



Garden City Runners

News Release

31st March 2019

The lull before the running storm



April will see marathons held at Manchester, Paris, Brighton, and London, but the last weekend this March was a fairly one for results, the indicative vote for many members being to far-fling themselves towards familial roots for Mothering Sunday. LORENZO FRANCHI is pictured above, braving March temperatures for an early spring marathon.

Here's a reminder: if you haven't already notched forward the hour on your running watch, we're now in BST!

Coach Travel to the London Marathon

The traditional GCR coach will take runners, supporters, and volunteers to Blackheath on **28th April**. Åsa Moberg Grout is organising the coach, and the details are as follows:

The coach will travel one way only, so people will need to make their own way home after the race, and will

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 less than 25 people).

Payment deadline : 19th April

Payment method : cash to Åsa or Steve Grout at Tuesday intervals or Thursday track sessions, or by bank transfer/PayPal.

Åsa will confirm the bank/PayPal details once she has definite numbers and can finalise the amount. The coach needs to be booked very soon after 31st March, so **please email straight away** to reserve your seat(s) : asamgrout@yahoo.co.uk

Next Club Events

Beehive parkrun needs your help for a **Take Over**. The aim is for Garden City Runners to provide all the volunteers for the junior parkrun on **Sunday 21st April**. Some members have already come forward, but more are needed for only take a small amount of your time between 8:30am and 9:30am. See the following roster for the gaps that you could fill:

	7 April 2019	14 April 2019	21 April 2019	28 April 2019
Run Director	Hannah OXLEY	Daniel PUDNER	Craig STEPHENSON	Gareth FULLER
Pre-event Setup				
First Timers Briefing				
Warm Up Leader (junior events only)			Robert CASSERLEY	
Timekeeper			Thomas PARMLEY	
Timekeeper				
Funnel Manager				
Finish Tokens	Wendy HIRST		Charlotte JONES	
Finish Tokens			Helen PAINE	
Barcode Scanning			Robert CASSERLEY	
Barcode Scanning				
Other				
Tail Walker	Emily KETCHIN			
Marshal	Sarah DIBBS		Louise SMITH	
Marshal			Stuart WHITFORD	
Marshal			Michael WISE	
Marshal			Bruce JUDGE	
Marshal				
Marshal				
Marshal				
Marshal				
Photographer				
Token Sorting				

It takes only an email to volunteer your services:

1. Email beehive-juniorshelpers@parkrun.com with 'GCR take over' as the subject.
2. Include your name and parkrun ID. No parkrun ID? Register at parkrun.org.uk
3. Mention any specific role you would like to volunteer for.

Members' families are welcome to help - just include their details when you email. Craig is especially keen to find a junior to join him as Run Director for this particular event, so do let us know if your son or daughter would like to take on this role.

Running Groups

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

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

EVENT ROUND UP

Leighton 10k

On a chilly morning, with an early start and one fewer hours in bed, the **Races Online** team headed to the Leighton 10k. With a new course for this year and a start from Long Marston, the event saw a sell out crowd run on a relatively flat route along country roads and a canal tow path.

As the race started and CRAIG STEPHENSON was busy with the race clock, RICHARD SIDLIN took off his jumper to reveal his GCR running vest and headed off for his first competitive race in a couple of years, finishing in 49:54 - quick enough for Craig not to notice he had disappeared!

The full [provisional] results are available [here](#).

Dorney Lake Marathon Preparation Run

Runners had the choice of running 16, 20 or 24 miles at this well organised event, comprising 4-mile laps of the lake on a flat, smooth surface. JANE MOLLOY magnanimously reports that she spotted REBECCA BARDEN, ANNE HENSON and BECCA HAYDEN, running 20 miles in considerably less time than it took her to do 16. A fellow runner commented that it was good resistance training with the strength of the head winds in places, and runners were impressed with the amenities which included gels, sliced bananas, and jelly babies offered alongside water at the refreshment stations every 2 miles.

Full results for both events are [here](#). GCR members' results are below.

