



Garden City Runners News Release

21st 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

Dave Heal Makes A Century

DAVE HEAL finally made it to 100 on Sunday, and we're not talking age here!

After what seems to many of us as a marathon reported every weekend, sometimes two, Dave has now gained entry to the *100 Marathon Club* after completing the Phoenix Running Riverside marathon at Walton-on-Thames in a time of 5hrs 23mins 7secs.

Dave was presented with his *100 Marathon Club* vest by ultramarathon legend Rik Vercoe. In 2013 Rik set the British record for the most marathons completed in 365 days, running 152 races at marathon distance and above.

Dave writes "It's an honour to bring another *100 Marathon Club* membership to Garden City Runners. I feel enormously proud to have done this journey. We had celebrations in the Weir Pub afterwards.

Congratulations Dave from everyone at Garden City Runners at your phenomenal achievement.



Dave Heal aka Smurfy proudly shows off his new shirt

Stevenage Half Marathon

With opportunities for Avery points diminishing fast, GCRs were out in force on a chilly Sunday morning as they headed the short distance up the A1 to Stevenage to tackle the popular two-lap half marathon taking in the underpasses and cycle paths around Stevenage. The event also doubles as the Herts County Senior Champs race at the 13.1-mile distance and there were medals aplenty for our runners.

The strong GCR field was headed by LIZZY PARRY who took gold in the ladies' race in a time of 1:22:45. STUART MANN (second claim) was first MV70 in a time of 1:45:28 and PETER HARVEY picked up the third place in the MV50 age category in a time of 1:23:09.

First GCR runner over the line was DANIEL PUDNER who placed 12th overall in a time of 1:21:27.

In the Herts County Senior Champs race, LIZZY took gold again and PETER displaced an interloper from Bedfordshire to nudged up into the silver medal place. STUART took the first place in his age category.

In the Herts County Open Team category, GCR picked up silver medals in both the men's and ladies' categories with Daniel, Rob Casserley, Peter and Steve Ellerd-Elliott making up the men's team with Lizzy, Anna Lillie and Rebecca Cullers taking the silver for the ladies.



GCR gang ready for "the off"

Other club runners were ROB CASSERLEY [1:21:36], STEVE ELLERD-ELLIOTT [1:28:57], RICARDO NETO [1:33:55], PETER JASKO [1:34:16], RICHARD SOMERSET [1:35:59], ALISTER PARRY [1:45:22], BEHZAAD GHOUSE [1:48:57], BRAD SMITH [1:51:17], DAVID HALE [1:56:35], ANNA LILLIE [1:58:31], REBECCA CULLERS [1:58:32], TIM COOKE [1:59:13], KATH EVANS [2:21:00] and WAYNE AYLOTT [2:21:54].

St Neots Half Marathon



Three GCRs abjured the Stevenage underpasses and travelled further up the A1 to tackle the St Neots Half, which follows a scenic route in the shape of a squashed figure of eight along country roads out from St Neots to the village of Abbotsley and back. Rebecca Barden reports: "Two years since my last St Neots, it was great to be running with friends and other club runners again. It was a bright winter's day, but bracing gusts of wind blowing

straight from Siberia, picking up in the later stages of the race, meant that I didn't feel I was getting much benefit from the famous 'downhill finish'. I was pleased with my finish time of 1:42:57, 4th in my age group V55. Fellow GCR Chris Eland finished in 1:24:13 and was 3rd in his age group V50, and Johan Preis completed the GCR triumvirate and ran a half marathon PB

of 1:45:59. Thanks to the Riverside Runners for an excellently organised race, with fantastic marshals supporting us all around the course.”

3-2-1 Winter Challenge



On Sunday morning Becca Hayden completed the 3-2-1 Running 6-hour Ultra (36 miles) starting at the Marston Moretaine Forest centre near Bedford. Becca was first lady home.

The route consisted of laps of just under 4.5 miles each around Stewartbury lake and country park with participants completing as many laps as they could in the six-hour limit.

Becca writes, “It was a very cold morning but the sun that came out soon after the start at 9:30 was very welcomed. It took a good few laps to properly warm up, the atmosphere was great as always and everyone was friendly! It was also a “eco” run so they had reusable cups and little waste which was

good! After running my first 6 laps which was the marathon distance, I continued to do another two more running a total of just under 36 miles and came first lady and also got the furthest female laps. I finished my run in 5hrs 31mins 12secs.

Parkrun roundup

Eighty-eight members ran, jogged or walked around twenty-four different parkrun courses on Saturday.

SHARON THRELFALL again gets the prize for most far-flung location with a visit to the Tokoinranta parkrun in Helsinki, Finland. Sharon was third lady Moomin over the line in time of 27:14.



Meanwhile closer to home, the Panshanger parkrun hosted forty-six members including the latest graduates from our ever-popular *Couch to 5k* program. Huge congratulations to all those who ran the distance on Saturday and a big thank you to the many club members who helped in guiding the new graduates over the line. HELEN STAFFORD was first lady across the

line and recorded a course PB of 23:19 while NEIL HUME was second gentleman up the tunnel in a time of 19:08. Congratulations to ALIDA PREIS who completed her 100th parkrun in a time of 30:49 and to DEBBIE PIERSON who knocked out a 33:43 PB at her 10th parkrun.

At Holkham, Norfolk, JUSTIN HILL took first place honours in 19:41.

Elsewhere ROB LAWRENCE was third at Finsbury [17:15], CHRIS JONES was third at Stevenage [18:16] and JAMES HUIISH was third to the bar-code scanner at Clevedon Salthouse Fields [18:13].

Full results for GCRs taking part in Saturday's parkruns can be viewed [here](#).

Wendover Woods Marathon



SAM MALES and KATY HEALY ran the Wendover Woods Marathon on Sunday in perfect but chilly conditions and an early-ish start.

Katy reports that "the route was 4 laps of a very hilly route around the woods on lovely trails. The tree and leaves looked beautiful in the autumn sunshine. That along with the fabulous marshals and good snack offerings meant that the hills almost (!) went unnoticed. The overall elevation was about 3000 ft which according to Garmin is equivalent to 313 flights of stairs. Sam was using this event as her entry to the virtual Jamaica marathon as this was cancelled. Slightly different scenery to the real thing!"

Contributions from events needed

News of any events that GCR members have participated in would be gratefully received by **Michael Bowe** who keeps club scrapbooks going back since the beginning of the club. And we will be 40 years old next year! Please email michaelbowe1942@gmail.com with any items which would be of interest to our club members. Thank you in advance!

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 23rd and Thursday 24th November

Normal starting 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. Please wear **bright clothing and wear a head/ body torch**.

Thursday Group Runs are back!

Meet in the Dance Studio at Ridgeway Academy at 6.15pm ready to run at 6.30pm. There will be two steady groups, a social 5k and 8-10k. There is also a new offering of some training for anyone whos pace is currently steadier than 10min/mile. If you can already run 10k and would like to get faster but feel a bit daunted by the track sessions, why not give it a try?

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	Completed
24	28 th November	Hatfield 5	Hatfield	https://activetrainingworld.co.uk/event/hatfield-5-28th-nov-2021/
25 V	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	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/