



Garden City Runners News Release **26th 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

2021 Round Norfolk Relay

As trailed in last week's release, here is Richard Somerset's report of this year's Round Norfolk Relay

After a break due to 'you-know-what' GCR were back at the Round Norfolk Relay, our 16th appearance at this fantastic event. The 198-mile route mirrors the county boundary of Norfolk, providing a unique route with some challenging terrain, including sand, shingle fen and A roads.

We started at 6:30am Saturday morning from Kings Lyn, with yours truly, Richard Somerset, completing 16 tough miles to Hunstanton lighthouse. I passed the baton (yes you carry an actual baton) to Johan Preis, and then the baton passed on to Paul Guy, Neil Hume, Sharon Threlfall, Daniel Pudner, Brad Smith, Richard Sidlin, Tom Wackett, Peter Jasko, Tim Cooke, Behzaad Ghouse, Mike Grant, Helen Harrison, Sean Bowen, Chris McGurk and Rob Casserley who brought it home at 9:25am Sunday morning.

GCR were just five minutes ahead of their predicted time finishing in 26:56:29, 24th out of 53 teams.

It was my first time as organiser, thanks to Sean for advice and timing the first half of the race. John and Maureen Dickerson again did the timing for their 'local' race, this time for the second half. Tim and Helen provided cycle support for the day stages, Richard and Brad drove the following car up to 10pm and then Rob Cartwright and Sue Fletcher did a massive turn in the following car from 10pm to 6:30am next morning! Amazing. Johan did the bike support for stage 15 to the end.

Special mention to Behzaad, Mike and Chris who stepped in at late notice when we had some dropouts. And well done to Paul who came first on stage 3.

Full results can be found here <https://rnr2021.totalracetiming.co.uk/result>

Thanks to everyone for making my job easy. This is my favourite event, and everyone should have a go once in their running life. Who's up for next year? Third week in September 2022!

Stage Results

LEG	Name	From - To	miles	time
1	Richard Somerset	K.Lynn - Hunstanton	16.32	2:03:41
2	Johan Preis	Hunstanton - Burnham Ov.	13.75	2:01:50
3	Paul Guy	Burnham Ov. - Wells	5.76	0:38:07
4	Neil Hume	Wells - Cley	11.14	1:19:58
5	Sharon Threlfall	Cley - Cromer	10.81	2:00:28
6	Daniel Pudner	Cromer - Mundesley	7.90	0:55:26
7	Brad Smith	Mundesley - Lessingham	9.24	1:21:46
8	Richard Sidlin	Lessingham - Horsey	7.52	0:57:25
9	Tom Wackett	Horsey - Belton	16.60	2:08:24
10	Peter Jasko	Belton - Earsham	18.13	2:13:31
11	Tim Cooke	Earsham - Scole	12.45	1:58:57
12	Behzaad Ghouse	Scole - Thetford	19.67	3:02:23
13	Michael Grant	Thetford - Feltwell	13.25	1:56:07
14	Helen Harrison	Feltwell - Wisington	7.27	1:07:54
15	Sean Bowen	Wisington - D.Mkt	10.59	1:12:38
16	Chris McGurk	D.Mkt - Stowbridge	5.49	0:42:41
17	Rob Casserley	Stowbridge - K.Lynn	11.73	1:15:13



Sean studies the runners and riders carefully supervised by John and Maureen Dickerson



Mr Pudner admires the size of Johan's Cornetto.



"No one gets their hands on my ice-cream!"



Paul Guy is ready for the off



Later Paul realises that Johan has eaten all the ice-cream



Paul hands over to Neil.



Neil hands over to Sharon



Standalone 10k

On Sunday morning nearly forty GCR members journeyed to Letchworth to participate in the popular Standalone 10k race, a single circuit of the world's first garden city which starts and finishes at the Standalone farm. Thankfully all members lived to tell the tale, despite having to run one kilometre up the A507 dual carriageway, and picked up a brand-new t-shirt as well as an Avery point for their efforts, and many displayed them proudly at the end. Though subject to final confirmation it looks like the Herts Vets Team silver prize may have been picked up by the chaps (HERBIE HOPKINS, JUSTIN HILL, PETER HARVEY and CHRIS JONES) as well as MARTHA HALL (second in age category), PETER HARVEY (1st MV50) and DAVE DESBOROUGH (bronze in his age category. Well done and congratulations to everyone who took part.

Full results can be found at www.sportsystems.co.uk



Forest Runner 10k Series



While many GCRs ventured up the A1(M) to Letchworth on Sunday morning, JEN DENMAN instead chose somewhere further afield with a trip to Kent to complete in the Forest Runner series 10k distance at *Bedgebury Arboretum*. Jen reports stunning scenery and an extremely undulating first half of the course which luckily gave way to some lovely gravelled flat and long downhill forest trails. However, it did then finish with a challenging hill for the last 350 metres. The event was well organised and not too busy. Although still awaiting her official

chip time, Jen's watch time reported 1:02:00 which she was very happy with considering the course. Also, a very appropriate wooden medal which Jen's chief supporter was most impressed with!

Sheffield Half Marathon

ANDY NEWBURY completed the Sheffield Half in a time of 1:50:51 on Sunday. Starting in the centre of the city and leading out and up into the Pennines. Andy reports that the rounce was equally "very hilly and very enjoyable" with fantastic weather.

