



Garden City Runners

News Release

28 April 2019

**GCRs over 65s excel at the London Marathon
& Stuart Whitford Triumphs
+
David Heal gets a Double Dose of Distance**



Rob Casserley on his way to another sub three hour marathon

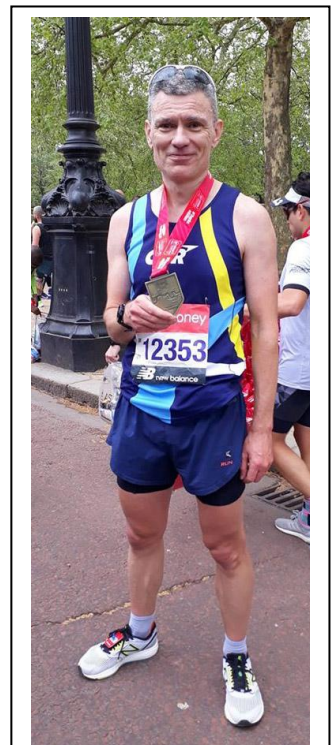
London Marathon

The 39th London Marathon had a score of Garden City Runners tackle the iconic course. Conditions were very good: fairly cool, overcast and not too windy, although the last vestiges of storm Hannah gave the occasional gust from the northwest.

NEIL HUME romped home to time exactly 2 hours 40 minutes placing 421st out of the 40,000+ finishers. Next GCR was SIMON BOSTOCK, who beat his target of 2:5 with 2:51:48. That was helped by a swift last 5km and lightweight Vaporfly shoes. PAUL RICHARDSON 2:54:25 and ROBERT CASSERLEY 2:57:34 also beat three hours with all of the above athletes pacing the race well.

In the over 50 category SEAN BOWEN timed 3:01:06 paying for a relatively fast start and RICHARD SOMERSET set a new PB by 18 minutes with 3:07:07 which was better than his target time of 3:15. Somerset was going well up until 18 miles when his quads became painful causing a slowdown so he had to dig in with gritted teeth.

LAURA COWLEY was the first GCR woman home in 3:19:36 doing a negative split being the 616th female. REBECCA BARDEN in her 7th London ran 3:36:41 and Katy Healy did a very evenly paced 3:48:49.



Richard Somerset, a great performance



Denys Baudry,
9th over 65

DENYS BAUDRY was well up in the over 65 category with 3:25:29 good for 9th. That was his 28th marathon of the year and he notes.

"The roads were pretty clear, and you could go at a decent pace straight away. I can't be unhappy with my time."

Also in the over 65s was ANNE HENSON and her 4:16:12 was good for 16th in her age category plus a PB. SARAH COTTON flirted with four hours coming home in 4:02:33.



Rebecca Barden, Louise Beale, Katy Healy & Anne Henson

NICOLA WEBLEY got under 4½ hours with 4:29:31.

The inimitable RICHARD DARLEY cruised home in 4:33:24 and comments: "It was a truly memorable day which I won't forget for a long time. The cheering from the spectators was incredible almost from the get go. Managed to get my predicted time almost to the minute and overtook several rhinos - Result!"

LOUISE BEALE thought the experience was incredible, soaking up all the energy with 4:43:32.

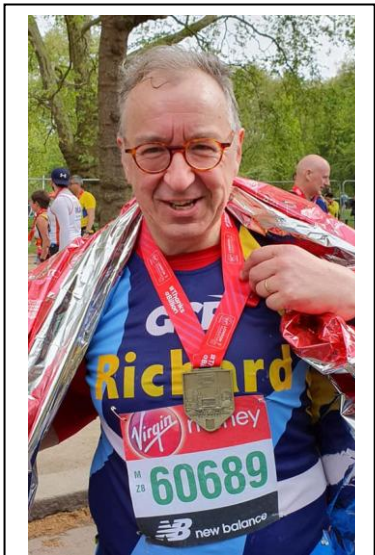
One GCR that deserves extra special credit is STUART WHITFORD. Stuart had to forego his marathon plans last year due to severe illness but bounced back with a 4:43:45 in The London beating his last time by ten minutes. Stuart says: "I got carried away and went way too fast for the first half until thump, run/walk for the rest of the route with my Garmin showing a total distance of 27.69 miles*. Lesson of the day is, to slow down and stick as close to the blue line as possible."

