



Garden City Runners: News Release from a Distance

18th April 2021

In these strange and worrying times, we're here to keep you in touch with your fellow club members, bringing you news and views of runs, races and challenges, plus tips and info to keep you fit and motivated. Please send any content for future releases to

results@gardencityrunners.org.uk

This weekend sees the sun shining as lots of GCRs tackle X Country, marathons and ultras

Heal Runs 75th marathon at Phoenix running event Walton on Thames 18.04.21

David Heal (below, with medal) ran his 75th Marathon on Sunday at the Phoenix running event - SG 100. The event took part at Walton on Thames and was 8 laps of a 3.28 mile loop beside the river Thames.



Heal finished in 5:14:36 - he reports "underfoot conditions were perfect and the weather was ideal - a spring day with a chilly start but it warmed up just right.

"I felt good today. My previous and 74th Marathon event was a punishing slow freezing cold one at Staines-upon-Thames after four months of lockdown and no long distance running.

I am happy to be back to my usual pace & determination in such a short time."

Ben and Becca tackle the trail Hurtwood 50km ultra run 17.04.21

GCR's **Becca Hayden** and **Ben Robinson** traveled to the beautiful Surrey hills on Saturday to race the Hurtwood 50km ultra.

With 4350ft of ascent starting in the vineyard of Dorking, the route follows the Greensand Way into the forested Surrey Hills, an area of Outstanding Natural Beauty.

The route takes runners up and over Leith Hill, Holmbury Hill and Pitch Hill following the trails through woodlands, ridgeways and valleys known as the Hurtwood.

Ben reports: "What a great trail race through the rolling and beautiful Surrey hills and woodland. I went wrong at mile 5 and added another hilly mile by the time I had amended my mistake. Brutal hills in places, walked a fair bit towards the end but ran the downhills hard. I saw at least one runner take a nasty fall and nearly went over myself."

Ben finished in a respectable 5:59:00 and took 119th place overall.



Becca reports "I have never had to run a race with a first aid kit, foil blanket and a mask as my compulsory kit! The Hurtwood 50km ultra marathon was such an amazing event. I was a bit apprehensive about Covid but I couldn't fault Freedom Racing who organised the event for their amazing organisation and super friendly marshals. The whole experience from start to finish was so well planned, social distancing and organisation at the aid stations were impeccable.

I have heard that the ultra running community are a friendly bunch and I must agree! Every runner was encouraging to each other, ensuring others were ok on the tough route and we were all in it for the challenge as much as the enjoyment! The route was stunning! To say it



was undulating was an understatement. The views from Leith Hill and the tower were beautiful we were so lucky with the weather. It was emotional crossing the finish line with people clapping as you finished. My first race since lockdown! This was my first organised ultra race and a 50km PB. I finished the race in 5:17:00 and was 7th lady overall."



Final Cross-country is huge success at Cromer Hyde 18.04.21



Above: Strike a pose. Peter Harvey gives the all-important race briefing, with Richard Somerset standing by.

The final cross-country of the season was at Cromer Hyde in glorious spring sunshine. Due to the lack of rain the two-lap undulating course was over rock hard ground with plenty of

ruts. The slower runners had the thrill of leading the race whilst the faster ones caught them up, starting shortly afterwards.

Congratulations to **Hannah Frank** who was the 1st lady in a time of 37:14 and **Bruce Judge** for the men in a time of 29:16. Thanks also to **Peter Harvey** for Race Directing, **Richard Somerset** for organization and **Richard Sidlin** and **Craig Stephenson** for providing chip timing, as well as all our fantastic marshals who provided excellent support around the course. Thanks too to the Crooked Chimney pub for letting us use their car park.

