



**Garden City Runners**

**News Release**

**04 November 2019**

## **GCRs vets double silver at Stevenage** **Mark Boyce collects his first world majors star and Becca Hayden triumphs on the night time trails.**

### **Stevenage Half Marathon**

A number of GCRs completed the Stevenage half marathon on Sunday, where both the ladies and mens vets teams took home silver medals.

The event, hosted by Fairlands Valley Spartans, starts and finishes with a lap around Ridlins Running track. In between runners do a two-lap circuit around the underpasses of Stevenage, the A602 and Fairlands Valley Park. Rebecca Barden reports that "the event was well organised with friendly and encouraging marshal support. The weather was kind to us too, with yesterday's stormy conditions replaced with a cool, bright start and the rain more or less held off until the finish."

A GCR ladies team of REBECCA BARDEN, ALEX YATES and KAREN ATKINSON, and mens team of SEAN BOWEN, STEVE ELLERD-ELLIOTT, PAUL GATENS and LORENZO FRANCHI both won silver in the Herts County Vets Championship.

GCR results include: ALEX NEWMAN-SMITH 01:20:51; STEVE ELLERD-ELLIOTT 01:32:07; SEAN BOWEN 01:39:30; ROBERT DILLEY 01:39:56; LORENZO FRANCHI 01:42:53; REBECCA BARDEN 01:43:42; BRAD SMITH 01:43:42; PAUL GATENS 01:47:47; STEVEN EDWARDS 01:49:04; MATTHEW HUNT 02:00:43; RICHARD DARLEY 02:08:25; ALEXANDRA YATES 02:08:58; KAREN ATKINSON 02:16:10; WAYNE AYLOTT 02:27:59; EMMA DEMPSTER 02:35:07; KATH EVANS 02:35:38; DENNIS DRAPER 02:53:19, and CHARLOTTE JONES 02:53:51.

Full results are [here](#), a few GCR photos included here but full photos [here](#).



### **New York City Marathon**

MARK BOYCE ran the New York City marathon on Sunday – his first marathon after joining the GCR beginners running course in January this year!

Mark finished in 05:11:00 and describes himself as feeling “broken but elated”.



## **Wimpole Trail Night Run**

BECCA HAYDEN completed this night-time trail run on Saturday 2<sup>nd</sup> November, after a last minute sign up. The event is a 7K route through the grounds of the National Trust property Wimpole estate, Cambridgeshire. All money raised goes to support the National Trust.



Becca describes the event as “a very well organised run, with reflective signage and supportive marshals through the route. After a full day of rain it was very muddy and wet but thoroughly enjoyable! Even running through a field of cows being told to ‘watch out for them!’”

Becca finished first lady in a time of 0.33.08, and is pictured with her finishers medal.

## **Golden Dragon Challenge**

DAVID HEAL ran this 6 hour trail event at the Forest Centre, Marston Montaine near Bedford. David completed 6 laps around the lake, which he reports as being a “very boggy trail circuit with lots of puddles to dodge”.



Dave adds – “I was really pleased to finish the marathon distance today, first in a month as I’ve been out of running to deal with family emotional stress... a picturesque circuit around the lake, brilliantly organised and marshalled, with a fantastic medal presented at the finish along with a generous goody bag and bottle of Budweiser to celebrate!”

Dave completed the run, his 42<sup>nd</sup> marathon, in 05:39:27.

## **Parkrun roundup**

Attendance at parkrun this weekend was a little lower than usual due to a certain World Cup Final. Those that had the sense not to put themselves through the pain of watching England crumble at the last hurdle include:

A number of GCRs continued the Herts parkrun tourism series with a trip to Barclay Park, Hoddesdon, where they dominated the leader board. ANDREW HOLT took 1st place (00:20:24), RICHARD SOMERSET 3<sup>rd</sup> (00:21:07) and MARTHA HALL 5<sup>th</sup> overall and 1<sup>st</sup> lady (00:22:01). Shout out also to RICHARD DARLEY who celebrated his 150<sup>th</sup> parkrun at Barclay.



JACK TANN took 1st place at Panshanger (00:18:27), with ROBERT CASSERLEY (00:20:15) and JIM FORRESTER (00:21:08), V60 and new to GCR this year, also finishing in the top 10. JAMES HUIISH finished 3<sup>rd</sup> (00:18:08) at Ellenbrook Fields.

