



Garden City Runners News Release

7th November 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

Herts Half and 10k



A fine showing of GCRS travelled to Knebworth House for the Hertfordshire Half Marathon and 10k. Well done to all who ran!

Spencer White (*left*) ran the Half Marathon and comments that he saw quite a few others in club kit.

This was Spencer's first official running event as well as his first half marathon.

Spencer ran it in 1:43:54, smashing his target of 1 hour 50 minutes, and placed 200/1065 overall and 21/108 in his age group of 45 and over.

Spencer comments :“I run with the faster GCR group on a Tuesday, led by **Chris**

Loveys. I have been with the club for five months. I would like to thank the club and in

particular Chris and the faster group for inspiring me in my running.”



Also running the half was **James Dunmore** who finished in a time of 1:35.:25 and placed 88th after deciding to run despite an ongoing hip issue. James comments: "A beautiful day for an autumn half. A bit fresh at the start but soon warmed up. As always a very well organised event with good local support, Special mention to my Sunday morning running buddy **Richard Robinson** for smashing his PB and finishing in sub 1:35. (*James and Richard pictured left*)

Richard comments: "I took on the Herts Half at Knebworth this morning with James Dunmore and was very pleased to come home in 1.34.14, which is a course PB by over 6 minutes and an overall half marathon PB for me by 90 seconds. So a really good result and one that I am very happy with! As always the event was extremely well organised and managed with great support all around the course. The kind weather was an added bonus and it was a great way to end the half marathon racing season."

Andrew Knight was another GCR running the half at Knebworth, Andrew finished in a time of 1.30.23 for the half marathon.

Meanwhile, GCR Chair **Jane Molloy** sent this report: "It was a lovely bright morning, if rather chilly and breezy. Everything was really well organised, and the marshals were particularly cheery. The course could be described as undulating, with nothing too horrendously taxing in the uphill. It's a very scenic route around the Knebworth House grounds and then out onto the closed roads behind Knebworth. There were a few GCR milestones to be celebrated with **Spencer White** completing his first half, and **Maggie Wright** achieving a PB. Congratulations too to **Val Levinson** and **Tendy St Francis**, who only finished the beginners' course in July, and benefitted from the Bridge to 10k programme (led by **Rob Cartwright** and **Peter Laphorne** – both also there today) which finished in October. Heavy colourful bling at the end, and loads of goodies dished out!"



Willow Gibson sent in this lovely photo of **Val** and **Tendy** (*right*) and comments "Well done to everyone who ran the Half and 10km. Huge well done to Val and Tendy on their first 10k race. You are both awesome! "

Jacqueline McCallum (*pictured below*) also ran the 10k along with **Jane Molloy**. Jacqueline's chip time was 1:16:07 and Jane Molloy's was 1:16:12.



Jacqueline comments "I had an upset stomach at 9.9k and Jane stopped to help me - real club spirit right there in my hour

of need! This was my first individual race in over 2 years – it felt odd putting a bib on! Lovely event and a stunning course."

Half					
Name	Gender	Category	Status	Gun Time	Chip Time
ANDREW KNIGHT	Male	Senior Men	Finished	01:30:31	01:30:23
RICHARD ROBINSON	Male	V40	Finished	01:34:33	01:34:17
JAMES DUNMORE	Male	V35	Finished	01:35:41	01:35:25
NICK PORTALSKI	Male	V45	Finished	01:42:26	01:41:56
MICHAEL GRANT	Male	V50	Finished	01:43:46	01:43:17
SPENCER WHITE	Male	V45	Finished	01:44:53	01:43:54
SARAH GARDENER	Female	Senior Women	Finished	01:59:44	01:58:13
KATH EVANS	Female	V50	Finished	02:20:15	02:17:09
GEMMA SLOAN	Female	V35	Finished	02:24:39	02:20:38

