



Garden City Runners News Release

12th September 2021

With running events and races back on, please remember to share your running accolades and anecdotes with the news editors for inclusion in the weekly news round up. Please send any content for future releases, before early Sunday evening for (almost) guaranteed inclusion, to results@gardencityrunners.org.uk

GCRs Rise to the Brighton Marathon, Extended Edition

The 2021 marathon season well and truly got into gear with the Brighton marathon, postponed from 2020 and then postponed again from its usual April date. In a cunning innovation, race organisers devised a course that was almost 600 metres longer than the standard 26.2 miles, making a tough distance even tougher, with unexpectedly warm temperatures only adding to the challenge. Nevertheless, GCRs showed their mettle and did not allow the challenging conditions to defeat them. **James Dunmore** completed the distance in 3:51:58, reporting that this was "a very well-run event with great crowds, but, unfortunately for me, my slowest Brighton. I was pacing really well with the 3:30 group, enjoying the brilliant sunshine and sea views, although the heat was relentless and you could see a lot of people suffering. At mile 18 my niggly hip issue came into play and had keep stopping to stretch it out, which was very frustrating but I'm still happy I brought it in well under 4 hours."

"It was great to see quite a few GCRs out, and brilliant to be taking part in a big mass



participation event." Also representing GCR were **Richard Robinson**, crossing the line in 4:06:54, and **Sidney Valentine**, who finished in 4:48:53; **Vicky Rogers**, in 4:49:12, and, completing his first marathon, **Michael Paine**, who ran in 4:50:17.

David Heal (pictured left), steaming ahead towards his 100 marathon goal, finished his 92nd marathon in 5:08:54. David commented: "It was a hilly/undulating route in warm conditions – I loved the course, a great atmosphere and camaraderie out there today on a testing circuit!"

Richmond Marathon

Gemma Sloan completed the marathon distance in 5:37:30.

It's Great at the Great North Run

While some GCRs travelled south to the seaside, a contingent of club members headed north east to run this iconic half marathon. First home for GCR was local lad **Paul Guy**, finishing in a speedy 1:21:09, followed by **Steve Ellerd-Elliot**, *(pictured below with his medal)* smashing his half marathon pb by over a minute in a time of 1:28:33. Steve commented: "It was a great day, everyone involved was so nice and friendly and support around the route was



brilliant.

"It was so good to be back at a big event and this must have spurred me on as I finally broke (smashed!) the 1:30 barrier and set a new half marathon pb."

Also representing GCR were **Zoe Stephens**, running a storming 1:33:47; **Paul Marchant**, running in 1:37:45, and **Sofie Marchant**, finishing in 1:52:56; **Nick Atkinson** in 2:11:27; **Mark Caswell** in 2:17:49; **Lisa**

Makowski in 2:17:49, and **Emma Dempster** in 2:40:23.

GCR Centenary Challenge

No fewer than 48 GCRs took on the Centenary Challenge, the latest event in the Avery League, following the 20/20 route which wends its way around WGC, starting and finishing at Stanborough Lakes. This time the race followed the route anti-clockwise, heading out through Commonswood and finishing with a gallop over Bocket golf course to the finish. **Simon Bostock** was first in a speedy 1:31:38, and **Hannah Frank** was first for the ladies in 1:55:49. Thanks to volunteers **Nikki, Alida, Richard, Laura, Sue** and **Pete** for volunteering and a special thank you to Richard for compiling the results, which are below.

