



Garden City Runners

News Release

27 August 2018

Lorenzo takes to the Norwegian Fjords Latest Race Reports and Advance Notice of Upcoming Events

At the height of the summer holidays, there is less running in competitive races, more social running and lots of parkrun tourism. It's also the time of year when we start looking forward to exciting events planned for the Autumn and Winter, with news below of the latest beginners course, the Hatfield 5 series, and the opening of registration for the Festive 5.

Stavanger Marathon

LORENZO FRANCHI took a trip to Norway this week to compete in the Stavanger Marathon, which he reports as a lovely race around lakes and fjords, with lots of ups and downs. His finishing time was 3:28:10.



Lorenzo running round the fjords next to a fella with an interesting bib...

Severn Bridge Half Marathon

This race starts on the M48 near Chepstow before heading over the Severn Bridge for a loop around the countryside before crossing back over the Severn. KATH and MIKE EVANS finished together in 2:24:22 – a time that Kath was very happy with for a route that the website says is best described as 'undulating' with a hill'.

Leila's Run – Full Results

Following up on last week's initial report, the full results from Leila's run on 18th August are now available on the website [here](#).

Finishing times for the various distances for club members are listed in the table below. ELAINE GILES' time for the half is explained by her novel combination of a marshalling interspersed with running!

Distance	Club Member	Time
Marathon	Lorenzo Franchi	3:43:19
	Nick Genever	3:48:48
	Kath Evans	6:42:08
	Charlotte Jones	6:42:09
	Dennis Draper	6:42:09
Half Marathon	Ann Hayden	2:05:11
	Eleanor Draper	2:33:31
	Elaine Giles	5:42:02
10 km	Becca Hayden	47:05
	Michael Wise	1:00:58
	Jerry Gilbert	1:04:51
	Debbie Morris	1:11:33
	Shena Lancaster	1:11:34
	Sandra Wise	1:14:56

DENYS BAUDRY and TIM COOKE took a number of great pictures and you can take a look at them via these two links [Denys pics](#) and [Tim pics](#) Just a couple of these below:



Ann Hayden being supported to the half marathon by 10k first finisher Becca



Denis Draper, Elaine Giles, Charlotte Jones and Kath Evans celebrating their finishes

Parkrun Round-Up

Congratulations to ROBERT SAVILLE who reached the 50 parkruns milestone at Panshanger this week. Congratulations too to those who pushed themselves to achieve course PB's this week at

- Panshanger – MATTHEW HUNT 24:56, DAWN REDWOOD 38:33, SUE HUNT 32:40
- Ellenbrook Fields – JOY ALLEN 31:51, TIM COOKE 25:21
- Hackney Marshes – TOM WACKETT 17:51
- St Albans – MATTHEW HARDEN 22:19
- Aylesbury – CHARLOTTE CHAPMAN 22:51

BRUCE JUDGE was first across the finishing line in his first visit to Bedfont Lakes near Ashford in Middlesex in 17:54, and PAUL GUY was third finisher at Barnstaple in 18:21. In her second visit to Aylesbury, CHARLEE CHAPMAN not only achieved a PB, but was also second lady back.

In total, there were 68 GCR runners at 19 different UK parkruns this week, and consolidated results for all our members this Saturday can be found [here](#)



Joy Allen and Tim Cooke sprinting to new PB's at Ellenbrook Fields

A handful of GCR explorers ventured to Wimpole Estate for the single-lap, scenic course on this National Trust property near Royston. All first-timers at this event, everyone confirmed an intention to return. A very picturesque run, with a challenging hill in the middle sandwiched between lovely long flat or downhill stretches through fields occupied by sheep and cows. In respect for the animals, there is a special route for the parkrunning dogs! MICHAEL WISE was the first GCR back in 26:54 and was still doing his lap of honour when the photo was taken.



GCR parkrunners on tour after completing Wimpole - Charlotte Jones, Emma Dempster, Sandra Wise, Shena Lancaster, with Lottie, Jacqui and Fraser McCallum

Festive 5 – Entries now Open

After snow resulted in the disappointment of last year's race being cancelled, you can now get excited by the opportunity to dust off those Santa suits and reindeer antlers. This year's race, on Sunday 9th December, is in support of Isabel Hospice. The entry fee is a mere £6 for affiliated club members and the link to the registration page can be found in the 'forthcoming events' table below. This is truly one of the highlights of the GCR year, so keep the date!

Hatfield 5k Series - Call for Volunteers

We need just over 20 volunteers for each of these 3 races on 5th and 19th of September and 3rd of October. Perhaps you might run a couple and volunteer at one. Or maybe you have friends or family who would enjoy being part of these well-attended events. More information about volunteering opportunities are available [here](#)

Next Beginners Course

A reminder that the next 10 week couch-to-5k programme kicks off on Tuesday 25th September. Do encourage friends and family to come and join our lovely running community. Take a look at the website for more information - [here](#).

Avery League 2018

Details of the 2018 Avery League can be found [here](#). The next Avery race is the Welwyn Half Marathon on 9th September.

GCR Strava Group

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

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.

Event	Date	Time	Online entry
St Albans Stampede	1st September	9:00am	Click here
Hatfield 5k Series Race #1 (including Herts Senior Champs)	5th September	7:45pm	Click here
Welwyn Half Marathon (postponed from 4th March) *Avery Race*	9th September	9:00am	Click here
Harlow 10	9th September	10:00am	Click here
32nd Round Norfolk Relay	15th/16th September	6:00am	Contact Sean Bowen

The Harvest Trail 1/4 marathon and 1/2 marathon	16th September	9:30am	Click here
Hatfield 5k Series Race #2	19th September	7:45pm	Click here
(including Herts Vets Champs) St Paul's Walden Bury Run	23rd September	11:30am	Click here
Beginners' Course #9 Starts	25th September	7:15pm	
Hitchin Town Centre 5k	30th September	9:00am	Click here
Avery Race			
Hatfield 5k Series Race #3	3rd October	7:45pm	Click here
Standalone 10k	7th October	9:30am	Click here
Avery Race 7th October			
Willow 10k and 5k	7th October	11:00am	Click here
Hatfield House Half and 10k	14th October	9:30am	Click here
Herts 10k	14th October	10:00am	Click here
Stevenage Half Marathon	4th November	TBD	Click here
Avery Race			
Hatfield 5	25th November	10:00am	Click here
*** final 2018 Avery race ***			
Festive 5	9th December	9:30am	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 over 200 members and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres and right through to full marathons.

Try a few sessions before joining. Membership is only £20 per year. Membership forms are available on the GCR website www.gardencityrunners.org.uk. Please ask if you would like a paper copy.

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 www.gardencityrunners.org.uk or our Facebook page at www.facebook.com/groups/gardencityrunners/.

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