GCR Cross Country - April 2021

Finisher List

Pos	M/F	Cat Rank	Name	Cat	Chip Time
1	1	1	Bruce JUDGE	MV40	0:29:16
2	2	2	Neil HUME	MV40	0:30:37
3	3	3	Robert CASSERLEY	MV40	0:31:13
4	4	1	Justin HILL	MV50	0:31:33
5	5	1	Matteus LABIAK	MJ	0:31:39
6	6	4	Paul GUY	MV40	0:32:00
7	7	1	Steve EDWARDS	MS	0:32:26
8	8	5	Russell CASEY	MV40	0:32:29
9	9	2	Sean BOWEN	MV50	0:32:35
10	10	2	Simon BOSTOCK	MS	0:33:00
11	11	3	James BENFOLD	MS	0:33:04
12	12	6	Steve ELLERD-ELLIOTT	MV40	0:33:15
13	13	7	Peter JASKO	MV40	0:33:30
14	14	8	Rob HUGHES	MV40	0:33:57
15	15	4	Mark ASHWORTH	MS	0:34:12
16	16	1	Mike RUSSELL	MV60+	0:34:40
17	17	9	Nick PORTALSKI	MV40	0:34:47
18	18	3	Richard SOMERSET	MV50	0:35:36
19	19	10	Robert DILLEY	MV40	0:36:42
20	20	2	Chris LOVEYS	MV60+	0:36:49
21	21	4	Lee MANSFIELD	MV50	0:37:01
22	22	3	David EDWARDS	MV60+	0:37:04
23	23	5	Steve GROUT	MV50	0:37:11
24	1	1	Hannah FRANK	FS	0:37:17
25	2	1	Helen STAFFORD	FV35	0:37:34
26	3	1	Cecilia DARCY	FV45	0:38:38
27	24	11	Michael GRANT	MV40	0:38:42
28	25	4	Ali Riza EROGLU	MV60+	0:39:01
29	4	2	Rebecca BARDEN	FV45	0:39:12
30	5	2	Belinda MCGINLEY	FV35	0:39:30
31	26	6	Emon MARTIN	MV50	0:39:43
32	27	5	Brad SMITH	MS	0:40:07
33	28	7	Robert SAVILLE	MV50	0:40:55
34	6	3	Jo C GRANT	FV45	0:41:15
35	29	12	Peter SAWKO	MV40	0:41:19
36	30	8	James AITCHISON	MV50	0:41:23
37	7	3	Anna LILLIE	FV35	0:41:29
38	31	6	Thomas PARMLEY	MS	0:41:59
39	32	7	Matthew HUNT	MS	0:42:10
40	8	1	Yvonne JONES	FV55+	0:42:36
41	9	2	Rebecca CULLERS	FS	0:43:11
42	10	4	Nikki COWAN	FV45	0:43:41
43	33	13	Robert JONES	MV40	0:43:43
44	34	5	Roy HERBERT	MV60+	0:43:45
45	11	4	Lauren POTTER	FV35	0:44:17
46	12	3	Rachael EVERARD	FS	0:44:18
47	35	9	George DARLEY	MV50	0:44:19
48	36	6	Alister STEWART	MV60+	0:44:23
49	37	10	Michael SCUTT	MV50	0:45:02
50	13	2	Stephanie HERBERT	FV55+	0:45:10

51	14	3	Louise SMITH	FV55+	0:45:26
52	15	5	Katy HAYES	FV35	0:45:36
53	16	5	Asa MOBERG GROUT	FV45	0:45:49
54	38	7	David SELWOOD	MV60+	0:45:57
55	17	6	Jennifer WILLIAMS	FV45	0:46:13
56	18	4	Melanie KING	FV55+	0:46:36
57	19	7	Alida PREIS	FV45	0:47:07
58	20	8	Sarah LYNN	FV45	0:47:37
59	21	9	Naz GEZER-CLARKE	FV45	0:48:24
60	22	6	Gemma SLOAN	FV35	0:48:40
61	23	7	Zuzana GHOUSE	FV35	0:50:57
62	24	10	Kath EVANS	FV45	0:51:25
63	25	4	Emily HAMMOND	FS	0:52:12
64	26	8	Willow GIBSON	FV35	0:53:56
65	39	11	Wayne. AYLOTT	MV50	0:54:08
66	27	9	Holly CASEY	FV35	0:55:02
67	28	10	Charlotte JONES	FV35	0:56:15
68	29	11	Emma DEMPSTER	FV35	0:59:38

July and Justin send their goodbyes to GCR, we wish them all the best and happy running in Newark!

