



Garden City Runners

News Release

19th January 2020

**CHILLS IN ST ALBANS, ESSENDON & SLOUGH
Triumph for Shadbolt, Pudner & Hayden**

Fred Hughes 10 – St Albans



Above: Dai Selwood, Thomas Parmley, Melanie King, Kath Evans & Richard Darley prepare to venture into the cold.

The first long local race fixture in the calendar is always a popular one, and this year's running of the **Fred Hughes 10** was no exception with thirty-six members setting off with over 900

other runners from a chilly St Columba's College to tackle the "alternative" route; the one which tantalisingly passes The Holly Bush pub three times.

NEIL HUME was the first GCR member over the line, and sixth in his age category in a time of 1:00:09. VERONICA SHADBOLT was first lady GCR in a blistering time of 1:17:49 taking the first spot in the W55 category. There was more success for the GCR ladies in W65 category with ANNE HENSON taking third place in 1:33:31; SHENA LANCASTER was fourth in the same category in 1:36:21.

The race is also the Hertfordshire Country Championship 10-mile race and Veronica took gold again with Shena taking third place in the W65. Neil took 4th in his age category.

In the team competitions, GCR men scored a respectable 6th place (from 57) behind three St Albans Striders teams, Barnet & District and Queens Park Harriers. GCR ladies first team were 18th place of 57.

Full results are listed below. Congratulations to everyone who ran.

Position	Name	Net Time	Category	Category Position	Gender Position
23	Neil Hume	01:00:09	M40	6	23
31	Craig Brown	01:01:23	M40	9	31
38	Robert Casserley	01:02:31	M40	13	37
40	Paul Guy	01:02:42	M40	15	39
90	Sean Bowen	01:06:41	M50	7	81
108	Steve Ellerd-Elliott	01:08:08 (PB)	M40	42	94
135	Rob Hughes	01:09:51	M40	49	120
194	Robert Dilley	01:13:05	M40	67	165
259	Paul Gatens	01:16:32	M50	42	212
267	Veronica Shadbolt	01:17:49	W55	1	48
309	Mark Ashworth	01:18:37	Senior U40	91	246
298	Rebecca Barden	01:19:01	W45	12	59
320	Chris Harbron	01:19:32	M40	103	253
370	Steve Edwards	01:20:39	Senior U40	100	283
526	Fredi Giliberti	01:27:18	M40	142	360
498	Richard Darley	01:27:41	M50	83	348
617	Adrian Dudley	01:30:42	M50	102	394
577	Melanie King	01:31:18	W55	14	193
621	Thomas Parmley	01:32:59	Senior U40	124	396
661	Anne Henson	01:33:31	W65	3	256
651	Rachael Everard	01:34:54	Lady U35	60	248
678	Carol Reid	01:36:00	W55	29	267
686	Shena Lancaster	01:36:21	W65	4	272
710	David Selwood	01:36:40	M60	20	419
722	Michelle Cotter	01:37:13	W55	33	301

730	Carol Forbes	01:37:35	W55	34	307
735	Louise Beale	01:38:01	W45	85	312
736	Karen Atkinson	01:39:07	W55	35	313
739	Gemma Sloan	01:39:37	W35	120	316
798	Robert Cartwright	01:43:26	M60	25	440
805	Kath Evans	01:45:08	W45	105	364
842	Wayne Aylott	01:49:59	M50	122	451
875	Neal Brown	01:54:58	Senior U40	135	455
871	Charlotte Jones	01:55:07	W35	146	417
907	Willow Gibson	02:07:09	W35	156	447
906	Emily Hammond	02:07:10	Lady U35	85	446



Elation! - Willow Gibson and Emily Hammond capture the true spirit of our sport

Essendon 5k and 10k



Several hardy GCR souls passed over a Sunday lie-in with the papers, and a chance to catch up on the latest exploits of Harry and Meghan, to wing it to Essendon for 5k and 10k races. The 8:30 start was presumably to minimise the grumpiness of the golf players who shared the course with the runners.

Those tackling the 10k distance enjoyed two undulating laps of the golf course and surrounding country-side. Jane Malloy describes the route as "heart-warmingly picturesque", especially when the sun came out and temperatures eventually climbed above zero degrees.

Left: Lucy Iles with "snowflake" medal

DANIEL PUDNER stormed over the 5k finish line in first place in a time of 18:34. TERRY TRISTRAM was the only other runner at this distance which he completed in 39:44.



Daniel Pudner shows off his silverware, and some great hand-on-hip action, after victory in the Essendon 5k race

In the 10k race CHRIS ELAND was first GCR over the line, and 6th placed male overall in a time of 39:09. HELEN STAFFORD was first GCR lady over the line in 49:27; Helen was 6th female overall.

Other GCR finishers at the 10k distance are listed below:

Pos	Name	Net Time	Category Position	Gender	Gender Position
7	Chris Eland	00:39:09	6	Male	6
9	Peter Harvey	00:39:46	8	Male	8
60	Helen Stafford	00:49:27	6	Female	6
84	Shaun Kent	00:52:44	72	Male	72
91	Tomasz Pisulski	00:53:21	75	Male	75
126	Becky Day	00:56:56	33	Female	33
153	Lucy Iles	00:59:24	46	Female	46
229	Zuzana Ghouse	01:11:52	92	Female	92
253	Jane Molloy	01:17:30	115	Female	115

Slough New Year 5k



REBECCA HAYDEN ran the Slough New Year 5K race on Sunday Morning around Black Park in Slough. Rebecca describes the event as very friendly which was very well marshalled. Becca was first lady over the line in a time of 21:21.

