



Garden City Runners

News Release

18 August 2019

Leila remembered in style Milestones for Genever and Heal

Leila's Run

This annual event, featuring 10K, half marathon and marathon options celebrates the life of Leila Taylor, a much-loved member of GCR. The event was organised by DENYS BAUDRY and DAVE LEWIS, with support from fantastic volunteers around the course, which features a scenic six and a half mile loop from Wheathampstead, following trail routes covered by Leila on her training runs. This year's event saw runners experiencing a range of weather systems, with pouring rain in the morning and then the sun breaking through the clouds after midday. Fittingly, as Leila was a member of the 100 marathon club and had run over 200 marathons in her lifetime, this year's event saw GCR marathon ace NICK GENEVER (*pictured below, left, with DAVE HEAL*) achieve his goal of running 200 marathons in three years.



Nick writes:

"After completing my 100th marathon at Leila's Run in 2016, I set myself the target of reaching 200 in three years. Today at Leila's Run I completed my 200th marathon in 4:01:42. In three years that's 9 trail ultras, 91 trail marathons, 2710 race miles, 43 miles

of ascent, ultras in Vancouver, Niagara, Tromso, and races all over England, two in Wales and one in Northern Ireland.”

Another milestone was reached by DAVE HEAL, completing his 40th marathon at the same event – Dave reports:

“I chose Leila’s run to celebrate my 40th marathon as Leila was very inspirational to me when I joined Garden City Joggers (as it was then known) in 2001. Leila would always have a chat about her remarkable journey to joining the 100 Marathon club, and I couldn’t think of a better way to celebrate my 40th in memory of a lovely lady, sadly missed by many many runners in Garden City runners and further afield! I found it tough today after the last two weeks of ultras, so it was all about getting around. I got a watch time of 5:28:15 and was glad to finish and proud as punch to be presented with a fantastic Leila’s Run medal by Denys Baudry.”



Above: 10K and marathon heroes DANIEL PUDNER (left) and PETER HARVEY style it out at the start

Results were not available at the time of going to press, so all times reported here are unofficial. GCRs taking part in the 10K event included DANIEL PUDNER, who was first to cross the finish line in 44:56, as well as ALI RIZA EROGLU, JERRY GILBERT (finishing in 1:08:32), MAGGIE WRIGHT, CHARLOTTE JONES and HANNAH BEE, walking with her trusty companion PIXIE the dog. In the half marathon event, PETER JASKO ran in 1:40:08 and ELEANOR NEWTON was first lady in 1:41:39, and REBECCA BARDEN and RICHARD DARLEY also took part. In the marathon distance, PETER HARVEY clocked a time of 3:19:22 and TOM WACKETT finished third with a new marathon pb of 3:22:33. KATH EVANS, ELAINE GILES, DENNIS and ELEANOR DRAPER and several other GCRs also completed the marathon distance.

Wortwell Sizzler

GCR newbie HELEN HARRISON competed in her first 'proper' race since joining GCR in November. The Wortwell sizzler is a five mile race in Suffolk, taking place on a very wet Friday night. Helen writes: "It poured with rain but I was really pleased to finish in 42.30, 96th out of 217 runners, and 23rd female."

Not Round Latrigg Fell Race

GCR's PETER JASKO took part in this off-road approximately 9K race in Keswick in the Lake District, and clocked a time of 52:42. Peter writes: "My first fell race and in fact my first fell run, after, fortunately, a stretch of dry weather. A lovely route but with what felt like a brutal uphill, and I had to speed walk a fair chunk."

World Senior Badminton Championships

News from the World Senior Badminton Championships held in Katowice, Poland from 4-11 August 2019: Not just a running star, GCR's CAROLINE HALE won Gold in the WS50 (women's singles 50-54) category and Silver in the WD50 (women's doubles 50-54) category. To win the singles title, Caroline defeated opponents from Slovakia, Finland, Scotland, Germany and Japan. She writes:

"Having the stamina to out run my opponents gave me a definite advantage so thanks to all my running partners for pushing me further in training, helping me to achieve this dream."

Below: Caroline celebrates her win on the podium



parkrun roundup

Highlights from this week's parkrunning include ROB CASSERLEY, 3rd at Brierley Forest in 19:24; ROB CARTWRIGHT completing Medina, Isle of Wight parkrun in 30:37; RUSSELL CASEY 2nd at Panshanger in 18:35; JAMES HUIISH 1st at South Oxhey parkrun in 18:27; four GCRs – CRAIG BROWN, ADAM WADLEY, JACK TANN and RYAN KEAN – in the top ten at Ellenbrook Fields; DANIEL PUDNER 2nd at Cyclopark parkrun, run along with fellow parkrun tourists STEVE GROUT and SALLY LAFLIN.

Click [here](#) for a full list of this weekend's parkrun results.

Forthcoming Events

Hibbard Trophy Meeting, Ipswich

Senior men are sought for the Herts team at the Inter-County Hibbard Trophy meeting in Ipswich on September 14th. The athletes must be Herts qualified either by birth or residence. There are 3000m and 5000m races among other events.

If you are interested in taking part, please contact sally@gandee.org.uk as soon as possible.

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#). The next Avery race is the first race in the Hatfield 5K series on 28th August – see the Forthcoming Events table for information.

GCR Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group.

GCR parkrun Tourist Series

The next meetup in the series will be at Rickmansworth on 9th September. Everyone is welcome to car share, or to meet at the venue. To view the full tourism calendar on the club web site, [click here](#).

Although the weather is likely to improve from now on, there's always a risk of cancellation, so please always check the relevant event page before you travel on the day.

Forthcoming events

Below is the list of future events. If you know of any others that you think your fellow members would enjoy, please send details to results@gardencityrunners.org.uk.

For all "club members only" events, you should receive race information from your captain:

SEAN BOWEN | sean.bowen.gcr@hotmail.co.uk | 07802 382596
CHARLEE CHAPMAN | charlotte.chapman27@live.co.uk | 07986 326518

Event	Avery 2019 Race #	Date	Time	Online entry
Hatfield 5k series, Race #1 - incorporating County Senior Champs	17	28th August	7:45pm	Click here
St Albans Stampede		31st August	9:00am	Click here

Hatfield 5k series, Race #2 - incorporating County Vets Champs	18	11th September	7:45pm	Click here
Stevenage 10K		15th September	10.30am	Click here
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	11:30am	Click here
Hatfield 5k series, Race #3	19	25th September	7:45pm	Click here
Standalone 10k - incorporating County Senior Champs	20	6th October	9.30am	Click here
Stevenage Half Marathon - incorporating County Vets Champs	23	3rd November	10:00am	Click here
Hatfield 5 - incorporating County Vets Champs	24	24th November	10:00am	Click here

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 nearly 300 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 Helen Paine (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/

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