



Garden City Runners

News Release

17 March 2019

GCR out in force at Welwyn Half

Racers and Volunteers take a leading role in this major local event

WELWYN HALF

It was a weekend for staying close to home for many club members. 32 GCR's took to the streets of Welwyn Garden City to race in this Sunday's Welwyn Half – 22 men and 10 women – out of a total field of 533 runners. The men's race was won by Paul Adams of St Albans Striders in 1:15:30, while the first lady back was Luton AC's Rosie McNabola in 1:20:46. The first 3 GCR men home were PETER MCKENZIE 1:23:51, CHRIS JONES 1:24:21, and TOM WACKETT 1:25:23. SARAH COTTON BOSTOCK was our first lady back in 1:36:25, almost 20 minutes ahead of JO GRANT 1:56:07 and SAM MALES 1:56:53. JACKY O'LEARY took 3rd place in the W60 category in 2:03:26 and DENNIS DRAPER notched up another M80 win.



RICHARD SOMERSET (photo courtesy of STEVE ELLERD-ELLIOTT) spread-eagled at the end of the Welwyn Half.

RICHARD, in training for next month's London Marathon and wanting to rack up 20 miles, ran 7 miles before hurling himself straight into the Welwyn Half. The picture is a testament to the effort that Richard's putting into his training.

A full table of official results for GCR finishers is on page 3 of this newsletter.

Heartfelt thanks too to the club members who enabled the race to happen by occupying a range of volunteer posts, from registration to pacing to marshalling. Three of these supporters, JAMES HUIISH, JOHN DAVIS and NIKKI COWEN uploaded some great photos and video footage of club racers to the GCR Members Only Facebook page, so do take a look.



JAMES DUNMORE, frustrated at finishing in 1:30.19, just missing his 1:30 goal, reports "Tough going down the Cole Green way, and the grassy patch by Chequers. Virtually came to a standstill on the return leg on the grass, which was frustrating as I'd worked hard to stay on the shoulder of the fantastic pacing by PAUL GUY and I would have nipped under the 1:30 by a good 30 seconds or so. That aside, it was good weather, well run event (although could do with some more water stations), and it was great to see so many GCR running and supporting". PAUL GUY as a pacer was not wearing a chip; his pace target was 1:30 and his watch showed that he admirably completed the course in 1:29:51.

PAUL GUY, pacer, being closely tracked by JAMES DUNMORE



ALEX YATES and RICHARD DARLEY running happily on the Cole Green Way

WELWYN HALF 2019 OFFICIAL RESULTS

NAME	Net Time	NAME	Net Time
PETER MCKENZIE	01:23:51	SAMANTHA MALES	01:56:53
CHRIS JONES	01:24:21	MICHAEL PAINE	01:58:30
THOMAS WACKETT	01:25:23	PAUL GATENS	02:00:20
SIMON BOSTOCK	01:25:29	MATTHEW HUNT	02:01:18
JAMES DUNMORE	01:30:19	ROBERT SAVILLE	02:01:19
ROMAIN DENIS	01:30:24	JO MATTHEWS	02:01:26
ROB HUGHES	01:35:03	JACKY O'LEARY	02:03:26
DANIEL PUDNER	01:35:09	RICHARD DARLEY	02:09:50
SARAH COTTON BOSTOCK	01:36:25	LOUISE BEALE	02:12:12
STEVE ELLERD-ELLIOTT	01:38:40	ALEXANDRA YATES	02:14:48
RICHARD SOMERSET	01:40:17	WAYNE AYLOTT	02:18:10
MICHAEL TANDY	01:44:37	JENNIFER HILL	02:19:48
RICHARD ROBINSON	01:47:13	EMMA DEMPSTER	02:25:51
STEVEN EDWARDS	01:47:39	CHARLOTTE JONES	02:31:56
ROBERT DILLEY	01:47:41	NEAL BROWN	02:35:18
JO GRANT	01:56:07	DENNIS DRAPER	02:56:13

JERUSALEM MARATHON

One adventurous club member, LORENZO FRANCHI travelled rather further afield. On Friday 15th March, he ran the Jerusalem marathon in 04:03:08. Belying that grin on his face is his verdict that it is a "very, very hilly and tough" course.

Someone was looking out for lucky Lorenzo as he ran on a dry day, sandwiched between 2 days when it rained all the day. "Never seen the desert so green in my life!"



Bath Half Marathon

KAREN and NICK ATKINSON headed west this Sunday for the Bath Half, a very popular race for many preparing for a Spring marathon. KAREN commented on the 'bright and blustery conditions'. NICK finished in 2:02:44 and KAREN in 2:11:19.

Milton Keynes Festival of Running



This is a multi-distance event with options to run 5k, 10k or half marathon.

MALCOLM DOWN nipped up the M1 to take part in the 10k event, which he completed in in 40.59 "in cold and windy conditions with a demanding climb over the last 2k!" MALCOLM finished 21st overall and was 3rd M50.

He is pictured here running alongside his son David, who came 29th in 42.11.

Ashridge Boundary Run

Our intrepid endurance running duo, KATH EVANS and ELAINE GILES, took part in the Ashridge Boundary Run on Saturday 16 April. This scenic route of approximately 16.5 miles takes in a number of the landmarks around the estate as well as ancient woodland, and is mainly run on unmade paths and trails. Official results not available at time of going to press although self-reporting on Facebook shows Elaine and Kath clearly having a very lovely day out – and they had cake at the end! Kath took the opportunity to pass on to Elaine her GCR special award which was announced last week for her.