Azkaban Marathon at Greenham Common



DAVE HEAL ran yet another marathon this weekend; the Saturn-running Azkaban Marathon at Greenham Common. Dave, who clocked a time of 5:20:30, described the race as an undulating trail circuit through the former RAF-USAF airbase. Although originally wanting to complete the ultra-distance, Dave had to settle with a mere 26 miles, having also run a marathon last weekend!

parkrun roundup

GCR was represented at eleven parkruns on Saturday morning. RICHARD and CAROLINE SIDLIN were the furthest travelled runners of the week, flying the flag for GCR at Weedon Island Preserve in St Petersburg Florida. Richard was fourth over the line in a time of 23:39 with Caroline collecting barcode #14 after 29:11.

Back in the UK NICK ATKINSON ventured to Tees Barrage near Durham where he completed the distance in 28:41. NEIL HUME was third across the finish line at Panshanger which also hosted DAVE EDWARDS 50th parkrun at this venue. Elsewhere, at Cassiobury ALIDA PREIS achieved a course PB in 28:47. Course PBs were also achieved at Ellenbrooke Field by GARY O'LEARY (20:57) ASA MOBERG GROUT (23:54) and SHERRY PEARSON (45:42)

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

Club Kit

A reminder that new club kit is available from Kit-Meister Richard Somerset. All items cost £20, you can pay by cash or bank transfer, either FB message or text Richard on 07790 591868 or email rich.somerset@ntlworld.com to arrange pick-up. Kit available includes:

- Men's vests, from XS to 2XL
- Men's t-shirts from XS to 3XL
- Men's long sleeve tops S to XL (please contact Richard if you want XS or 2XL and he will place an order)

- Women's vest from XS to 2XL
- Women's t-shirts from XS to 2XL
- Women's long sleeve tops, from XS to XL

Weekly Training Runs

Here's a reminder of the different training groups with the distances and paces on offer.

TUESDAY – 6.30 – 7.45 PM

Social 5-6k	7-8k	9-10k	10-11k	11-12k	Intervals
A sociable, gentler-paced run of about 45 minutes for those who prefer to stick to c5k.	Steady running pace approx. 8-8.5 min Ks / 11-11.30 min miles	Steady running pace approx. 6.5-7 min Ks / 10-10.30 min miles	Steady running pace approx. 5.5-6 min Ks / 9-9.30 min miles	Steady running pace approx. 5-5.5 min Ks / 8-8.30 min miles	All abilities, drills / venue published on Facebook

While Thursdays are traditionally much quieter at RA, there are still options available for a steady run, in addition to the popular weekly track session.

THURSDAY – 6.25 – 7.30 PM

Social 5-6k	8-9k	10-11k	Track Session
A sociable, gentler-paced run for those who prefer to stick to c5k runs.	Steady run – 7-8 min Ks / 10.30-11 min miles	Steady run – 6-6.5 min Ks / 9.30-10 min miles	Gosling Sports Centre

Sunday Social Run



Nikki Cowan, Helen Paine, Delphine Gibbs, John Davis, Stu Whitford early opening hours in Hatfield

Keep an eye out on the GCR Facebook page on Saturday evening for details of the regular Sunday morning "Social Run". Normally organised by John Davies (the Taller), the numbers taking part in these relaxed, social runs have grown over the past few weeks with the promise of beautiful Hertfordshire countryside, banter and a chance to get a little bit muddy. The off-road routes are usually 8-10 miles but it's not a race and no-one is ever left behind as the group will regularly loop back.

GCR parkrun tourism

Details of the next few 2020 parkrun tourism events have now been confirmed. We will be venturing to Wimpole Estate on 1st February and Cassiobury (Watford) on 7th March. A full list for the year will be published on the GCR website [here](#) when available. Keep an eye out for reminder mails during the week prior to the scheduled event and please use Facebook *et al* to maximise lift-sharing.

Avery League 2020

Details of the Avery League races and rules are on the GCR website [here](#). The next Avery League race is the final **Cross-Country Sunday Fixture on 9th February**. See the Forthcoming Events table for more information.

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 table of future events. If you know of others that you think fellow members would enjoy, please send details to results@gardencityrunners.org.uk. For all 'See your captain' events, you should receive race information from your Captain or Vice 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 Captains:

CHARLEE CHAPMAN charlotte.chapman27@live.co.uk 07986 326518

Vice Captain: HELEN PAINE helenpaine@hotmail.co.uk 07817 975916

Event	Avery Race #	Date	Time	Online entry
Watford Half Marathon		2nd February	10.30	Click here
Sunday XC League Race 5 – Royston	3	9th February		See your captain
Harpenden Half Marathon		23rd February	9.00am	Click here
Hawkshead Hobble 5k and 10K		8th March	10.30am	tba

Spring Marathon Training Runs and Races

Here's a list of marathon training runs and races that may be of interest to anyone training for a Spring marathon or ultra. If you know of any others, do let us know by emailing gcr@gardencityrunners.org.uk

Event	Date	Time	Online entry
Gade Valley Harriers Marathon Training Runs: 12 miles	26th January	9.00 or 9.30am	on the day
Gade Valley Harriers Marathon Training Runs: 17 miles	23rd February	9.00 or 9.30am	on the day
Hillingdon 20	8th March	9.00 am	Click here
Milton Keynes Festival of Running (includes a 20 mile race)	15th March	9.50am	Click here
Thames Riverside 20	15th March	8.00am	Click here
Oundle 20 mile road race	15th March	9.30am	Click here
Gade Valley Harriers Marathon Training Runs: 20 miles	22nd March	9.00 or 9.30 am	on the day

Fairland Valley Spartans 20-mile training run	29 th March	tbc	tbc
Oakley 20	29th March	10.00am	Click here
Dorney Lake marathon prep	29th March	9.30am	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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