



Garden City Runners

News Release

1st September 2019

GCRs STAMPEDE TO GLORY Runners on (Spit)Fire from 5K to Silly K

St Albans Stampede

This annual 12-hour endurance event, a favourite for many GCRs, involves completing as many laps as possible of a four-mile undulating trail circuit around Heartwood Forest between the hours of 9am and 9pm. The event can be run as a solo or in two, four or eight person teams.

JANE MOLLOY sent this report on the day's adventure: "A great day out with a gang of GCR buddies, some running solo and many more running in relay teams of four. A fantastically well organised and catered event - hats off to our hosts, St Albans Striders. My team of 'Little Rays of



Sunshine' managed 17 laps in 11:25:20, with late sub JUSTIN KEAN running the 5th lap to the relief of the rest of us - me, ALEX YATES and ELAINE GILES. Special mention to REBECCA LEWIS (*pictured left*) running in the solo event, who joined the club only at the start of August and has shown unparalleled enthusiasm since, joining all Tuesday and Thursday training runs, Jersey Farm parkrun tourism and doing a half-marathon at Leila's Run. Yesterday, she decided to up her mileage from a half marathon to an astonishing 32 miles, eight laps of the four-mile course, in 10:42:29. Who needs a

marathon when you can go straight for an ultra?"

Also competing in the solo event were GCRs JONATHAN HICKEY, completing 10 laps in 7:54:20; RACHEL HICKEY, also clocking up 10 laps in 8:35:30, and KATH and MIKE EVANS, both completing 10 laps in 10:35:34.

In the four-person team event, GCRs BECCA HAYDEN and REBECCA BARDEN were fifty per cent of 'Four Fabulous Females', completing 21 laps in 11:28:45, to finish in 8th place.



Becca's (pictured left, with her forest-friendly medal) super speedy lap time of 27:10 was enough to win her the prize for Fastest Female Lap. Also in the four-person category were the vegantastic 'Meet and Too Veg', comprising TIM COOKE, DEBBIE MORRIS, STUART WHITFORD and guest runner JAMIE CECIL, scoring 10th place with 20 laps in 11:54:53, and just behind them in 11th place 'Legs Miserables' (see what they did there?) featuring RYAN KEAN, JULY KEAN, HELEN PAINE and NIKKI COWEN, completing 20 laps in 11:57:24. GCRs KATY HEALY, SAM MALES and YVANNE ENEVER joined with Katy's husband JAMES HEALY in team 'FitExcel', finishing in 25th place with 14 laps run in 9:22:45.

Spitfire 10Ks



A weekend of 10Ks marked the 101st anniversary of the RAF and the 79th anniversary of the Battle of Britain with events at RAF Hendon on Saturday and RAF Cosford on Sunday. Nine GCRs travelled south to Hendon to compete in Saturday's race, with MATTIE LABIAK recording a new pb of 43:34 and finishing 22nd overall, while mum BARBARA KUBIS-LABIAK was next GCR in 52:04 (mother and son pictured above). ROSALIE DODD-JONES chalked up 56:15;

KAREN ATKINSON ran in 1:02:00; CHRIS PEASE in 1:05:16; NICK ATKINSON in 1:05:53; NAZ GEZER-CLARKE in 1:08:07; MAUREEN STEED in 1:21:01 and DAWN REDWOOD in 1:21:23.



At Sunday's event, there were storming performances from RICHARD DARLEY, clocking 54:22 and SHENA LANCASTER 57:53. (pictured left)