Ealing Half Marathon



Steph & Andrew looking relaxed

Two GCR members ventured to Ealing on Sunday morning to participate in this popular half marathon. STEPH KEARNS and ANDREW KNIGHT ran in lovely weather and a really positive atmosphere. Andrew reported that it was great to see so many people out supporting again.

Faced with a few challenging hills and finishing in pretty warm temperatures, Steph ran an amazing PB of 02:07:52 and Andrew was pretty pleased with his time of 01:32:24.

DULUX London Revolution Trails Ultra



On Saturday, BEHZAAD GHOUSE ran the Dulux London Revolution Trails, an iconic 50km Ultra marathon through the Chilterns and along the stunning Thames riverside; an amazing event, very well sign posted with fantastic scenery. Behzaad ran the distance, a slightly longer than advertised 51.8Km (32.51mi) in 06:11:49 and was placed 77 out of 258. The [actual] 50k distance was a PB of 05:55:50 for Behzaad.

Tring 50km Ultra

COLIN GRACE, STUART WONFOR & PAUL GATENS travelled over to Tring to take part in the Tring 50km Ultra on Saturday. Paul reports "(a) fantastic route taking in some of the best of the Chiltern hills as well as stretch of the Grand Union canal, kept us occupied for 5 hours or so. This was a first Ultra both Stuart and Paul."

Serpentine Last Friday of Month 5k

Chasing the thrill of a 'proper' fast 5K race, GCR's NEIL HUME and PAUL GUY ventured to London's Hyde Park on Friday lunchtime to take part in the 'Serpentine Last Friday of the Month 5k'. This long-established 5k race, known for its flat, fast course, attracts a strong field every month. Conditions were near-perfect for the two-lap course, with clear blue skies, a mild breeze and not a puddle nor fallen leaf to be seen; ideal conditions for a race in the park. The 150 strong field was awash with brightly coloured carbon plated footwear, quite the sight for those out for a leisurely lunchtime stroll. No holds barred as Neil and Paul vied for a top 20 spot, switching places midway through the race. In the end Paul just clinched it, storming to the finish line in 17:35 finishing in 18th position, very closely followed by Neil in 17:40 in 20th position. It was a thoroughly enjoyable 'lunchbreak' for Neil and Paul, followed by a mild warm-down back to the office.

If anyone is looking for a 5K PB, Hyde Park on the last Friday of every month is the place to find it! Highly recommended, find out more here: <https://www.serpentine.org.uk/rdb/friday/>

Here's Friday's full results, with very impressive Age Graded WAVA's and super-fast times: <https://www.serpentine.org.uk/rdb/showrace.php?race=13684>

Dave Heal runs 94th Marathon



DAVE HEAL ran his 94th marathon on Sunday at Phoenix running's *Dragon Eye Green Run* at Hurtwood Park Polo Club in Ewhurst, Surrey which he described as a "brilliant event!!". Dave chose to run 10 laps of a 2.62-mile trail undulating circuit which he completed in 5:20:15. Dave describes very testing conditions underfoot, mostly on uneven long grass around the polo park and surrounding fields with a boggy and muddy section through a wooded

area. Dave managed to lose a trainer in the mud on Lap 6 but battled on with mud now inside his shoe as well as plastered on the outside.

Hertfordshire Orienteering Club

10 Happy Herts (Hertfordshire Orienteering Clubs) members joined track regulars at Thursday nights' track session, a reciprocal arrangement in return for a great Street-O even run especially for GCR members earlier in the summer.

For those interested in testing their navigation skills at local events, Hertfordshire Orienteering Club put on a range of orienteering events; their next event on Saturday 2 October is a beginner- and family-friendly event in their monthly Saturday series at Heartwood, Sandridge. Pre-entry is required so please see their event web page for more details:

<https://www.herts-orienteering.club/events/event/211002-heartwood-2/>

Please feel free to contact David, the club chair, with any queries: chair@herts-orienteering.club

parkrun roundup

Sixty-seven GCRs were in action this weekend in parkruns around the country. JAMES HUIISH and TONY HARDEN were getting their winter cross-country training in early and tackled Westmill where James crossed the line second in a time of 18:51 and Tony finished in 33:13. Maybe with an eye to Guy Fawkes night, TOM WACKETT journeyed to Gunpowder and produced an almost identical time to fellow men's Captain James (18:56). As usual Panshanger had the most visitors from the club (this weekend's editor even managed to remember his barcode!) and NEIL HUME was the first gentleman over the line for GCR with LAUREN POTTER the first lady. CHRIS JONES, who like many is doing his final preparations for next weekend's London Marathon crossed the line second at Cassiobury. Well done to everyone who ran, especially those who went on to race in other events on Sunday.

Tuesday Club Runs: 28th September

This week sees a much-anticipated return to our normal Club meeting point at Ridgeway Academy, HERNS LANE, AL7 2AF.

Please use the school entrance off HERNS LANE where there is plenty of parking, then walk through the school towards the floodlit pitches where you will find the entrance. Meet at 6.15pm for a 6.30pm start.

To enable some of the Run Leaders to participate in the EA Coaching Session, there will only be two group runs this week. Pace and distance will depend on who attends, but there will be a steady group running between 6-8k (3-5 miles) and a slightly faster group running 10k-ish / 6-ish miles.

As the runs will be partially in the dark, please wear a head/body torch and wear bright clothing.

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	Completed
21	26 th September	Standalone 10k	Standalone Farm, Letchworth	Completed
#	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 Sean Bowen (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/