



**Garden City Runners  
News Release**

**15<sup>th</sup> March 2020**

**PRIZES AND PLAUDITS APLENTY  
SHOCKER: Gil Sol spotted WITHOUT GCR vest!**

**GCR Annual Awards Ceremony**

Over a hundred members of the cream of Welwyn Garden City society gathered at the Golf Club on Friday evening to celebrate the team and individual achievements of Garden City Runners. With great ceremony, and not a little elbow bumping, medals and cups were bestowed on members of the club as we recalled PBs achieved, races run, milestones reached, and competitions won.

Following a plentiful spread of food, and as the fine wines flowed, Brad and Louise hosted GCR's annual awards ceremony celebrating the achievements of many of the club's members. Charlotte was on hand to capture the occasion for posterity. As in previous years, prize giving soon gave way for some serious strutting of stuff although after midnight struck everyone turned back into pumpkins and little white mice (with trainers on).



Club Member of the Year GIL SOL accepts her award from PETER HARVEY



ALEX YATES & EMMA DEMPSTER



ROB CARTRIGHT & EMILY HAMMOND



Avery Competition Winners: ALEX YATES (3<sup>rd</sup>), KAREN ATKINSON (2<sup>nd</sup>) & CHARLOTTE JONES (1<sup>st</sup>)



Avery Competition Winners: DANIEL PUDNER (3<sup>rd</sup>), WAYNE AYLOTT (1<sup>st</sup>) & RICHARD DARLEY (2<sup>nd</sup>)

**The full list of winners is below**

Mid-Week League - Ladies	1 <sup>st</sup> : Caroline Hale 2 <sup>nd</sup> Rachael Hickey 3 <sup>rd</sup> Kate Healy	100% Attendance medal: Kary Healy, Nikki Cowen, Cathy Widden, Carol Reid, Asa Moberg-Grout, Delphine Gibbbs, Karen Atkinson, Holly Casey, Emily Hammond, Charlotte Jones, Clair Emms
Mid-Week League – Men	1 <sup>st</sup> Bruce Judge 2 <sup>nd</sup> Adam Wadley 3 <sup>rd</sup> Russell Casey	100% Attendance medal: Sean Bowen, Ryan Keane, Daniel Pudner, Nigel Cavill, Richard Robinson, Steve Grout, Sam Elliot, Ali Eroglu, Nick Atkinson, Richard Darley, Tom Parmley, John M Davis, Rob Cartwright, Tony Harden, Wayen Aylott, Shaun Andy Newbury
Cross-Country – Ladies	1 <sup>st</sup> Martha Hall 2 <sup>nd</sup> Cathy Widden 3 <sup>rd</sup> Helen Stafford	100% Attendance medal: Emma Dempster, Asa Moberg-Grout, Cathy Widden, Willow Gibson, Helen Stafford, Alida Preis, Emily Hammond
Cross-Country – Men	1 <sup>st</sup> Rob Lawrence 2 <sup>nd</sup> James Huish 3 <sup>rd</sup> Tom Wackett	100% Attendance medal: Rob Lawrence, Wayne Aylott, Richard Darley, Steve Edwards, Steve Grout, Rob Casserley, Ali Eoglu, Tom Wackett, James Huish,

		Shaun Kent, Neil Matthews, Paul Gatens, Tony Harden, Chris Eland, Steve Williams, Nick Portalski, Michael Grant, Alan Routledge, Herbie Hopkins, Peter Sawko
Avery Trophy – Ladies	1 <sup>st</sup> Charlotte Jones (25 races) 2 <sup>nd</sup> Karen Atkinson (22 races) 3 <sup>rd</sup> Alex Yates (20 races)	4 <sup>th</sup> to 10 <sup>th</sup> place medals: Emma Dempster, Maggie Wright, Shena Lancaster, Jane Malloy, Melanie King, Asa Mobert-Grout, Kath Evans
Avery Trophy – Men	1 <sup>st</sup> Wayne Aylott (24 races) 2 <sup>nd</sup> Richard Darley (23 races) 3 <sup>rd</sup> Daniel Pudner (20 races)	4 <sup>th</sup> to 10 <sup>th</sup> place medals: Rob Cartwright, Richard Somerset, Sean Bower, Steve Edwards, Nick Atkinson, Steve Grout, Rob Casserley
GCR Star Beginner	Claire Emms	Clearly our star beginner of the year, her determination shone through at all the races she was at this year.
Most Promising Male	Jim Forrester Rob Lawrence	
Most Promising Female	Cathy Widden	For tearing up the track on a regular basis, she out in a series of excellent performances in the XC league finishing in the 30s every race.
Most Improved Male	Daniel Pudner	Daniel knocked 10 minutes off his HM PB at St Neots in November and recently knocked a whole minute off his 5k PB
Most Improved Female	Maggie Wright	Maggie achieved 6 parkrun PBs in 2019 and improved her age grading from 49% to 67%, as well as knocking minutes off her 10k PB in the mid-week league and at the Standalone 10k
Representation Award	Martha Hall	For competing in a duathlon for Great Britain
Awards for Excellence	Lorenzo Franchi  Nick Genever	For completing 100 marathons in 2019  For achieving the 200-marathon milestone

