



Garden City Runners

News Release

22nd April 2019

It was an Easter Scorchers!

With a very late Easter pushing out the date of the impending London Marathon, record temperatures were reached on Easter Monday, bucking the trend of UK Bank Holiday weather. We all did well, both in the heat and to run around family visits and celebrations.

Coach Travel to the London Marathon

Talking of the increasingly popular event for both runners and volunteers, there are still seats available on the GCR coach to Blackheath on **28th April**. Note that the coach will travel one way only, so people will need to make their own way home after the race. Runners, volunteers, supporters and family of members are all welcome. Åsa Moberg Grout is organising the coach, and the details are as follows:

Pick up : 'The Stanborough', Stanborough Road, AL8 6DQ
Time : 6:30am on the 28th April
Cost : £10 per person subject to a minimum of 25 runners/friends and family (and slightly more if there are fewer than 25 people).

If you'd like a seat on the coach, please contact Åsa : asamgrout@yahoo.co.uk

Running Groups

Just a reminder of the timetable of regular running groups as of 4th December.

Tuesday 6:30 – 7:45 p.m.	Social 5-6k A sociable, gentler-paced run of about 45 minutes, for those who prefer to stick to 5k.	7-8k Steady running pace: About 8-8.5 min kms (11-11.5 min miles)	9-10k Steady running pace: About 6.5-7 min kms (10-10.5 min miles)	11-12k Steady running pace: About 5.5-6 min kms (9-9.30 min miles)	Intervals All abilities. Drills are published on Facebook and by email.
Thursday 6:25 – 7:30 p.m.	Social 5-6k A sociable, gentler-paced run for those who prefer to stick to 5k runs.	8-9k Steady run: 7-8 min kms (10.5-11 min miles)		10-11k Steady run: 6-6.5 min kms (9.5-10 min miles)	Track Gosling Sports Centre

Beginners' Course

The next 10-week course will start on Tuesday 7th May at Ridgeway Academy.

The meeting time is 6:15pm for a 6:30pm start, and the course will be led by CHARLOTTE JONES.

If you know anyone who'd like to start running, or increase their distance or pace, please encourage them to enroll in the course – details are available [here](#).

EVENT ROUND UP

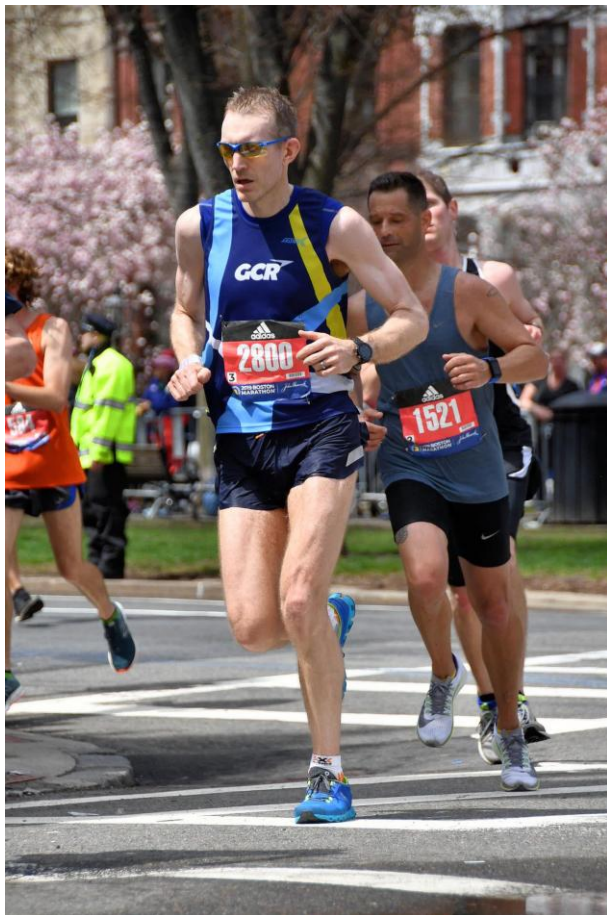
Brighton Marathon

A result that didn't quite make it into last week's edition was for JEN HILL, who finished in 4:40:29 in her first ever marathon and longest event so far. Jen writes: "I boldly entered the marathon last year with no running experience. Straight away I signed up for the GCR Beginners' Course and have since worked my way up the ranks. It was tough but equally amazing. Not sure I'll be planning another marathon just yet but I'm looking forward to carrying on running. I'm really pleased to have raised over £800 for local charity **Hertford Disability Support Group**, of which I am a trustee. Thanks to all the GCR support!"

Easter Victoria Park 10k

Good Friday was even better for PETER MCKENZIE, who ran a PB of 36:47 at the Easter Special edition of this popular chip-timed event.

Boston Marathon



Results from Monday's race weren't available for the previous edition, so we have a report for CHRIS JONES at this iconic event, known as the world's oldest annual marathon.

In a field of 30,000 runners, Chris finished in 1325th place overall, and 128th in his age category, with masterful pacing for a blistering time of 2:52:54.

