



Garden City Runners

News Release

24 March 2019

Spring sunshine sees GCRs on the podium

Oakley 20



As spring marathons hove into view, it's an ideal time to tackle an organised long training run or race. While several GCRs were at Gade Valley for the Gade Valley Harriers' eponymous and much-loved training run, six GCRs took on this undulating road race around the scenic lanes of Bedfordshire. An unexpectedly warm morning saw two GCRs, out of a total field of 870 runners, take home age group prizes, with NEIL HUME winning the MV40 trophy and coming fifth overall in a time of 1:58:48, while ANNE HENSON (*left, receiving her trophy*) won her age group FV65 in a sterling 3:06:21. CHRIS JONES clocked an impressive 2:16:22; REBECCA BARDEN was pleased with her time of 2:44:42; Chair BRAD SMITH ran in 2:53:00, and SALLY

LAFILIN came back from 'flu to finish in 3:16:30. Special mention to MICHAEL PAINE who

persevered with an Achilles injury before sensibly calling it a day at mile 14 in the hope of being fit for his Brighton Marathon bid in three weeks' time – get well soon Michael!

Lea Valley Run Fest

A hearty contingent of GCRs travelled to the Lea Valley White Water Centre to compete in half marathon and 10K races, run round picturesque woodland trails. In the half marathon distance, STEVE EDWARDS finished in 1:49:12. In the 10K, MICK WISE ran in 52.09;



Above: GCRs celebrate after their 10K triumphs

HELEN STAFFORD was just behind him in 52:17; CHRISTOPHER PEASE finished in 59:31; NAZ GEZER-CLARKE was delighted to run comfortably under an hour in 59:33; KAREN ATKINSON finished in 1:02:29; PETER LAPTHORNE in 1:05:16; SANDRA WISE in 1:07:38; MAUREEN STEED in 1:14:57; DAWN REDWOOD in 1:17:17, and CLAIR EMMS in 1:22:59.

Hawkshead Hobble

Several GCRs took part in this multi-lap race, encompassing one-lap 5K and two-lap 10K distances, through rolling pastures and bluebell woods starting and finishing at the Royal Veterinary College in Potters Bar. All finishers receive medals in the form of cowbells. It was

another podium event for GCR, with ROBERT CARTWRIGHT (*below, with cowbell*) winning first male in the 5K event in a time of 28:17, and Rob's daughter EMILY HAMMOND was tenth lady in 34:10. In the 10K event, BECCA HAYDEN (*on the podium, below*) took silver for the ladies in 44:39; MAGGIE WRIGHT finished in 59:14; MELANIE KING not far behind in 59:33, and ALEXANDRA YATES ran in 1:02:33.



Becca writes "A beautiful morning for a 10k round the Hertfordshire countryside, it was so hot when we started at 10:45 am, shorts and a vet were a must!! A lovely cross country and hilly route through fields and woodlands, raising money for the Potters Bar Food Bank - such a friendly race and a lovely start to the day."

London Landmarks Half

GCR's RICHARD DARLEY was one of approximately 13,000 runners taking part in this closed-road half that tours some of London's most historic landmarks in Westminster and the City. Richard writes: "It was a perfect day for running around the sites of Big London Town; I've now approached The Guildhall from every angle! I was chuffed with my time of 1:58:26."

Falésia 5K

Husband and wife GCR legends TERRY and ELAINE FOWLER took part in this annual race in The Algarve around a hilly three lap course in very hot conditions. Both finished in a commendable 27:40. Terry reports: "There were no medals or t-shirts for this one, just a bad case of sun stroke for Elaine...." The race was run in a very speedy 15 minutes with an England female international marathon runner coming 4th in the ladies' race in 18:23, and the first lady finishing in 17:45.

parkrun roundup



There was a smashing turn out of 31 GCRs at Panshanger where our beginners' group (*above, with GCR supporters*) graduated in traditional parkrun style. Meanwhile, over at Ellenbrook, MARTHA HALL made her debut at the Hatfield course, taking home FLOP (First Lady of parkrun) honours in a time of 19:51. View all results for GCRs taking part in Saturday's parkruns [here](#).

GCR parkrun Tourism series

The next meetup in the series will be at Bushy Park on 13th 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. 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 below for a list of events that can help in building mileage to the marathon distance.

Event	Avery 2019 Race #	Date	Time	Online entry
Ellenbrook Fields parkrun	6	6th April	9:00am	Click here
GCR parkrun Tourism Series Bushy Park		13th April	9:00am	Click here
St Albans 10k		19th April	10:00am	Click here
GCR takeover Beehive Junior parkrun		21st April	9:00am	Click here
Kimpton May Festival		6th May	TBD	
Pednor 5 - incorporating County Senior Champs		6th May	7:00pm	Click here
Greenway Challenge		12th May	9:00am	Click here
Wheathampstead 10k		12th May	11:00am	Click here
Run Hertford 10k		19th May	10:00am	Click here
MWRRL Race 1 St Albans	7	23rd May	7:45pm	<i>See your captain</i>
Vitality London 10,000		27th May	10:00am	Click here
MWRRL Race 2 Royston	8	6th June	7:45pm	<i>See your captain</i>
St Albans Half Marathon		9th June	10:00am	Click here
MWRRL Race 3 Orion	9	20th June	7:45pm	<i>See your captain</i>
Welwyn 10k - incorporating County Vets Champs	10	23rd June	11:10am	Click here
MWRRL Race 4 Trent Park	11	4th July	7:45pm	<i>See your captain</i>
Ware 10s	12	7th July	10:00am	Click here
MWRRL Race 5 - "Mob Match" WGC	13	11th July	7:45pm	<i>See your captain</i>
Fairlands Valley Challenge		21st July	8:00am	Click here
Fairlands Valley Spartans 3k Relays - incorporating County Vets and Senior Champs	14	23rd July	7:30pm	<i>See your captain</i>
Jersey Farm parkrun	15	3rd August	9:00am	Click here
St Albans 10k		4th August		Click here
Leila's Run	16	18th August	9:00am	Click here
Hatfield 5k series, Race #1 - incorporating County Senior Champs	17	28th August	7:45pm	<i>Not open yet.</i>
St Albans Stampede		31st August	9:00am	Click here
Hatfield 5k series, Race #2	18	11th September	7:45pm	<i>Not open yet.</i>

- incorporating County Vets Champs				
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 Preparation Events

Event	Distance (miles)	Date	Time
Dorney Lake 20	20	31 st March	9:30am
Fairlands Valley Spartans	20	7 th April	8:30am

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/.

E N D S