Hertfordshire Half GCR results

10k					
Name	Gender	Category	Status	Gun Time	Chip Time
WILLOW GIBSON	Female	V40	Started		00:00:00
MAGGIE WRIGHT	Female	V55	Finished	00:57:25	00:55:37
CAROL REID	Female	V55	Finished	00:56:34	00:55:54
MICHAEL SCUTT	Male	V55	Finished	01:00:28	00:56:50
MARK SEAMAN	Male	V55	Finished	01:03:45	01:00:41
ROBERT CARTWRIGHT	Male	V60	Finished	01:03:11	01:00:42
PETER LAPTHORNE	Male	V60	Finished	01:05:46	01:03:26
CAROLINE O'DWYER	Female	V50	Finished	01:06:13	01:03:52
DEBBIE PIERSON	Female	V45	Finished	01:08:14	01:05:53
VALERIE LEVISON	Female	V55	Finished	01:18:19	01:15:25
JACQUELINE MCCALLUM	Female	V45	Finished	01:20:19	01:16:07
JANE MOLLOY	Female	V65	Finished	01:20:24	01:16:12
TENDY ST FRANCIS	Female	V40	Finished	01:22:24	01:19:31
REBECCA LEWIS	Female	V35	Finished	01:23:29	01:20:34

Hertfordshire 10k GCR results

Parkrun roundup



Above: GCRs celebrate parkrun milestones for **Hannah Frank** (kneeling, centre) and **Michael Scutt** (front, second from the left)

GCRs were out in force at Panshanger this week, celebrating parkrun milestones for Hannah **Frank** and **Michael Scutt** who both ran their 100th parkruns this week. Pushing future GCR champ **Florence**, Hannah ran in 26:26, and Michael finished in 28:00. Hannah comments on her milestone: "I love parkrun and the community sprit it brings. It felt even more special this week for me as there were lots of GCRs running and there to celebrate with me at the end. "So much has happened since my first parkrun. A new home, marriage and a baby. If you had told me when I first started that I would one day do my 100th parkrun whilst pushing a buggy, I would have laughed in your face.

"I feel very fortunate that my daughter has grown up around parkrun and has the opportunity to meet so many wonderful people every Saturday. Don't be shy in coming forward to push her up the hills!

"A big thank you to everyone who came along, celebrated or is part of the Panshanger Parkrun team that ensures we can run every weekend."

GCRs put in a strong showing in the results table, with seven runners in the top 10 - **Jack Tann** finishing first in 19:02 and **Steve Ellerd-Elliott** coming in 10th and setting a new parkrun pb of 20:13.

Elsewhere, **Dan Pudner** was 7th at Buckingham parkrun in 19:14; **Dom Thomas** was 9th at Chichester in 20:52; **Tom Wackett** was second at Harlow in 18:17, and **Andrew Holt** was 9th at Dunstable Downs in 20:51. Full results for GCRs taking part in Saturday's parkruns can be viewed [here](#).

One for the Diary.....

CHRISTMAS DRINKS WEDNESDAY 8 DECEMBER

An informal GCR get together at the Attimore Hall Pub, The Ridgeway, WGC, AL7 2AD from 7pm. An opportunity to see fellow runners out of running gear and maybe there will be some Christmas jumpers? First drink on the club. Put the date in your diary!

Group Runs next week Steady Group Runs 6.30pm Tuesday 9th and Thursday 11th November

Normal start point; Ridgeway Academy, Hens Lane, AL7 2AF. Please use the school entrance off Hens Lane where there is plenty of parking, then walk through the school towards the floodlit pitches where you will find the entrance. Meet in the dance studio at 6.15pm for a 6.30pm start.

There will now also be steady group runs on a Thursday evening, meet at Ridgeway Academy at 6.15 for a 6.30pm start, distance of up to 10K – further details to follow on the GCR Facebook page.

Please wear bright clothing and wear a head/ body torch.

Avery League Competition

Here is the latest events list of events for the 2021 Avery League Competition.

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!

Avery League 2021 event 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	WGC	Completed (Replaced the cancelled Love WGC 10k)
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 V	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	Completed
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://activetraining-world.co.uk/event/hatfield-5-28thnov-2021/ (Herts County Senior championships)
25 V	5 th December	Festive 5	WGC Stanborough	https://www.racesonline.uk/race/try/festive5/
26	12 th December	Sunday League XC (free)	Trent Park	Details to follow
27	19 th December	Sunday League XC (free)	Stevenage (Fairlands Valley)	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/