Stuart raised £1200 for London's Air Ambulance.

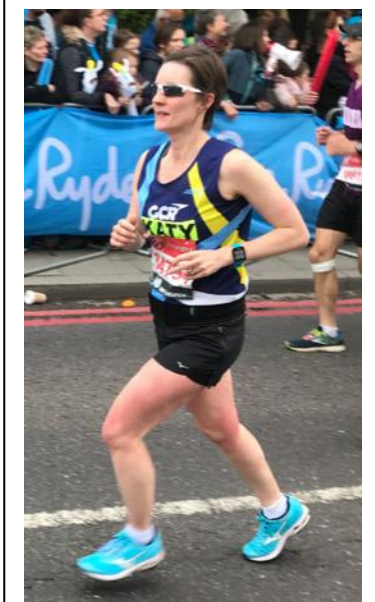
*the cover of tall buildings plays havoc with GPS readings

RICHARD SIDLIN arrived in 4:50:44. JANE MOLLOY had a fabulous run clocking a PB by over half an hour with 5:54:55 cheered on by the McCallums. The truly awesome DENNIS DRAPER strode home in 6:21:33 and was 7th over 80. Wife ELEANOR DRAPER went deep into the race before a sensible exit.

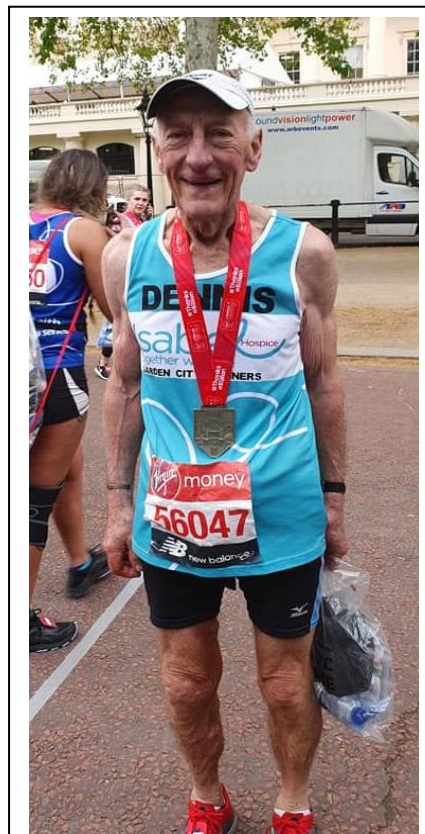
GCR had a team of helpers on a baggage lorry and greeted thousands of runners. ÅSA MOBERG GROUT organised the coach.



