



Garden City Runners News Release

3rd October 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

Virgin Money London Marathon 2021

On Sunday 3 October 2021, our Garden City Runners took part in this year's Virgin Money London Marathon, alongside 40,000 others participating in the mass event. Congratulations all! Glad to report that there was no heat wave, no hail, or rain (maybe a drizzle?) – overall looked like fairly good weather conditions. The 2021 London Marathon was the 41st running - due to the pandemic, the race was postponed from April until October.

Name	Place (Overall)	Place (Category)	Age Category	Finish
Barden, Rebecca	7324	56	55-59	03:37:45
Bostock, Simon	1827	896	18-39	02:57:57
Casserley, Robert	1511	213	45-49	02:55:30
Connolly, Hayley	21267	3034	18-39	04:38:57
Cowley, Laura	3986	100	40-44	03:17:18
Ellerd-Elliott, Steve	4490	621	45-49	03:21:07
Guy, Paul	2734	407	45-49	03:05:59
Hume, Neil	1616	233	45-49	02:56:24
Jones, Christopher	783	88	45-49	02:47:32
Pudner, Daniel	1656	827	18-39	02:56:44
Lawrence, Rob	1300	676	18-39	02:53:34
Somerset, Richard	16670	1311	50-54	04:18:38
Whitford, Stuart	11621	941	50-54	03:56:32

Chris JONES reports: "my official time was 2:47:32, I came 817 overall /89th in age group - 1st sub-2:50 and 4 min PB - big negative split too. So dead chuffed!" – and so you should be, well done Chris! Steve ELLERD-ELLIOTT reported that he really enjoyed his first London Marathon. "Atmosphere was brilliant and definitely helped keep me on pace for a 3:21:07 personal best".

Ladies taking part included Laura COWLEY, who finished in 03:17:18, Rebecca BARDEN who completed the distance in 03:37:45 and Hayley CONNOLLY in 04:38:57. Six men took part, including Simon BOSTOCK who finished in 02:57:57, Robert CASSERLEY in 02:55:30, Paul GUY in 03:05:59, Chris JONES in 02:47:32, Richard SOMERSET in 04:18:38, Steve ELLERD-ELLIOTT in 3:21:07, Daniel PUDNER in 02:56:44, Neil HUME in 02:56:24 (how close!!) , Stuart WHITFORD in 03:56:32 and Rob LAWRENCE in 02:53:34.

Truly amazing effort all, you should be so proud.

Photo on the left: Rebecca Barden presenting her well-deserved medal, and Steve Ellerd-Elliott on the right





Photo above on the left: Daniel Pudner with his proud mum, and Steve Ellerd-Elliott on the right

As it goes with all events, they wouldn't be possible without all our amazing volunteers – they make things happen! Below and above are photos of our GCR VMLM volunteers – amazing and thank you all!





Loch Ness Marathon

Mother and daughter take on a monster of a marathon: ANN HAYDEN and BECCA HAYDEN.

Becca writes: "Today mum and I ran the Loch Ness marathon, my mum's (Ann Hayden's) first official marathon! I was also running the virtual London marathon for carers worldwide. We decided to run together and finish crossing the line hand in hand just like we had done all those years ago when we ran our first ever race together at the WGC Race For Life.



We had an early start having to get up at 4:45am to travel to Inverness to get on one of the many coaches with the other 5000 runners to be taken to the start in the Scottish Moors about an hour's drive from Inverness. The start was amazing - we had a solo bagpiper, which was very atmospheric and helped us all on our way.

*The course was downhill to start but soon became undulating and we were lucky to experience all the seasons of the weather as we ran past the shore of Loch Ness!! The scenery was stunning! The volunteers were amazing and the whole atmosphere with the locals. Supporting made it such a lovely experience! Crossing the finish line hand in hand with mum made it even better (and a bit emotional too). We crossed the finish line in **5 hours 12:57** and I also managed to raise £197 for Carers Worldwide." How amazing, both of you! Well done!*

Dave Heal runs his 95th marathon and sets a new Personal Best

Dave HEAL reports: *"I run my 95th marathon at Phoenix running - Walton on Thames - carrying on up the tow path, completed in 5 hrs 3 mins 27secs which is a new personal best marathon time for this year!! Well happy with that. The marathon consisted of running 8 laps of 3.28 miles trail beside the river Thames and I felt highly tuned all the way!!*

My 100 marathon is on 21st November at Phoenix running - Riverside marathon from the Weir pub at Walton-on-Thames and I am going to have celebratory cake & drinks after so all GCR are welcome -I shall be running with fellow Garden City runner Denis Baudry on the day!! Denis has been a big inspiration on me taking up the challenge to run 100 marathons back in November 2017."