Name	Position	AC Position	Gender Position	Time
Becca Hayden	64	10	12	2:29:38 *
Rebecca Barden	95	4	25	2:45:27
Katy Healy	333	12	37	2:49:34
Anne Henson	339	1	62	3:00:29
Jane Molloy	131	2	65	3:23:07

* *Provisional – the official results are awaiting correction.*

Dinton Pastures Challenge and Fauja Singh Birthday Challenge

The indefatigable presence best known as DAVE HEALE ran two races this week. The first one, held at picturesque Dinton Pastures in Hurst near Reading, was a six-hour challenge event; the aim was to run as many 3.28 miles laps as possible. Dave chose to run four laps on the rough trail circuit that was stony underfoot, beside the Black & White lakes. Dave finishing in 2:13:51, extending his impressive record of half-marathons to 112!



Dave's second event celebrated the 108th birthday of the oldest marathon runner in the world : Baba Fauja Singh, pictured here with Dave.

The aim for this race was to run as many 2.014 km laps as possible within 6hrs 54 mins - the time that Fauja Singh took to run his 1st Marathon at 89 years of age. Dave chose to run 22 laps (27.53 miles), which he completed in 4:54:20. Notching up yet another endurance event, this which Dave's 28th marathon his 5th ultramarathon.

The run started at 10.00am, after the Birthday Cake cutting ceremony in which Baba (grandad) Fauja Singh cut a massive celebratory cake to set off the 108 runners allowed to run this event this year. The circuit was on road, with hills, and was hosted by Sikhs in the city runners SITC who Fauja Singh was the founder member of the running club. Dave enjoyed the finish with a "Sikhs In The City" style medal, and a massive bag of Samosas!

Conwy Marathon



LORENZO FRANCHI ran the inaugural edition of the Conwy Marathon (around 200 participants) in Llandudno. The very scenic route with "just" three hills, unfortunately the final one at the 24th mile, wound around the Great Orme, then Conwy Castle, then Conwy Bay and then back on the promenade of Llandudno. Lorenzo finished in a very solid 03:51:19.

parkrun Round Up

The consolidated club results for 30th March are available [here](#).



Pictured above are GCRs NEIL HUME and TOM WACKETT, both in pursuit of Kurtis Gibson, a non-member but notable for having a tilt at the Ellenbrook Fields parkrun course record. Kurtis' run that was apparently the 10th fastest of Saturday's parkrun events and at 15:25 probably the fastest finish in Hertfordshire that day. Neil completed a trio of runners who all finished under 17 minutes, possibly setting some kind of record. Other notable GCR performers were as follows:

PETER MCKENZIE	: 1 st finisher at Westmill in 18:18.
PAUL GUY	: New PB (17:42) at Durham, and his all-time parkrun PB!
GARY O'LEARY	: New PB (20:47) at Castle Bar.
RUSSELL CASEY	: New PB (18:11) at Panshanger, and 1 st finisher!
TOM ROGERS	: New PB (25:20) at Panshanger.
MATTHEW GREENWOOD	: New PB (28:24) at Panshanger.
Åsa MOBERG GROUT	: New PB (26:46) at Harlow.
DANIEL PUDNER	: 3 rd finisher at Harlow in 20:23.
TOM WACKETT	: New PB (17:16) at Ellenbrook Fields.
VERONICA SHADBOLT	: Highest GCR Age Grade score of 84.35%.

BECKY DAY : New PB (25:56) at Ellenbrook Fields.
JULY KEAN : New PB (26:06) at Ellenbrook Fields.
THOMAS PARMLEY : 50th parkrun.

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 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

Event	Avery 2019 Race #	Date	Time	Online entry
Ellenbrook Fields parkrun	6	6th April	9:00am	Click here
GCR parkrun Touring Series Bushy Park		13th April	9:00am	Click here
GCR takeover Beehive Junior parkrun		21st April	9:00am	Click here
Kimpton May Day Fun Run		6th May	11:00am	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	<i>See your captain</i>
MWRRL Race 2 Royston	8	6th June	7:45pm	<i>See your captain</i>
MWRRL Race 3 Orion	9	20th June	7:45pm	<i>See your captain</i>
Welwyn 10k & 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 Spartans 3k Relays & 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
Leila’s Run	16	18th August	9:00am	Click here
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	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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