



**Garden City Runners**

**News Release**

**16 September 2018**

## **Barden takes on Berlin Marathon Gilbert VM70 debut**

### **Berlin Marathon**

REBECCA BARDEN made Berlin her 10<sup>th</sup> marathon this weekend and her third of the six World Marathon Majors. The course sets off through the Tiergarten and past the Berlin Victory Column and then the finish runners go through the iconic Brandenburg Gates. Rebecca reported that it was very warm and humid this morning and even though she set off too fast, she did enough to meet qualifying standards completing the course in 3hrs 40mins and 39secs.

Although not a GCR a mention must go to ELIUD KIPCHOGE who ran an incredible new world record in the men's race, his time of 2hrs 01mins and 39secs smashed Dennis Kimetto's 2014 record, also set in Berlin, of 2hrs 02mins 57secs.



### **Purbeck Marathon**

NICHOLAS GENEVER ventured to Dorset this weekend to participate in the Purbeck Marathon, a trail marathon incorporating the Jurassic coast and Purbeck hills. The route began at Swanage along the coastal path to the Lulworth firing ranges. Then back along the ridge of the Purbeck Hill passing Corfe Castle. Nicolas completed the 26.8 mile course in 4:40:30 and the total ascent was 870m.

## **Royston Harvest Trail**

A number of Garden City Runners took on the hills of Royston to complete the Harvest Trail. Official timings have not yet been release but a number of GCR's reported that course to be challenging but enjoyable. RICHARD DARLEY completed the course in 2:30:20, his second half marathon in 2 weeks.



*GCR'S at the Harvest Trail*

## **Wendover Woods Challenge**

DAVE HEAL took on the Wendover Woods 6 hours trail challenge event at Halton on Thursday. This was Dave's 17<sup>th</sup> Marathon event this year. The race involved running as many laps as you can within the 6 hour time limit. Each lap included 180 metres of hill running on a rough uneven stony trail. Dave completed the marathon distance in a time of 5hrs 46mins and 50secs and a total elevation of 2950ft.

Dave reports that this was his toughest marathon to date. 'The organisation, atmosphere and camaraderie in amongst the runners on the day was brilliant'. Dave recommends this event to any brave Garden City Runner challenger next year, it reignited his passion for running!



*Dave with the Grafalo at the start line*

## **Parkrun roundup**

Most GCR's kept it local this weekend opting to head to Ellenbrook or Panshanger.

JERRY GILBERT made his VM70 debut at Ellenbrook starting his birthday celebrations on the course with his family and GCR friends. Jerrys son JAMIE also made his parkrun debut and CHARLOTTE JONES lined the course with festive balloons.



*Happy Birthday Jerry! Celebrating with family and friends.*

This week Panshanger parkrun included pacers and a number of GCR's helped out. A special mention goes to JAMES HUIISH who came in the top three pacers to get closest to their time.



View all results for GCRs taking part in Saturday's parkruns [here](#).

<b>Course</b>	<b>GCR Member</b>	<b>Time</b>
<b>Gorleston Cliffs</b>	<b>Robert Casserley</b>	<b>22:11</b>
	<b>Beth Casserley</b>	<b>33:13</b>
	<b>Tom Casserly</b>	<b>36:50</b>

