



Garden City Runners

News Release

18 November 2018

Terry Fowler back on track

All the results from St. Neots and Knebworth

Runners braving the Half Marathons up the A1 at Knebworth and St. Neots may have thought their work was done after completing 13.1 miles at the respective locations. Little did they realise that two multi-car pile-ups, one on each carriageway, would seriously forestall their own journeys back down the motorway.

And yet stealing the headlines this week are neither of these momentous events but a humble parkrun at Ellenbrook Fields—as this marked the welcome return, after open heart surgery of one of GCR's stalwarts (and masseur to the masses), TERRY FOWLER.

Terry Fowler

Five months after the surgery the popular TERRY FOWLER tentatively turned up at the parkrun with wife ELAINE, and they both clocked a hugely impressive 27:21, showing that he has lost little in the way of speed. Said Terry afterwards, *"I massively enjoyed the run despite the nerves and apprehension. I honestly didn't think I'd ever be able to run again, so getting to the finish meant more to me than any other run I've done in 30 plus years. I'm not ashamed to say it was a pretty emotional moment. Huge thanks for the support and encouragement from the GCR members I received; it meant so much."*

St. Neots Half Marathon

On a cold, clear day a number of GCR's lined up at the start of the ever-popular St. Neots Half Marathon — run in perfect conditions. As club chairman BRAD SMITH said, "*St Neots is a popular race, and always sells out. It's fairly flat, but with a few tricky hills to contend with, followed by a nice downhill finish, which allows you to make up for those inclines.*" REBECCA BARDEN adds, "*There were lots of friendly marshals around the*



course. I thought it was going to take me longer to get out of the car park at the end than it did to run the race — which was the only downside."

There were impressive runs from DANIEL PUDNER (1:37:53) and MICHAEL PAINE (1:38:52) — both picking up new PBs. Brad himself said that while disappointed not to break the 1:40 barrier, he was pleased with his time of 1:41:09.



It was left to the ubiquitous NEIL HUME to lead the GCR challenge, finishing in 6th place, (1:14:44), followed by SEAN BOWEN 1:25:47. REBECCA BARDEN ran a splendid 1:43:24, with TOM ROGERS 1:55:46;

HELEN PAINE 1:56:13; KATHRYN ALFORD 1:59:15 (her first sub-2 hour run after a year off); LOUISE SMITH 2:14:26 and JANE MOLLOY 2:38:22.

Pictured are some of the GCR's (above), both before and after the race.



Hertfordshire Half Marathon

You can't keep ELEANOR NEWTON down. Having made her club debut two weeks earlier at the Stevenage Half and smashed her PB, she knocked another minute off this weekend to record 1:36:57 at Knebworth, and was 13th lady home. She described the hilly course as "*picturesque, and one I would definitely take part in again.*" She is pictured with her friend SOPHIE BACON.

Other GCR's we could find (the official results only mentioned club affiliations randomly), were: PAUL GUY 1:20:31 (first GCR home), JACK TANN 1:25:13; PETE MCKENZIE 1:25:51—all inside the top 30—NIGEL CAVILL 1:39:30 (*pictured right*); JAMES DUNMORE 1:31:59; RICHARD ROBINSON 1:40:54 (a new PB by 3 secs); TOM WEATHERHEAD 1:51:51; ANNE HENSON 1:56:15; HELEN MOYE 1:58:40; ANN HAYDEN 2:06:12. *Apologies for any names we've missed, which can be added next week.*

Dorney River Run

This was a 6-hour timed challenge, with the option to run for as long as you wanted (up to 6 hours) and complete as many or as few 6.6 mile out and back laps as you wished. DAVE HEAL reached a special milestone, completing his 20th Marathon beside the River Thames starting and finishing at Dorney Lake boathouse. *"I chose to run four laps Marathon distance, completing this trail in 5:1:49 on slippery muddy/water logged circuit,"* he said.

His second event of the week was another huge celebration for Dave as he finished his 110th Half Marathon at Phoenix Running's *Day At The Movies*. This also had a 6-hour cut off timed trail circuit—again inviting runners to complete as many laps as they could within the time. *"I ran my 110th Half Marathon in 2:2:0 exactly and was awarded my chosen movie themed medal breakfast club medal from the American TV series and movie."* Dave was also awarded a special medal, T-shirt and certificate as he had completed his 12 Half Marathons in 12 months Global Marathon



Challenges and was presented with his awards by Phoenix Running and Global Marathon

Challenges director and adjudicator, Elite Ultra Marathoner Rik Vercoe (*photographed above*).

Adidas Fulham 10K

Both PAUL and SOFIE MARCHANT (*pictured below with her medal*) took part in the Adidas City Run Fulham 10km on Sunday. PAUL completed the course in 43:23 and SOFIE in 46:52.



Sundon Saunter

The Sundon Saunter is a 27.6 mile self-navigated trail race from Barton-le-Clay to Woburn Abbey and back. It was foggy and chilly in the first half then became a perfect sunny day for running. NICK GENEVER finished in 5:00 hours. KATH EVANS and ELAINE GILES also took part in this event.