ELAINE GILES with GCR Special Award for endurance achievements in 2018 including reaching 100 half marathons



parkruns Round-up

In total, 46 GCR members participated in different parkruns this Saturday, including many warming up for the Welwyn Half the next day. Farthest flung GCR parkrunner was STEVE GROUT, completing Jersey parkrun in 24:15.

Congratulations to HELEN STAFFORD, first lady home at Westmill in 26:49 and PAUL GUY first at Jersey Farm in 19:12. Other podium finishers were LAUREN POTTER, third lady at Panshanger in 24:19, and NEIL HUME in second place at Ellenbrook Fields in 17:52. There were two PBs to celebrate at Ellenbrook Fields - VICKY DODMAN 25:19 and MARK BOYCE 29:38. BRAD SMITH also scored a PB at Jersey Farm in 22:44.

Consolidated results for all our members this Saturday can be found [here](#)

Beehive junior parkrun – GCR takeover

A reminder of our aim that GCR provides all the volunteers for the Beehive junior parkrun on Easter Sunday 21st April. It only takes an email to volunteer your services:

1. Email beehive-juniorshelpers@parkrun.com with 'GCR take over' as your subject.
2. Include your name and parkrun ID. No parkrun ID? Register at parkrun.org.uk
3. Let Craig Stephenson, Run Director, know if there is a specific role you would like to volunteer for. If you would like more information about volunteer roles, visit <http://www.parkrun.org.uk/beehive-juniors/futureroster/>

Remember, 25 volunteering credits entitle you to a free parkrun t-shirt.

Beginners Graduation 23 March

The new beginners' graduation parkrun will take place next Saturday, 23rd March at Panshanger. Please come along to support and encourage them and do wear club vests, so that they can easily identify us. It would be great to see a significant GCR through there for this occasion which is such a lovely way to celebrate a big milestone for our newest members.

Avery League 2019

Full details of all the races and the rules for the 2019 Avery calendar can be found on the GCR website at <https://www.gardencityrunners.org.uk/the-club/avery-points/>

GCR parkrun Tourist Series

The next meetup in the series will be at Bushy Park on 13 April. 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.

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, so you can plan well ahead and get those applications in early. 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

Spring Marathons

If you're embarking on a training program for a spring marathon, have a look at the second table (on page) for the list of events that can help in building mileage to the marathon distance.

Event	Avery 2019 Race #	Date	Time	Online entry
Beginners' Course graduation at Panshanger parkrun		23rd March	9:00am	
Hawkshead Hobble		24 th March	10:30am	Click here
Ellenbrook Fields parkrun	6	6 th April	9:00am	Click here
GCR parkrun Touring Series Bushy Park		13 th April	9:00am	Click here
St Albans 10k		19 th April	10:00am	Click here
GCR takeover Beehive Junior parkrun		21 st April	9:00am	Click here
Pednor 5 - incorporating County Senior Champs		6 th May	7:00pm	Click here
Greenway Challenge		12 th May	9:00am	Click here
Wheathampstead 10k		12 th May	11:00am	Click here

Run Hertford 10k		19 th May	10:00am	Click here
MWRRL Race 1 St Albans	7	23 rd May	7:45pm	<i>See your captain</i>
Vitality London 10,000		27 th May	10:00am	Click here
MWRRL Race 2 Royston	8	6 th June	7:45pm	<i>See your captain</i>
St Albans Half Marathon		9 th June	10:00am	Click here
MWRRL Race 3 Orion	9	20 th June	7:45pm	<i>See your captain</i>
Welwyn 10k - incorporating County Vets Champs	10	23 rd June	11:10am	Click here
MWRRL Race 4 Trent Park	11	4 th July	7:45pm	<i>See your captain</i>
Ware 10s	12	7 th July	10:00am	Click here
MWRRL Race 5 – “Mob Match” WGC	13	11 th July	7:45pm	<i>See your captain</i>
Fairlands Valley Challenge		21 st July	8:00am	Click here
Fairlands Valley Spartans 3k Relays - incorporating County Vets and Senior Champs	14	23 rd July	7:30pm	<i>See your captain</i>
Jersey Farm parkrun	15	3 rd August	9:00am	Click here
St Albans 10k		4 th August		Click here
Leila’s Run	16	18 th August	9:00am	Click here
Hatfield 5k series, Race #1 - incorporating County Senior Champs	17	28 th August	7:45pm	<i>Not open yet.</i>
St Albans Stampede		31 st August	9:00am	Click here
Hatfield 5k series, Race #2 - incorporating County Vets Champs	18	11 th September	7:45pm	<i>Not open yet.</i>
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22 nd September	11:30am	Click here
Hatfield 5k series, Race #3	19	25 th September	7:45pm	<i>Not open yet.</i>
Standalone 10k - incorporating County Senior Champs	20	6 th October	TBD	<i>Not open yet.</i>
Stevenage Half Marathon - incorporating County Vets Champs	23	3 rd November	10:00am	Click here
Hatfield 5 - incorporating County Vets Champs	24	24 th November	10:00am	Click here

Marathon Training

If you’re embarking on a training program for a spring marathon, have a look at the table below for a list of events that can help in building mileage to the marathon distance.

Event	Distance (miles)	Date	Time
Oakley	20	24 th March	10:00am
Gade Valley	20	24 th March	9:00am

Eton Dorney	20	31 st March	9:30am
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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 <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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