<b>Sheffield Hallam</b>	<b>Celia Pardoe</b>	<b>22:49</b>
<b>Heartwood Forest</b>	<b>Sam Smith</b> <b>Rachel Hickey</b>	<b>27:16</b> <b>28:44</b>
<b>Moors Valley</b>	<b>Andrew Holt</b>	<b>19:06</b>
<b>Eastleigh</b>	<b>Simon Betteridge</b>	<b>59:31</b>
<b>Bournemouth</b>	<b>Cassandra Belcher</b>	<b>29:13</b>
<b>Valentines</b>	<b>Benhard Trummer</b>	<b>26:03</b>
<b>Stevenage</b>	<b>Justin Hill</b>	<b>19:01</b>
	<b>Tom Weatherhead</b>	<b>23:13</b>
	<b>Tichanezvi J. Ruredzo</b>	<b>36:51</b>
<b>Queen Elizabeth</b>	<b>Lynette Stewart</b>	<b>33:10</b>
<b>Panshanger</b>	<b>James Huish</b>	<b>18:57</b>
	<b>Ryan Kean</b>	<b>20:17</b>
	<b>Nigel Cavill</b>	<b>21:15</b>
	<b>Lauren Potter</b>	<b>23:26</b>
	<b>David Edwards</b>	<b>23:30</b>
	<b>Richard Willcox</b>	<b>24:01</b>
	<b>Justin Kean</b>	<b>24:14</b>
	<b>Matthew Hunt</b>	<b>24:31</b>
	<b>David Selwood</b>	<b>26:36</b>
	<b>July Kean</b>	<b>27:37</b>
	<b>Tom Rogers</b>	<b>27:51</b>
	<b>Maggie Wright</b>	<b>28:12</b>
	<b>Lucy Iles</b>	<b>29:08</b>
	<b>Peter Lapthorne</b>	<b>29:26</b>
<b>Hannah Frank</b>	<b>30:54</b>	
<b>Linda Hamm</b>	<b>31:13</b>	

<b>Ellenbrook</b>	<b>Malcolm Down</b>	<b>19:21</b>
	<b>Neil Brittain</b>	<b>19:30</b>
	<b>James Aitchison</b>	<b>23:42</b>
	<b>Mark Caswell</b>	<b>25:08</b>
	<b>Owen Gallagher</b>	<b>25:32</b>
	<b>Thomas Parmley</b>	<b>26:35</b>
	<b>Wayne Aylott</b>	<b>28:59</b>
	<b>Elaine Giles</b>	<b>29:34</b>
	<b>Kath Evans</b>	<b>30:01</b>
	<b>Jerry Gilbert</b>	<b>30:57</b>
	<b>Fraser McCallum</b>	<b>31:21</b>
	<b>Sandra Wise</b>	<b>31:30</b>
	<b>Michael Mise</b>	<b>31:31</b>
	<b>Charlotte Jones</b>	<b>33:34</b>
	<b>Jane Molloy</b>	<b>33:36</b>
<b>Jacqueline McCallum</b>	<b>33:37</b>	
<b>Ciaran Welsh</b>	<b>34:00</b>	
<b>Maureen Steed</b>	<b>36:18</b>	
<b>Maureen Steed</b>	<b>36:18</b>	
<b>Littleport</b>	<b>Steve Grout</b>	<b>25:01</b>

### **Avery League 2018**

Details of the 2018 Avery League can be found [here](#).

The next Avery race is the Welwyn Half Marathon on 9<sup>th</sup> 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](mailto:results@gardencityrunners.org.uk).

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
<b>Beginners' Course #9 Starts</b>	<b>25<sup>th</sup> September</b>	<b>7:15pm</b>	
<b>Hitchin Town Centre 5k</b> <b>*** only 1 place left ***</b>	<b>30<sup>th</sup> September</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Hatfield 5k Series Race #3</b>	<b>3<sup>rd</sup> October</b>	<b>7:45pm</b>	<a href="#">Click here</a>
<b>Standalone 10k</b> <b>*Avery Race*</b>	<b>7<sup>th</sup> October</b>	<b>9:30am</b>	Race full
<b>Hatfield House Half and 10k</b>	<b>14<sup>th</sup> October</b>	<b>9:30am</b>	<a href="#">Click here</a>
<b>Herts 10k</b>	<b>14<sup>th</sup> October</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Stevenage Half Marathon</b> <b>*Avery race*</b>	<b>4<sup>th</sup> November</b>	<b>TBD</b>	<a href="#">Click here</a>
<b>St Neots Half Marathon</b>	<b>18<sup>th</sup> November</b>	<b>10:00am</b>	Race full
<b>Herts Half Marathon, Knebworth House</b>	<b>18<sup>th</sup> November</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Hatfield 5</b> <b>***final 2018 Avery race***</b>	<b>25<sup>th</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Festive 5</b>	<b>9<sup>th</sup> December</b>	<b>9:30am</b>	<a href="#">Click here</a>

### **Join Garden City Runners**

Do you live in or near Welwyn Garden City? Do you like running? Garden City Runners is your local running club, has over 250 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](http://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](mailto:gcr@gardencityrunners.org.uk), visit our website [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk) or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/).

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