Devizes Roundway Revenge

STUART WHITFORD took part in Devizes Running Club's Roundway Revenge. Setting out from Quakers Walk near the Kennet & Avon Canal, the route of approximately 8 miles offered breathtaking views and was dominated by the climb up Roundway Hill. *"It's been a few years since I took part in one the Roundway events organised by Devizes Running Club,"* says Stuart. *"Roundway is a series of extremely undulating hills surrounding Devizes itself. After eight miles of seriously hilly (250m gain) and super gloopy chalk mud, I'm not embarrassed to say I walked up all the steepest bits with empty legs—I'm sure caused by carrying a few pounds of chalk mud on each foot. It was a thoroughly enjoyable run, great organisation by the Devizes Running Club, and I finished in 01:28:07."*

Escape From Meriden

Ultra runner TIM COOKE completed this quirky event in the West Midlands. *"'Completed' is a grand word,"* he says, *"when in a race that has no finishing line, but starting at midnight and running 53 mostly asphalt miles is a reasonable enough distance to justify stopping. And dancing with the edge of the Peak District involved more than one dosey doe with a proper hill. As the crow flies, we had reached 42 miles, which was enough to earn a silver medal."*

"I was buddy running with a friend who lives in Manchester, so that's where we headed, starting at the very centre of the UK mainland. Our original target was a point just past Edenfield on the A56, to earn a 'black medal'. Kate had a throat infection and probably should have withdrawn, but we made it past the 'silver medal distance', with about 5 hours in light drizzle, before she called it a day. Continuing would have meant a target of 60 miles, measured as the crow flies, so more like a further 20 miles to get reach the 'gold medal distance', taking us beyond sunset in dropping temperatures, and yet more dodging of bewildered car drivers when running on pavementless roads. There's always next year..."

Dressed for all weathers, Tim is pictured (right) with his running buddy, Kate.



Parkrun Tourism

TOM WACKETT informs us that next year will mark the start of a parkrun Tourism programme, commencing in January. *"The series is based upon the least and most challenging courses locally according to elevation gain—as well as a pilgrimage to the first ever parkrun at Bushy Park in Teddington,"* he says. *"The idea is that members can post fast times around the flats, as well as testing themselves on challenging climbs."*

Dates set so far are: Castle Park (5/01); Gadebridge (2/02); Aldenham (2/03); Bushy Park, Teddington (13:04); Hampstead Heath (4/05) Tring (1/06); Roding Valley (6/07); Jersey Farm or St. Albans (Avery race) (3/08); Rickmansworth (7/09) and Gladstone (5/10). Further information as we receive it. In the meantime elevation gains can be found at: <https://jegmar.com/stats-hq/fastest-races/parkrun/>.

parkruns

A short round-up of this weekend's parkruns, with some key times and achievements. The full list of results can be found [here](#).

At Ellenbrook Fields NEIL HUME and TOM WACKETT finished 1st and 3rd respectively in times of 16:57 and 17:23 (the latter recording a new PB). Other PBs at this location were for TREVOR DAVIES, agonisingly just outside the 20 minute barrier in 20:01 and SOFIE MARCHANT, 22:04.

Other notable achievements elsewhere: ANDREW HOLT ran 19:32 at Northampton. JAMES HUIISH 19:30 in Letchworth, DANIEL PUDNER 21:03 at Wanstead Flats and OWEN GALLAGHER a new PB in 24:54 at Pocket. BRAD SMITH ran the new Jersey Farm parkrun. Said Brad, *"Jersey Farm was in winter course mode – two laps of a fairly narrow bridleway, and quite up and down. While not the best, it is great to have another local course on our doorstep. It'll be better in the summer when views back to Heartwood should be possible."*

Meeting at The Attimore

All members are invited to The Attimore on December 5th at 8.00pm when the two ballot places will be drawn for next year's *Virgin Money London Marathon*. They can also learn about the work done by the Isabel Hospice (GCR's partners for the *Festive 5* on December 9th). Speaking of that event, the club is still seeking marshals. Contact SEAN BOWEN at sean.bowen.gcr@hotmail.co.uk. Volunteers will need to arrive at Stanborough Green far end near Lemsford Lane by 8.30/45am and be available until around 10.30am.

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	Avery Race #	Date	Time	Online entry
Hatfield 5	12	25th November	10:00am	Click here
Bass Belle 10		25th November	10:00am	Click here
Sunday Cross Country League #2 Trent Park		2nd December	10:30am	<i>See your captain</i>

Festive 5		9th December	9:30am	Click here
Sunday Cross Country League #3 Willian		16th December	10:30am	<i>See your captain</i>
Buntingford Year End 10		30th December	10:30am	Click here
Sunday Cross Country League #4 Watford		13th January `19	10:30am	<i>See your captain</i>
Sunday Cross Country League #5 Royston		10th Feb `19	10:30am	<i>See your captain</i>

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. 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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