July and Justin Kean have recently moved out of the GCR catchment area. July emailed to let us know:

"We moved from Welwyn to Newark a few weeks ago. It was all tentative until the very last minute, after which it was all a bit crazy.

I think I can say we're settling in well and have even started to run regularly again. I had stopped running for a bit and lost as much fitness as I gained pounds.

More importantly, I wanted to thank you. I have learned a lot more than the benefits of training and running. I've seen what makes a club community great.

Why Newark? Good question! With the boys doing their own thing now, we felt it was a good time to look ahead to what we want to do in the next phase of our lives and found a place near Newark that was in a lovely location and offered the opportunity of a little project. Nothing major but something to put our minds to. There are fast(ish) transport links into London as well which helps.

We'll keep in touch with as many GCRs as we can - it's always so good to hear about what everyone's been up to."

Many of us have enjoyed knowing July, Justin and Ryan as clubmates - particularly those among us who are regulars at Thursday track sessions, and those involved with the Welwyn 10K, where July has been a tremendous asset to the running of the event. We will miss them hugely, and wish them every success in their new venture.

Group Run locations this week:

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Panshanger Golf Complex car park, AL7 2ED	5 - 5:30	11 - 12	8 - 8:30	7
10k	Welwyn AL6 9RQ Park on Grange Hill just before the post box and meet o/s the last house at top of Grange Hill LHS (39 Carleton Rise)	5:40 - 6	10	9 - 9:30	6
9/10k	Hatfield and Crusaders Cricket Club car park, Ascots Lane, AL7 4HL	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Gosling Sports Park car park, AL8 6XE	7:30 - 8:30	7 - 8	11 - 12	4 - 5.5
5/6k	Campus West Car Park, AL8 6BX	A gentle-paced run that would suit those who are still new to running, like a slower pace, are returning from injury or a break from running			

Forthcoming Events:

We've included details below of a selection of virtual and in person races coming up – please let us know by emailing results@gardencityrunners.org.uk about any others that might be of interest to members.

Event	Date	Time	Online entry
Fly 5K: self-timed 5K	Every Saturday	8am-12pm	Submit your result here
First parkrun	5 th June 2021	9.00 am	n/a
Herts Half	6 th June 2021	9.00 am	Click here
St Albans Half Marathon	13 th June 2021	10.00am	Click here
Welwyn 10K (virtual)	25 th June-3 rd July 2021	Runner's choice	Click here

Club Kit

A reminder that new club kit is available from Kit-Meister Richard Somerset. All items cost £19.99, 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

Avery League 2021

The Avery League is back with races to be confirmed as soon as possible, depending on current restrictions. Points are for participation, whatever your time or position. Details [here](#).

Garden City Runners
Avery Calendar 2021 – Jan to July

Event number	Date	Event	Venue	Status / Notes
1	14 th to 17 th January	Virtual XC	Cole Green Way	Completed
2	end of January to start of February	Virtual 5k	Member's choice	Completed
3	25 th to 28 th February	Virtual XC	Member's choice	Completed
4	18 th to 21 st March	Virtual 1 hour challenge	Member's choice	See email from Richard Somerset on 8 th March
5	18 th or 25 th April	XC	Crooked Chimney	GCR event held according to the prevailing restrictions. Date to be confirmed after discussion with the venue.
6 V	9 th May	Centenary Challenge	WGC 20.20 route	GCR event held according to the prevailing restrictions. Volunteering points available.
	13 th June	St Albans Half Marathon	St Albans	https://www.stalbanshalfmarathon.com/
	25 th June to 3 rd July	Welwyn 10k (virtual)	Welwyn	Virtual race details available shortly.
	4 th July	Ware 10s or virtual	Ware	Places selling fast! Either distance will count towards the Avery competition. Virtual race will also count. See http://ware10s.co.uk/ for details.
	15 th August	Lea Valley HM	Cheshunt	

GCR Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group. It's a great way to keep in touch with your fellow club members during this time of isolation.

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 over 350 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 Karen Atkinson (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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