In parkrun tourism, ROB HUGHES finished in 10<sup>th</sup> position (00:22:43) at Portrush (N.Ireland); PAUL GUY took 2<sup>nd</sup> place (00:18:41) at Blicking (Norfolk); and, LUCY ILES represented GCR at Lyndey (Gloucs) finishing in 00:38:47. Furthest flung this weekend was SALLY LAFLIN, completing the small field des Dougues, Cubnezias event(south-west France) in 00:26:41, 4<sup>th</sup> overall.

A full round up this weekend's parkrun results is available [here](#).

## **Avery League 2019**

Details of the 2019 Avery League are published on the GCR web site [here](#).

The Fred Hughes 10, 19<sup>th</sup> 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](mailto: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](mailto:Thomas.wackett@hotmail.co.uk) - 07817 708888

JAMES HUIISH - [james.huish247@btinternet.com](mailto:james.huish247@btinternet.com) - 07835 527027

**Vice Captain:** RICHARD DARLEY - [Richard.Darley@hotmail.com](mailto:Richard.Darley@hotmail.com) - 07766 238416

### **Women's Captain:**

CHARLEE CHAPMAN - [charlotte.chapman27@live.co.uk](mailto:charlotte.chapman27@live.co.uk) - 07986 326518

Vice Captain: HELEN PAINE - [helenpaine@hotmail.co.uk](mailto:helenpaine@hotmail.co.uk) - 07766238416

## **GCR day trip**

Please don't forget to complete the survey on a potential GCR club day trip – the idea being to travel by coach to an event chosen by consensus.

The survey is available here – <https://www.surveymonkey.co.uk/r/3SM8TJT>

Any questions contact Tim Cooke, [tim.e.cooke@gmail.com](mailto:tim.e.cooke@gmail.com)

## **Ballots**

As a reminder, entries for the popular **Cambridge Half Marathon** open to pre-registered Cambridgeshire postcodes this Wednesday and non-county postcodes Thursday.

If anyone fancies following in Mark's footsteps, early ballot entries are now open for the **2020 New York Marathon**, the 50<sup>th</sup> anniversary event – [click here](#) to register.

## Forthcoming events

Event	Avery 2019 Race #	Date	Time	Online entry
<b>Stevenage Half Marathon - incorporating County Vets Champs</b>	23	3 <sup>rd</sup> November	10:00am	<a href="#">Click here</a>
<b>Berkamsted technical series - night run, 7 miles, trail</b>		14 <sup>th</sup> November	7:00pm	<a href="#">Click here</a>
<b>Hatfield 5 - incorporating County Vets Champs</b>	24	24 <sup>th</sup> November	10:00am	<a href="#">Click here</a>
<b>Hertfordshire Half Marathon - Knebworth</b>		24 <sup>th</sup> November	09.30am	<a href="#">Click Here</a>
<b>Bass Belle 10 miler, Bassingbourn</b>		24 <sup>th</sup> November	10.00am	<a href="#">Click here</a>
<b>Sunday League XC Race 2, Trent Park</b>	25	1 <sup>st</sup> December		See captains
<b>Rudolph Run- 5K, St Albans</b>		1 <sup>st</sup> December	09.30am	<a href="#">Click here</a>
<b>GCR Festive 5</b>		15 <sup>th</sup> December	09.30am	<a href="#">Click here</a>
<b>Sunday League XC Race 3, Stevenage</b>	26	22 <sup>nd</sup> December		See captains
<b>Sunday League XC Race 4, Watford</b>		12 <sup>th</sup> January 2020		See captains
<b>Fred Hughes 10- St Albans</b>	1	19 <sup>th</sup> January 2020	10.00am	<a href="#">Click here</a>
<b>Harpenden 10K, cross country</b>		26 <sup>th</sup> January 2020	10.30am	<a href="#">Click here</a>
<b>Sunday League XC Race 5, Royston</b>		9 <sup>th</sup> February 2020		See captains
<b>Hatfield House Half Marathon &amp; 10K</b>		29 <sup>th</sup> March 2020	09.30am	<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 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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)