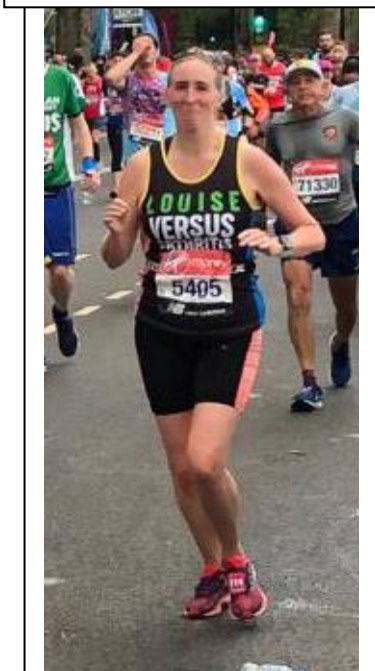
Richard Darley, super effort



Katy Healy



Dennis Draper
7thMV80



Louise Beale

Men's winner Eliud Kipchoge ran the second fastest time in history of 2:02:37 and in 2nd place Mosinet Geremew became the second fastest marathoner of all-time. Callum Hawkins set a new Scottish record of 2:08:13 whilst Charlotte Purdue's 2:25:38 put her as the 3rd fastest UK marathoner of all-time. The women's race was won by Brigid Kosgei in 2:18:20 who ran the fastest half marathon split ever. Sinead Diver from Australia set a new age best world record for a 42 year old of 2:24:10 and led for the first half of the race (aside from a few pacemakers that were further up the road wondering what to do). Britain's Nicholas Torry won the men's over 40s with 2:16:21 coming 28th overall. Other men's winners included MV45 Christopher Greenwood 2:25:50, MV50 Darren King 2:36:02, MV55 Stephen Watmough 2:40:39, MV60 Gary Neville 2:55:48, MV65 Michael Sheridan 2:57:04, MV70 David Cartwright 3:11:12, MV75 Jan Hazucha 3:29:50 and MV80 Ken Winsley 4:44:38. Other women's age category winners were FV45 Avril Mason 2:43:53, FV50 Allison Blackmore 2:55:04, FV55 Joanne Shale 2:56:34, FV60 Caroline Wheelhouse 3:17:08, FV65 Caroline Horder 3:24:12, FV70 Sue Nicholls 4:03:52, FV75 Jacqueline Jenkins 4:01:33 and FV80 Liz Borrett 4:46:24.



GCR helpers at the London Marathon

David Heal Redefines his Boundaries in a Running Bonanza

DAVID HEAL was pushing new boundaries this weekend finishing his 30th marathon/6th ultra. That began on Friday at the Saturn Running event Chasing Numbers, at Runnymede, tracing the Egham Trail Circuit beside the River Thames. That consisted of running as many 4.37 mile circuits as possible in seven hours. Heal chose to run seven full laps and little extra smaller lap to make 50km, 31.1 miles in 6hrs 39mins 26secs achieving 3rd place in that distance. The event was only £20 giving super value for money including a unique medal and ultra pin badge.

The next day Heal ran his 113th half marathon, the Ranscombe Spring Challenge hosted by Saxons, Vikings & Normans. This event was a 4.4 mile loop on a very hilly tough trail circuit close to Rochester in Kent and again seven hours long. Heal ran three laps for a half marathon timing 2:29:53 and reports: "It was a toughie and I got through it with focus and determination plus was inspired by many members of the UK 100 HalfMarathon Club."

Heal has his sights for a double day marathon hopefully soon.



David Heal's medal haul

Childerley Estate Trail 10k

BECCA HAYDEN tackled the Childerley Estate Trail 10k near Cambridge. About 600 runners took part wending their way through undulating woodland, manicured farmland and country estate. Hayden came 2nd with 42.48 and was 28th overall, and the event was well organised.



Becca Hayden
2nd at Childerley

Tideswell 15km

MATT ROYALL took part in his first trail race at Tideswell in the Peak District. That is a 15km course over rough terrain. Matt lost a little time stopping when his running buddy twisted her ankle descending down onto the Monsal Trail but still managed to come in 189th/201. Matt recommends this scenic event which had a great atmosphere.

parkrun roundup

Storm Hannah brought a cold front and high winds to much of the country, and some members were completing their tapering by volunteering instead of running, so the number of GCRs running parkruns this Saturday was lower. 58 GCR members participated at 16 different venues. The consolidated results for all of those can be found [here](#).

There were PBs for DANIEL PUDNER (19:40) at Westmill, and TOM PARMLEY (25:28) and EMMA DEMPSTER (29:42) at Ellenbrook Fields. KYLE KEAN notched up yet another PB (22:20) at Durham. The furthest flung GCR member was GARY O'LEARY at Tollcross (Glasgow).

GCR parkrun Tourism 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](#).

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 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
Kimpton May Festival		6th May	11:00am	On the day only
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 - incorporating County Vets Champs	18	11th 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		22nd September	11:30am	Click here
Hatfield 5k series, Race #3	19	25th September	7:45pm	<i>Not open yet.</i>
Standalone 10k - incorporating County Senior Champs	20	6th October	TBD	<i>Not open yet.</i>
Stevenage Half Marathon - incorporating County Vets Champs	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/.

E N D S