27th October	9.00am	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
Hertfordshire Half Marathon		24th November	09.30am	Click Here
Sunday League XC Race 2, Trent Park		1st December		See captains
GCR Festive 5		15th December	09.30am	Click here
Sunday League XC Race 3, Stevenage		22nd December		See captains
Sunday League XC Race 4, Watford		12th January 2020		See captains
Fred Hughes 10	1	19th January 2020	10.00am	Click here
Sunday League XC Race 5, Royston		9th February 2020		See captains

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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