



Garden City Runners

News Release

7th April 2019

Tis the time to be tapering for marathoners

While parkrunners bagged PB's aplenty

With this week's news output tapering faster than a marathon runner's prep, we bring you a slightly restricted report.

With few local races in prospect many GCR's, particularly those with Brighton and London Marathons on their minds, took the opportunity to enjoy some perfect training conditions and ramp up the final mileage on the roads and rural trails around the Garden City prior to tapering. Others once again found the shorter parkrun distances to their liking, recording a host of PB's.

Manchester Marathon

A number of GCR's, including BRAD SMITH, JACK TANN, SALLY LAFLIN and PAUL RICHARDSON took part in the Manchester Marathon, RICHARDSON registering a superb PB of 2:44:27 despite nursing a slight cold. BRAD SMITH (*pictured right*) finished in a time of 3:49:12, stating, "it was a nice flat course and perfect conditions, and runners received good support on the way round." Of his own performance he said, "I set off too fast and paid the price with a stitch around mile 18-19 miles. The wheels came off pretty quickly from there ... but I'll be back."



JACK TANN finished in a time of 3:21:36 and SALLY LAFLIN finished in 4:11:09.

Sandy 10

PAUL GUY was GCR's lone competitor in the Sandy 10—an undulating, scenic 10-mile road race in Sandy, Bedfordshire. *"It was quite a pleasant morning for a jaunt around the countryside,"* he reports. *"I went there looking for a PB and I found it, finishing 14th overall, and 7th MV40 in a time of 59:27."*

Vienna Marathon

KATHRYN ALFORD (*pictured right*) finished a warm Vienna marathon in 4:33, despite nursing an injured knee. However, she says it's a race she would definitely recommend.



Virgin Money London Marathon Coach

As usual GCR is organising a coach to take any GCR marathon runners, friends and family to the start of the VMLM at

Blackheath on April 28. ÅSA MOBERG GROUT is taking final orders so to reserve your booking contact: (<https://www.facebook.com/groups/gardencityrunners/>) or email BRAD SMITH (brad@notanyother.co.uk) without delay.

Paddock Wood Half Marathon

TOM WACKETT completed the Paddock Wood Half Marathon in an excellent 1:22:36.

parkruns

We start at Ellenbrook Fields, where the 359 lining up at the start must have comfortably been the largest ever (barring New Year's Day). The first five GCR runners home all scored PB's in the excellent conditions; all finished in the top 11, in a race dominated by 'tourist' runner LUKE ALDEN, from the City of Norwich AC. PETER MCKENZIE's 17:15 earned him 3rd place, just ahead of CHRIS JONES (17:19). Following them were ROMAIN DENIS (18:00), ROB CASSERLEY (18:13) and DANIEL PUDNER (18:36). Other PBs at

Ellenbrook Fields, where thankfully all residual water seemed to have disappeared, were achieved by STEVEN EDWARDS (21:15) and MARK BOYCE (28:38).

Elsewhere, BERNHARD TRUMMER scored a PB at Ally Pally, recording 27:57 and CHRIS PEASE did likewise at Panshanger, in 26:46, as did LUCY ILES at Heslington (in 28:35). Other notable parkrun performances included CHRIS ELAND finishing 2nd at Queen Elizabeth in 20:34 and RUSSELL CASEY running Edinburgh's difficult windy promenade in 19:07. For the full results this weekend click [here](#).

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 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	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? Do you like running? Garden City Runners is your local running club, has over 250 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