Hatfield 5K Series: Race 1

The first race of this hotly-contested three-race series took place on Wednesday 28th August. GCRs were out in force, with the quartet of JAMES HUIISH (17:03), SIMON BOSTOCK (17:43), ADAM WADLEY (17:44) and JACK TANN (17:53) taking bronze place in the Herts County Senior championships. Also representing GCR were DANIEL PUDNER (18:14); RYAN KEAN (18:36); IAN MUNRO (19:26); PETER JASKO (20:16); NEIL BRITTAIN (20:19); first GCR lady EMMA McGRATH (21:51); DAVE DESBOROUGH (22:10); VERONICA SHADBOLT (22:36 and 3rd FV55); JAMES AITCHISON (22:50); star newbie CATHY WIDDEN (22:55); STEVE EDWARDS (23:11); STEVE GROUT (23:46); RICHARD BROWN (24:07); ANDY SHADBOLT (25:50); PAUL COTTRELL (25:49); MAGGIE WRIGHT (26:35); ÅSA MOBERG GROUT (26:43); JO MATTHEWS (27:17); SHENA LANCASTER (27:31); KAREN ATKINSON (28:29); PETER WESTLAKE (31:13); JANE MOLLOY (32:30); CLAIR EMMS (43:43) and WAYNE AYLOTT (59:10).

Bedford Twilight Run and Half Marathon



GCR's DANIEL PUDNER took on both events in this weekend festival of running, tackling the 10K on Saturday in 39:44 and, in his words 'just about surviving' the half, finishing in 1:51:19. CLAIR EMMS also ran the 10K distance. On Sunday, CATHY WIDDEN (*pictured left with Daniel Pudner*) ran the half distance in a smashing 1:46:09. Cathy reports: "It was a flat course with plenty of water points and opportunities to eat jelly babies. The weather was kind to us, sunny but not too hot with a much-welcomed cool breeze in places. Great atmosphere with music and good support along the way." Also competing were JACKY O'LEARY, who ran in 2:00:12, and SAMANTHA PLUMMER, bravely continuing after a nasty tumble to finish in 2:36:38. LOUISE O'DONNELL ran her first half

marathon in 2:50.

Great British Bake Run



Our ultra-running ace DAVE HEAL was in action again at the Great British Bake Run, his 41st marathon/ultra event. The race, hosted by Saturn Running, set off from Wokingham Waterside Leisure Centre, and involved running as many 3.28 laps of a trail route along the River Thames as possible in a seven hour period. Dave ran 29.5 miles over nine laps of the course, enjoying cakes galore at each aid station. Dave reports that he felt 'tired and fat' by the finish, but also pleased to complete his tenth marathon ultra in ten months of his Global Marathon Challenge in a time of 5:57:12, and to receive a cake-themed medal (*pictured left*) for his efforts. Dave is off the cake for the next little while but no doubt already planning his next ultra challenge.

GCR's DENYS BAUDRY also competed in the event, running a marathon distance in a time of sub four hours (official results tbc).

Dunstable Downs marathon

GCR's marathon ace NICK GENEVER completed the marathon in 4:37:14.

parkrun roundup

It was a big parkrun Saturday for GCR as our supervet DENNIS DRAPER ran his 100th parkrun at Panshanger, finishing in 37:12, with wife ELEANOR not far behind in 45:26. GCR women put in a strong performance, with VERONICA SHADBOLT 3rd lady at Ellenbrook in 22:40; KATHERINE PHILIP 6th lady at Guildford in 21:55 and BETHAN MOSE 8th lady at Southsea in 22:00. JAMES HUIISH and NEIL HUME took silver at Burnham and Highbridge in 17:39 and Ellenbrook Fields in 17:31 respectively.



RUSSELL and HOLLY CASEY (*pictured above*) travelled to Woolacombe Dunes in North Devon to take part in 'Britain's toughest parkrun', run partly along the beach on a mixture of stone tracks, sand dunes and sand. Russell was 7th in a time of 21:55 and Holly ran in 37:49. However, this week's prize for parkrun tourism goes to KERRY HENDERSON who ran the Voortrekker Monument parkrun in Pretoria in a time of 30:26.

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

Forthcoming Events

Tuesday training runs

This week's steady training run will be an all-groups-together out and back from Ridgeway Academy. Intervals will be at Stanborough Lakes for 700m loops.

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 second race in the Hatfield 5K series on 11th September – 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 #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
Hitchin Town Centre 5K		29th September	9.00am	Click here

Standalone 10k - incorporating County Senior Champs	20	6th October	9.30am	<u>Click here</u>
Stevenage Half Marathon - incorporating County Vets Champs	23	3rd November	10:00am	<u>Click here</u>
Hatfield 5 - incorporating County Vets Champs	24	24th November	10:00am	<u>Click here</u>

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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