



Garden City Runners

News Release

14th April 2019

Marathon month begins

GCR's take on Bushy Parkrun

EVENT ROUND UP

Brighton Marathon

Sunday saw the popular Brighton Marathon take place. A few Garden City Runners travelled to the coast on a day which had great weather but a tricky headwind at times. Completing the course in a new PB of 3hrs 46mins and 39secs RICHARD ROBINSON commented that it was a 'great race and well supported with a nasty headwind for the final 7-8km back from the power station. A very well organised and managed event'. ALAN ROUTLEDGE complete the course in 4hrs 1min taking it easy and trying not to aggravate an injury. Also running was KATH EVANS who achieving a personal best of 5hr 6mins commenting that there was 'an amazing atmosphere, fabulous volunteers and a brilliant support from the local NHS and St Johns Ambulance'. CHARLOTTE JONES also took on the challenge and finished in 6hr 16mins.

Phoenix Top Run

DAVE HEAL ran his 29th Marathon on a trail circuit beside the River Thames at Walton on Thames. Dave reports: 'I had dreaded Man Flu so it was – Man Flu vs Marathon and the results was Man Flu won! I cough and spluttered around the circuit of 8 laps on a 3.28 mile circuit back and forth from The Weir Pub to Walton bridge in 5 hrs 15 mins 5 secs. It was rough under foot trail with ghastly cambers & bridges. Conclusion, I should have stayed in bed! Alas I am gluten for punishment. The camaraderie amongst



runners was high with many runners starting a 10 marathons in 10 days event in Global Marathon awards programme.

I picked up my 12 marathons in 12 months Global Marathon challenges awards

certificate, medal & T-shirt from Phoenix running race director & Running legend Rik Vercoe my list to Qualify is as follows:

- 1st-4/3/18- Dorney Lake-Windsor-4:41:48
- 2nd-8/4/18-Paris Marathon-4:55:51
- 3rd-22/4/18-London Marathon-5:18:47
- 4th-13/9/18-Wendover Woods-5:46:50
- 5th-29/9/18-Phoenix-Pyjamathon-5:05:36
- 6th-12/11/18-Dorner river run-5:01:49
- 7th-1/12/18-Nottingham Christmas-4:51:39
- 8th-31/12/18-Fritch Way New Year's Eve-4:55:06
- 9th-6/1/19-Start Me Up at Hayes-4:39:47
- 10th-9/2/19-Saturn Philosophers-4:51:48

11th-17/2/19- Rayne challenge Rayne-4:49:18

12th-3/3/19-Tokyo Japan-5:03:43

So as you can see it was a tight squeeze to get the 12 done in 12 months-but I got it done!

Connemara Half

Winds gusting up to 40km/hr and a yellow warning for rain didn't stop STEVEN NOLAN completing the Connemara Half in 2hrs 23mins. Steven commented that course was beautiful and thanks everyone for the company and encouragement on the training runs for the past few months.



Parkrun Round Up

Parkrun tourism

13 GCR's ventured to Bushy Park for a spot of tourism, visiting the home of where Parkrun began. Sean Bowen commented that the Parkrun was 'Utterly brilliant. 1250 runners with a wide start and no bunching or elbowing, no repetition and no lapped runners. Superb parkland hard to believe you're in a metropolis, Plenty of parking, toilets and an outdoor café. Thoroughly deserves its place as the world's most popular Parkrun'. The next run in the series will be Hampstead Heath on the 4th May.



A further 50 GCR's took part in the weekly 5k across the country. REBECCA BARDEN ran her 50th Parkrun and NEIL HUME his 200th. PAUL GUY took 3RD a Woolacombe Dunes. NEIL HUME 2nd at Ellenbrook and CAROLINE HALE 1st female. PETER MCKENZIE was 3rd at Barclay.

For all of these week parkrun results please use the following [link](#). Please check out the forthcoming events below to see how you can help out at Panshanger parkrun and also get involved in Ellenbrook Parkruns 3rd birthday celebration!