	David Heal	For completing 50 marathons, including 26 in 2019
Special Awards	Wayne Aylott	For organising and participating in 20 Lanzarote Running Challenges and running all four races in each of the 20 events.
	John Davies – The Shorter	A member of the Race Committee for over 20 years. John was web-manager for several years. He helped Eleanor with the Beginners' Group for many years. Organised GCR's participation in the Greensand Ridge Relay for many years
	Sean Bowen	Men's Captain for 10 years, organiser of GCR's Norfolk Round Relay team for many years. Inspirer of men – and women; cheering each of every member of the team in at mid-week league and XC meets.
Running Community Award	July Kean	A stalwart of the local running scene. Behind the scenes, July assists at numerous GCR events and helped make the Welwyn 10k such a success in recent years.
Bouncing Back Award	Dave Desborough	After some significant medical set backs it's great to see Dave back, having lost none of his speed, he's performing well at the Hatfield 5k series and the Hatfield 5 milers.
Club Member of the Year	Gil Sol	A relatively new member of the GCR family, she is never without her trusted club vest, she became a run leader almost as soon as she joined and is never without her phone on selfie-mode.
Club Runner of the Year – A 5-way split!	Gil Sol Brad Smith Karen Atkinson Martha Hall Rob Cartwright	

Lifetime Memberships were awarded to:	<p>Dave Edwards</p> <p>Sue Fletcher</p> <p>Peter Westlake</p>	<p>A stalwart of GCR and King Coach at the Thursday Track Coaching Sessions</p> <p>Membership Secretary extraordinaire</p> <p>A key player in the early years of Garden City Joggers who was still running for GCR in Midweek Leagues races when well into his 70s.</p>
---------------------------------------	---	---

### **Bath Half**

NICK ATKINSON ran the Bath Half Marathon on Sunday in a time of 2:03:58.

### **Milton Keynes 20 Mile**

PETER JASKO and STEVE ELLERD-ELLIOTT both scored PBs at the MK Festival of Running on Sunday in times of 2:27:37 and 2:24:06 respectively. RACHAEL EVERARD also ran the event in a time of approximately 3:28:00. This was meant to be Rachael's last long run before the Manchester Marathon, but she reports she'll now be "putting her feet up" for the next few weeks!

Steve reported that what started as a lovely, but cold, day for running turned windy and rainy in the final miles which, together with a nasty hill, made for a tough end to the run.

### **Furtzon Lake Marathon, Milton Keynes**

Milton Keynes was clearly the place to be this weekend as LEE WOOD ran a full marathon at Furtzon Lake on Friday. Part of Enigma Running's "Week at the Knees" series (seven marathons in seven days) Lee sensibly choose just the one event, completing 18 laps of what he reports was a tough course. Lee was aiming for a time of less than four hours and managed to achieve this with a time of 4:59.

### **"Chase the Moon" 5k and 10k**

DANIEL PUDNER ran the four-lap Chase the Moon 10k race on Wednesday evening in a time of 36:03 and was fifth finisher from a field of over four-hundred. JIM FORRESTER and ELEANOR NEWTON completed the two-lap 5k race, Jim in a time of 20:58, finishing in 34<sup>th</sup> place and first in the V60 category. Eleanor was the 11<sup>th</sup> lady to complete the distance in a time of 22:50.