Right: Richard Somerset leads fellow GCRs on the Centenary Challenge



Centenary Challenge - Anti-Clockwise - Sunday 12th Sept 2021

Pos	Name	Time			
1	Simon Bostock	01:31:38	24	Chris Loveys	01:59:16
2	Tom Wackett	01:31:47	25	Rich Sidlin	01:59:56
3	Rob Casserley	01:31:50	26	Brad Smith	02:00:07
4	Richard Somerset	01:33:59	27	John Davis	02:00:24
5	James Benfold	01:34:59	28	David Hale	02:00:37
6	Steve Edwards	01:38:16	29	Michael Grant	02:02:32
7	Nigel Cavil	01:41:45	30	Jo C Grant	02:03:10
8	Paul Gatens	01:43:00	31	Steve Williams	02:04:01
9	Lee Mansfield	01:45:02	32	Peter Sawko	02:04:03
10	Peter Jasko	01:45:47	33	Yvonne Jones	02:04:43
11	Justin Hill	01:45:48	34	Sharon Threlfall	02:06:00
12	Rob Dilley	01:46:04	35	Annabelle Lee	02:07:33
13	Johan Preis	01:46:05	36	Clair Power	02:09:04
14	Stuart Wonfor	01:47:47	37	Melanie King	02:14:47
15	Alan Routledge	01:47:49	38	Maggie Wright	02:14:56
			39	Dai Selwood	02:16:55
16	Ali Eroglu	01:51:08		Sophie	
17	Ben Robinson	01:51:23	40	Packman	02:18:37
18	Steve Grout	01:52:20	41	Tim Cooke	02:19:44
19	Neil Brittain	01:54:23	42	Alex Yates	02:26:58
20	Hannah Ahmet	01:55:49	43	Robin Cattle	02:30:43
			44	Kath Evans	02:31:19
21	Helen Stafford	01:55:56		Naz Geezer-	
22	Anna Lillie	01:55:58	45	Clark	02:47:04
23	Belinda McGinley	01:59:15	46	Alison Meaden	02:48:02
24	Chris Loveys	01:59:16	47	Zuzana Ghouse	02:49:55
			48	Charlotte Jones	02:50:56

Chatsworth 10K

GCR's Jane Molloy decided to combine a family visit with this 10k in the grounds of Chatsworth House in the Peak District, imagining a lovely scenic run around the lake where Colin Firth emerged in a sodden shirt as Mr Darcy in BBC's adaptation of *Pride & Prejudice*. The race was started by the Duchess of Devonshire, as the race was in her garden, and raised funds for Blythe House and Helens Trust hospice care. Around 1000 runners set off in open parkland, before entering a seemingly never-ending woodland uphill trail, with 187m of elevation gain. There were a couple of good photo opportunities, including a view looking down towards



Chatsworth House. The uphill topped out at 6k, after which it was almost all downhill on grassy trails and pebbly paths. With a couple of photo stops, Jane finished in a chip time of 1:21:42 – needless to say, the second half was considerably faster than the first! A nice colourful medal was her reward before the three hour drive home. Jane says “Strong recommendation for hill lovers!”

HSV Sprint Triathlon

The HSV Sprint Triathlon started and finished at the Hertfordshire Sports Village, Hatfield on Sunday. The event is organized in memory of GCR member **Trace Allen** and this year incorporated the Hertfordshire Championships for the sprint distance. The race comprised a 400 metre pool swim, 20K bike and a 5K run. **Mick Wise** completed the course in 1:21:00, finishing 42nd overall and 1st in the 65-69 category.

Dorney Lake Marathon Prep

Two **Rebeccas**, **Barden** and **Hayden**, travelled to Buckinghamshire to run the Dorney Lake 20 mile race as part of their preparation for the London and Loch Ness marathons. Unexpectedly warm conditions challenged our dynamic duo on the course, which involved laps of a four-mile route around the Olympic boating lake. Becca Hayden, whose recent runs include a 70 mile London to Canterbury Ultra, sensibly decided to drop back to the 16 mile distance, which she completed in 2:17:44, and Rebecca B finished the 20 miler in 2:50:56.

Pictured right: two Rebeccas with their medals



parkrun roundup

Many GCRs were in action this weekend in parkruns in Herts and beyond. Andrew Holt was fourth at Dunstable Downs in 20:27; Rebecca Cullers was second lady at Alvaston parkrun in 23:29; Daniel Pudner was second overall at Sandhurst Memorial parkrun in 20:34; Neil Hume was third at Panshanger in 19:15. For full GCR results for Saturday's parkruns, click [here](#).

