



Garden City Runners

News Release

4 November 2018

Ladies ride high at Stevenage Half Eleanor's dream debut drives team to Herts County Seniors silver prize

Stevenage Half Marathon



Early calculations suggest that GCR's ladies team won the Herts County Seniors silver team prize at the weekend's Stevenage Half Marathon. Newbie ELEANOR NEWTON (1:37:42) set the pace on her first appearance for GCR, along with REBECCA BARDEN (1:44:24) and HELEN PAINE (2:00:49), who finished the course in a highly respectable time despite not feeling her best.

The race incorporated a two-lap route (one short, one longer), laden with underpasses and dreary sections, leavened with some scenic views through Fairlands Valley Park and the generous support of marshals and spectators alike. The weather was perfect, overcast at the start with a light smattering of rain and bright winter sunshine peeping through the clouds.

Having only recently joined the club, ELEANOR was delighted with her run. *"I only took up the place offered by MARTHA HALL on the afternoon before the race and was delighted with my new half marathon PB of 1:37.42 on a course which was much hillier than it looked on the elevation plan,"* she said.



Richard Darley and Hayley Connolly

As far as achievements were concerned, both STEVE ELLERD-ELLIOTT and MICHAEL PAINE ran PBs (in 1:34:39 and 1:41:02 respectively) and RUSSELL CASEY finished 14th overall in an excellent 1:23:55.



Triumphant GCRs show off their medals

In addition to the above times, other GCR results were as follows: STEVE EDWARDS 1:43:44; BRAD SMITH 1:47:37; ROB DILLEY 1:48:42; ALISTER PARRY 1:49:31; RICHARD DARLEY 1:57:31; CAROL REID 2:01:38; HAYLEY CONNOLLY 2:04:42; ANNE PARRY 2:13:50; DAI SELWOOD 2:13:50; CHARLOTTE JONES

2:48:33; DENNIS DRAPER (pictured below) 2:55:22. *Thanks to HAYLEY CONNOLLY and TIM COOKE for additional photos.*



Meon Valley Marathon

The Meon Valley Marathon is a multi-terrain race set in the South Downs National Park. The first half was a hilly loop run on trails and country lanes, and the second half was an out and back course on an old railway line. NICK GENEVER finished the marathon in 3:55:26.

Thames Meander Marathon

SOFIE MARCHANT ran the Thames Meander Marathon setting a new PB of 4:14:45 on this out and back trail along the River Thames.

Beachy Head Marathon

RICHARD SOMERSET ran the Beachy Head Marathon at Eastbourne recently. He describes the course as "extremely lumpy", with 1,100m of climbing). *"By the time I got to 20 miles, and the start of the Seven Sisters, my legs were so sore I was forced to walk the steeper sections. Nevertheless I managed to finish in 4:03:18, for a top 200 position. Thanks to NICK GENEVER for advice and for the lift home."* Nick's time of 4:22:09 was reported last week.

parkrun round up

There were many outstanding achievements at this week's parkruns around the country. TOM WACKETT recorded a PB in finishing 6th at Hackney Marshes in a time of 17:28, and SEAN BOWEN achieved likewise down in Southampton, finishing in a time of 19:15. Running Westmill for the first time, PAUL GUY was a comfortable winner in 19:31. Ladies captain CHARLEE CHAPMAN was in action at Aylesbury, PBing in an excellent time of 22:42. Running the fast track at Ellenbrook Fields, NEIL HUME finished in his customary lead position, coming through the funnel in 17:11, with JACK TANN recording an excellent PB of 17:52 to finish 4th and TREVOR DAVIES PBing in 20:05. Meanwhile RICHARD SOMERSET borrowed some nuclear power at Sizewell, finishing 2nd in 20:28.

You can view the full GCR parkrun results [here](#).

GCR Strava Group

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

And finally ...

Belated thanks to FVH 'angels' PETA WILSON and colleagues CALLIE CHAPMAN and CLAIRE EMMERSON for rescuing me when I was severely dehydrated and on the verge of collapse at Cheshunt XC recently.

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
St Neots Half Marathon		18th November	10:00am	Race full
Herts Half Marathon Knebworth House		18th November	9:00am	
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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