### **Oundle 20 Miler**

BRAD SMITH completed this 20-miler on Sunday. He commented that there were lots of nice villages along the way although quite a lot of dead space in between. The route had some challenging hills and was noticeably up hill for the first half. Brad's claiming a PB for the distance with a chip time of 2:47:17.

Fellow GCR KATH EVANS also completed the distance, a mere walk in the park for Ultra-loving Kath, in a time of 3:59:35.

### **Greenbelt Relay – Runners Needed!**

SEAN BOWEN has sent out an urgent appeal for runners to join the GCR team at this year's Greenbelt Relay. Sean writes: "After a number of reluctant dropouts, our relay team for the GCR debut at the G.B.R. has been left desperately short of runners.

So if you were tentatively interested but hadn't come forward, please think again!

More details are available on the relay website: <http://www.greenbeltrelay.org.uk/> - contact Sean if you're interested in running, or would just like to find out more.

[sean.bowen.gcr@hotmail.co.uk](mailto:sean.bowen.gcr@hotmail.co.uk) / 07802 382596

### **parkrun roundup**

Despite hangovers from Friday evening's Awards Night, GCRs were up bright and early for Saturday's parkrunning, with representation at twelve events. JAMES HUIISH finished first at Stevenage in a time of 18:13, while PAUL GUY took the first bar-code at Ellenbrook Fields in a time of 18:44. ANDREW HOLT was fourth at Letchworth in 21:12 while SEAN BOWEN was second over the line at Lymington Woodside in 20:14.. Full results from this weekend's parkruns can be viewed [here](#).

## **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**

<b>Social 5-6k</b>	<b>7-8k</b>	<b>9-10k</b>	<b>10-11k</b>	<b>11-12k</b>	<b>Intervals</b>
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**

<b>Social 5-6k</b>	<b>8-9k</b>	<b>10-11k</b>	<b>Track Session</b>
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**

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.

### **Avery League 2020**

Details of the Avery League races and rules are on the GCR website [here](#). The next Avery League race is the **Hatfield House Half on 29<sup>th</sup> March**. See the Forthcoming Events table for more information.

### **GCR parkrun tourism**

Details of the 2020 parkrun tourism calendar are available on the GCR website [here](#) - the next outing is the **Ally Pally parkrun on 11<sup>th</sup> April**.

### **GCR Strava Group**

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

### **GCR Race Ready Plan**

Men's captains James and Tom have devised a plan to get you all Race Ready for this year's mid-week league season starting at Harpenden on 20th May. The plan will also be available on the GCR website.



Adobe Acrobat  
Document

### **Forthcoming events**

***Important: Given the current situation with regards Coronavirus, the listing below is subject to cancellations and/or reschedules.***

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](mailto: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

<b>Event</b>	<b>Avery Race #</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
Woodhall Off-Road Run 5k and 10k		29th March	10.00am	<a href="#">Click here</a>
Hatfield House Half Hatfield House 10K	4	29th March	9.30am	<a href="#">Click here</a>
MWRRRL Race 1, Harpenden	6	Wed 20 May	7.45pm	See your captain
MWRRRL Race 2, Ware	7	Tue 2 June	7.45pm	See your captain
St Albans Half Marathon		14 <sup>th</sup> June	10.00am	<a href="#">Click here</a>
MWRRRL Race 3, Hitchin	8	Wed 24 June	7.45pm	See your captain
Welwyn 10K and 20K	9	28 June	9.55am	<a href="#">Click here</a>
Ware 10 mile and 10K	12	5 July	9.45am	<a href="#">Click here</a>
MWRRRL Race 4, Barnet	10	Thu 9 July	7.45pm	See your captain

MWRRL Race 5 Mob Match	11	Thu 16 July	7.45pm	See your captain
St Albans Stampede		5th September	9.00am	<a href="#">Click here</a>

### **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](mailto:gcr@gardencityrunners.org.uk)

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
Gade Valley Harriers Marathon Training Runs: 20 miles	tbc	9.00 or 9.30 am	on the day
Oakley 20	tbc	10.00am	<a href="#">Click here</a>
Dorney Lake marathon prep	29th March	9.30am	<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/)

**E N D S**