Tuesday club runs: 14th September

We are meeting in multiple locations again this week, see below:

Group	Start Location	Pace (km)	Distance (km)	Pace (miles)	Distance (miles)
11/12k	Digswell Viaduct. Park opposite Digswell Tennis Club, free parking. (Do not park in the tennis club.)	5 - 5:30	11 - 12	8 - 8:30	7
10k		5:40 - 6	10	9 - 9:30	6
9/10k	Campus West Car Park, AL8 6BX	6:30 - 7	9 - 10	10 - 11	5 - 6
7/8k	Moneyhole Playing Fields car park, AL7 2PY	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			

The new beginners' group starts this Tuesday at 6.30 from Morrison's car park, AL7 1RY on 14th September.

Week 2 of the Bridge to 10k course on Thursday leaves at 6.30pm from Gosling Sports car park, AL8 6XE.

When choosing to join a group run, please remember that your safety is important so please do not attend if you feel unwell. Please arrive in time to register with the Leader and listen carefully to the briefing.

Happy running!

Avery League Competition and Sunday League XC

Here is the latest events list of events for the 2021 Avery League Competition, plus provisional dates for the 2021-2022 Sunday League XC.

Please remember that you can run as many or as few races as you wish, and we'll be updating the race list at least monthly with free and paid for events, as details become available. Happy running!

Updated Avery league events table

Event number	Date	Event	Venue	Status / notes
1	14th - 17th January	Virtual XC: 5 miles (free)	Runner's own course	Completed
2	4th - 7th February	Virtual 5k (free)	Runner's own course	Completed
3	25th - 28th February	Virtual XC: 5 miles (free)	Runner's own course	Completed
4	18th - 21st March	The Hour Challenge (virtual) (free)	Runner's own course	Completed
5 V	18 th April	XC (free)	Crooked Chimney	Completed
6 V	9 th May	Centenary Challenge (free)	WGC 20.20 route	Completed
7	24 th May – 6 th June	MWL – Race 1 – Mob Match (free)	Virtual 10k - Runner's own course	Completed
8	13 th June	St Albans Half Marathon £33	St Albans	Completed
9	14 th June – 27 th June	MWL – Race 2 (free)	Virtual 10k - Runner's own course	Completed
10	25 th June – 3 rd July	Welwyn 10k (virtual) £10	Welwyn	Completed

11	4 th July	Ware 10 miles £18 OR 10k £16 (virtual option £8)	Ware	Completed
12	5 th – 18 th July	MWL – Race 3 (free)	Virtual 10k – Runner's own course	Completed
13	18 th July	Herts Fast 10k (£20)	Bovingdon	Completed
14 V	29 th July	GCR club 3k relays (free)	Woodhall, WGC	Completed
15	2 nd – 15 th August	MWL – Race 4 (free)	Virtual 10k – Runner's own course	Completed
16	8 th August	St Albans 10k (£20)	St Albans (Highfield Pk)	Completed
17	15 th August	Lea Valley HM (£27)	Cheshunt	Completed
18	21 st August	Panshanger parkrun (free)	Panshanger Park	Completed
19	12 th September	GCR Centenary Loop event (free)	Stanborough Park	Completed
20	19 th September	Stevenage 10k (£17 for ARC affiliated clubs)	Stevenage	https://stevenagestridersrc.org.uk/stevenage-10k
21	26 th September	Standalone 10k (£tbc)	Standalone Farm, Letchworth	http://www.nhrr.org.uk/standalone-10k.html
#	17 th October TBC	Sunday League XC (free)	Cheshunt Park, Cheshunt	Info. to be circulated via club email.
#	** November TBC	Sunday League XC (free)		Info. to be circulated via club email.
#	19 th December TBC	Sunday League XC (free)	Fairlands Valley Park, Stevenage	Info. to be circulated via club email.
	16 Jan 2022 TBC	Sunday League XC (free)	Cassiobury Park, Watford	Info to be circulated via club email.
	13 Feb 2022 TBC	Sunday League XC (free)	Therfield, nr Royston	Info to be circulated via club email

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

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/