Enjoy and looking forward to hearing about the celebrations, Dave!

Photo on the right: Dave with one of his impressive medals!



Marriotts Way 10k

Helen Harrison took part on the Marriotts Way 10k race this morning. Helen reports that the "linear course was a flat and traffic free route following the old railway line between the lovely market towns of Aylsham and Reepham in Norfolk - I managed a PB of 53:35".

Dorney Lakes Marathon

Hannah Frank ran a marathon in 4hrs 19mins at Dorney Lakes – Hannah writes: *"It was a real struggle from mile 15 when the flu from the week caught up with me. Legs were fine, just couldn't breathe properly (only a small problem!). I plodded along to the finish, super proud of myself as I never thought I would run a marathon again, especially 2 years after a baby. I knew it was just one of those days when it poured with rain on my last mile".* Well done, Hannah!



parkrun roundup

Many GCRs were in action this weekend in parkruns in Herts and beyond – including Black Park, Tamar Trails, St Albans, Oak Hill, Ferry Meadows, Stevenage, Ally Pally, Eastville, Southwick Country, Beckton, Burgess, Bognor Regis, Letchworth, Jersey Farm, Dunstable Downs, Henlow Bridge, Sutcliffe - and last but not least, Panshanger!

For full GCR results for Saturday's parkruns, click [here](#).

TERRY FOWLER ran the Bognor Regis Parkrun – on 4 hours of sleep and slightly hung over after attending an 80s weekend music festival. Terry writes: *"it was a traffic free course but a 4 lapper which means it can get quite congested at times"*. It was Terry's 55th Parkrun, completed in 21min 37 sec, 12th position, and 1st in age category 55-59. Well done, Terry!

Club Runs 6.30pm Tuesday 5th October

We are 'back to normal' so from now on, all Tuesday group runs (and interval sessions) will start at Ridgeway Academy, Herts Lane, AL7 2AF. We meet in the dance studio at 6.15pm for a 6.30pm start. Toilets and showers are available.

Please use the school entrance off Herts Lane where there is plenty of parking, then walk through the school towards the floodlit pitches where you will find the entrance. The Dance Studio is on the right.

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

The Race Committee has now made the final updates to the Avery Events List and Rules and Format documents for the 2021 competition, to include the Sunday League Cross Country races and Festive 5, along with some amendments to the tiebreak and volunteering rules (attachments in email sent to all members – please let us know if you have not received the email).

Also, the Race Committee will soon be holding a review of the Avery competition. This will be published in the next couple of weeks.

In the meantime, we'd like to give everyone a heads up that the following races will be GCR Avery events in 2022.

Sunday XC League in Watford : January 16th 2022

Fred Hughes 10 : January 23rd 2022

Sunday XC League in Royston : February 13th 2022

The Fred Hughes often fills up early so members should enter soon if they intend to run it

<https://stalbansstriders.com/racing/fred-hughes-10>

Tim Cooke, on behalf of the GCR Race Committee

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 (£tbc)	Standalone Farm, Letchworth	Completed
22	17 th October	Sunday League XC (free)	Cheshunt Park, Cheshunt	Details to follow
23	21 st November	Stevenage Half marathon (£26 UKA /£28)	Stevenage, Ridlins Stadium	https://stevenagehalfmarathon.org.uk/
24	28 th November	Hatfield 5	Hatfield	https://activetrainingworld.co.uk/event/hatfield-5-28th-nov-2021/ (Herts County Senior championships)
25	5 th December	Festive 5	WGC Stanborough	https://www.racesonline.uk/race-entry/festive5/
26	12 th December	Sunday League XC (free)	Trent Park	Details to follow
27	19 th December TBC	Sunday League XC (free)	Fairlands Valley Park, Stevenage	Details to follow

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/