Forthcoming Events

Welwyn 10K

Next Saturday 20th April we are promoting the Welwyn 10k at Ellenbrook Fields parkrun by giving out flyers and cake at the finish and then we are doing the same again and also providing pacers at Panshanger parkrun on Saturday 4th May.

Can you let Lou (Louise.smith0@icloud.com) know if you can help at either event by: bringing along a few cakes, giving out flyers , pacing (on 4th May)

And thank you for those who have already volunteered.

Ellenbrook Fields 3rd Anniversary 25th May

Ellenbrook Fields Parkrun will be 3 years old on the 21st May 2019! We'll be celebrating our anniversary on the 25th May and would love to see you there. The parkrun will start at the usual time of 9am, followed by some basking in the May weather, cakes, biscuits, tea and soft drinks. Come and run in fancy dress or normal dress or just come and watch and support. Everyone is welcome!

Further details at:

<https://www.facebook.com/events/591997671285184/?ti=ia>

Greensand Ridge Relay, Saturday 22nd June

GCR has been entering teams in the annual Greensand Ridge Relay every year since 1994. It's an off-road relay totalling 34 miles that starts at Leighton Buzzard and finishes at Northill (near Sandy), and is composed of 6 stages of different lengths.

Many GCR runners take part year after year, and will tell you what a fantastic event it is - it even finishes with a barbecue at a pub! However, it would be really great to see some new participants this year. Who knows, maybe we could return to the dizzy heights of 1996 when GCJ - as we were then - won 3 of the 4 trophies (i.e. all the ones that were available to us)!

There are only really 2 requirements to take part: a.) the ability to run between 4 and 9.3 miles, depending on the length of your stage, and b.) the willingness to go and reconnoitre your stage beforehand, so you do not get lost on the day. Many runners from many clubs (including ours) have confidently thought they would be able to follow the route on the day

without checking it out beforehand, only for reality to disabuse them of this fantasy, but not before they had thrown away the whole team's efforts.

So: if you want a great running day out in the Bedfordshire countryside with plenty of team support, and are prepared to fulfil the above requirements, then come and join us for a REALLY enjoyable event. We have several runners already signed up for some of the places in the 2 teams of six that GCR has entered, but a number of places are still available. Believe me you will not regret it, and you'll be warmly welcomed by the other team members! Oh, and did I mention that the entry fee is covered by GCR, so will cost you nothing.

For further information/to enter, please email John Davis the Shorter on jmdavisphd@gmail.com, or go to <http://www.smoc.info/GSRR/index.shtml>

And if any of you fancies a real challenge, you can follow in Sean's 2014 footsteps and do the whole 34 miles solo!

Avery League 2019

Details of the 2019 Avery League have been published on the GCR web site [here](#). The next Avery race is the first Mid-Week League race.

GCR parkrun Tourist Series

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](#).

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
GCR takeover Beehive Junior parkrun		21st April	9.00am	Click here
Kimpton May Day Fun Run		6th May	9.00am	On the day only
Pednor 5 & County Senior Champs		6th May	7.00pm	Click here
MWRRL Race 1, St. Albans	7	23rd May	7.45pm	See your captain
MWRRL Race 2, Royston	8	6th June	7.45pm	See your captain
MWRRL Race 3, Orion	9	20th June	7.45pm	See your captain
Welwyn 10K/County Vets Champs	10	23rd June	11:10am	Click here
MWRRL Race 4, Trent Park	11	4th July	7.45pm	See your captain
Ware 10s	12	7th July	10.00am	Click here
MWRRL Race 5 "Mob Match" WGC	13	11th July	7.45pm	See your captain
Fairlands Valley Spartans 3K Relays & County Vets/Seniors	14	23rd July	7.30pm	See your captain
Jersey Farm parkrun	15	3rd August	9.00am	Click here
Leila's Run	16	18th August	11.30am	Click here

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/.

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