Pictured here in his GCR vest, Chris reports as follows:

"This was simply the best marathon I have run with its history, prestige and the way that almost the whole state comes out to support during a public holiday in Massachusetts. I arrived at the start in 'biblical' rain which made the start village like Glastonbury in the mud. The rain stopped just before the start, to be replaced by heat and humidity! Being an almost a straight line, the course is very different to any other big city marathon; starting in relatively rural towns, it becomes increasingly urbanised as you make your way to the city. The terrain is also keeping you focused throughout. Trying to minimise damage to your quads in the early downhill sections and saving energy for the infamous late hills.

My strategy was to attempt even splits throughout at 2:53 pace. I made it halfway, dead on pace. I felt really good through the Newton Hills (miles 16-21) and my highlight of the race was cresting Heartbreak Hill knowing I still had some legs left to make some time back up. Finishing on Boylston Street still brings back goose-bumps. Not quite a PB, but given that I managed my first ever marathon negative split and the tough course, definitely my best ever marathon performance!"

Enigma Easter Series Marathons

Not content with one marathon on Good Friday, BOB SAVILLE ran another on Easter Monday! These were at the **Enigma Easter Series** at Caldecotte Lake in Hemel Hempstead, where Bob finished in 4:50:53 and, with exemplary consistency, 4:52:22.

parkrun Round Up

Although many club members were celebrating Easter at parkruns further afield, **Ellenbrook Fields** was the place to be this week for performances. The female course record was struck by ANNABEL GUMMOW of Winchester & District AC in 16:48, which is also the 4th speediest UK female parkrun ever. Conditions must have been perfect, as no fewer than 8 GCR members achieved PBs for the course – PAUL GUY 17:30, NEIL MATTHEWS 22:05, ASA MOBERG GROUT 24:22, DAVID SELWOOD 25:15, MATTHEW GREENWOOD 25:55, MARK BOYCE 28:22, DEBORAH KIRBY 29:44, and SARAH GREENWOOD 33:55. Former GCR PAUL DAVIES also featured in 2nd place with a PB of 16:44. Four of the GCRs finished in the first 8!

Congratulations to SIMON BOSTOCK who was first runner home in Sutton Park in 18:34 – his first podium finish and it was gold! SEAN BOWEN was first VM50-54 at Brockenhurst in 19:50. CELIA PARDOE achieved a PB of 28:16 and was first VW60-64 at Shrewsbury in a field of over 650 runners. There were also a couple of PBs at **Panshanger** – PAUL RICHARDSON 18:08 and HELEN STAFFORD 24:25.

Northern venues in Yorkshire and Derbyshire seemed to be particularly in favour this week, with REBECCA BARDEN 23:10 and KATY HEALY 33:47 at Woodhouse Moor and Sheffield Hallam respectively, limbering up for next week's VLM. BRAD SMITH 23:09 opted for Mansfield, and HANNAH FRANK 24:48 at Bakewell followed up her run with breakfast and (of course) a Bakewell Tart.

In all, 77 GCR members participated in 23 different parkruns this Saturday.

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

Thanks to Jane Molloy for compiling this summary.

Forthcoming Events

Avery League 2019

Details of the 2019 Avery League have been published on the GCR web site [here](#). The next Avery race is the Welwyn Garden City Half Marathon – see the Forthcoming Events table for information.

GCR parkrun Tourist Series

The next meetup in the series will be at Hampstead Heath on 4th May. 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.

For the Mid Week League races, HELEN PAINE is the GCR representative, and will be sending out race information, supplying numbers, and overseeing results. For all other "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

Event	Avery 2019 Race #	Date	Time	Online entry
GCR parkrun Tourist Series Hampstead Heath		4th May	9:00am	Click here
Kimpton May Day Fun Run		6th May	11:00am	On-the-day only
Pednor 5 & - incorporating County Senior Champs		6th May	7:00pm	Click here
MWRRL Race 1 St Albans	7	23rd May	7:45pm	See your captain
Ellenbrook Fields parkrun 3rd anniversary event		25th May	9:00am	Click here
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 & - incorporating 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
Bushey 10k		14th July	10:00am	Click here
Fairlands Valley Spartans 3k Relays & - inc. County Vets and Senior Champs	14	23rd July	7:30pm	See your captain
Ellenbrook Fields parkrun World Hatfield Festival fly-by		27th July	9:00am	Click here
Jersey Farm parkrun	15	3rd August	9:00am	Click here
Riverside 10k		4th August	10:30am	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	Not open yet.
St Albans Stampede		31st August	9:00am	
Hatfield 5k series, Race #2 - incorporating County Vets Champs	18	11th September	7:45pm	Not open yet.
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	11:30am	Click here
Hatfield 5k series, Race #3	19	25th September	7:45pm	Not open yet.
Standalone 10k	20	6th October	TBD	Not open yet.
Stevenage Half Marathon	23	3rd November	10:00am	Click here
Hatfield 5 - incorporating County Vets Champs	24	24th November	10:00am	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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