



**Garden City Runners**

**News Release**

**13 May 2019**

## **BUMPER BATCH OF RACES THIS WEEKEND**

**From parkruns to Ultras, from Wheathampstead to Innsbruck**

After this week's downpours, many GCR's celebrated the arrival of spring sunshine with a variety of different runventures on both Saturday and Sunday this week, from shorter speed challenges to long endurance events. Reports below with specific recommendations to bear in mind for this time next year.

### **Brad Smith's 100<sup>th</sup> parkrun**



GCR Chair BRAD SMITH marked his 100<sup>th</sup> parkrun in style at Panshanger on Saturday. In a feat of planning that speaks to his organisational genius, Brad's 100<sup>th</sup> parkrun was also his 50<sup>th</sup> at GCR's home parkrun. Surrounded by well-wishers, Brad cruised through the finish funnel in a perky 23:01, and then invited fellow parkrunners, marshals and spectators alike to celebrate his centenary with a slice of a very splendid cake, baked as a replica of the 100 parkruns t-shirt (*pictured, left, with Brad*). Brad commented: "parkrun is a weekly, timed run where you'll never be last. You just get round 5k by running, jogging or walking in a variety of different locations, up and down the world. Each week, hundreds of volunteers cheer on and support participants all running for their own reasons. It's a brilliant way to start the weekend.

I took a lovely cake made my friend and neighbour Daniela, of Daniela's Bakery, and enjoyed marking the occasion. The best thing about it was the last recipients of the cake were also doing their first parkruns. Welcome to the family, whoever you were, and hope to see you back at Panshanger another time soon! Thanks to my wonderful wife Laura, to all friends and fellow GCR members for also coming along to celebrate. If you're thinking of starting running, now's a great time to start."

### **Wheathampstead 10k**

The organisers of this family day out must have been delighted with the sun shining on the annual fundraiser for the local primary school. With the opportunity to refuel afterwards with burgers, hot dogs and ice creams, 17 GCRs ran the scenic and undulating 10k route. First of our runners home and first in the VM60 category was NEIL MATTHEWS in 47:29, followed by DAVE EDWARDS 49:38, JAMES AITHCHISON 49:41, then PAUL BUTLER 54:34. First GCR lady and 2<sup>nd</sup> VW55 was JACKY O'LEARY in 55:03. Next GCR over the line was MAGGIE WRIGHT 56:36, followed by HAYLEY CONNOLLY 56:57, TOM PARMLEY 57:41, MELANIE KING 59:10, SHENA LANCASTER 1:00:34, NICK ATKINSON 1:04:21, KAREN ATKINSON 1:04:22, CHARLOTTE JONES 1:10:29, KATH EVANS 1:13:16, JANE MOLLOY 1:13:27, DAWN REDWOOD 1:25:58 and MAUREEN STEED 1:25:59.



***GCR out in force and enjoying the sunshine at Wheathampstead 10k***

## Ultra Exploits

Last weekend, NICHOLAS GENEVER celebrated his 57th birthday at the **Innsbruck Alpine Trailrun Festival** in Austria. The festival offers routes of 15k, 25k, 42k, 65k, and 85k. He ran the marathon distance in 5:12:28 and the total ascent was 1,300m.



***Views of Innsbruck Alpine Trailrun in Austria, with Nicholas Genever taking on one of the descents***

This weekend, NICK followed up his Austrian adventure by completing the **LDWA South Downs Marathon**, a 28 mile circuit with 1,000m ascent, around the Seven Sisters Country Park and the South Downs, finishing in 5:17.

Meanwhile, on Saturday, DAVE HEAL and BARBARA KUBIS-LABIAK headed over to Marlow to take on the **Threshold event – Dulux Revolution Trail Ultra**. Dave completed the 32.5

mile course in 7:08:20 and Barbara in 7:20. They both strongly recommend the event, for which this was the inaugural running.

Dave was notching up his 31<sup>st</sup> Marathon/7<sup>th</sup> Ultra on his steady progression towards entry into the 100 UK Marathon Club. He reports it as "a very picturesque circuit which was officially further than 50k distance!! The first part of the route followed out north from Marlow Rugby club towards 17 miles of testing, very steep inclines on the Chiltern hills, which had me huffing & puffing at Hambleden and Swyncombe, before returning to Marlow Rugby club via Medmenham & Danefield. The second leg of the trail was kinder, following the River Thames from Marlow to Windsor Race Course through Bourne end, Cookham, Taplow and Bray, running past some exquisite mansions beside the River Thames." Dave's recommendation describes the event as "a brilliantly hosted and friendly event, well signposted throughout, with well stocked aid stations, plus a brilliant medal and beer tent at the great finish line. There are options to run a half Marathon, Marathon or Ultra and the Threshold events motto is "more is in you"



***BARBARA KUBIS-LABIAK and DAVE HEAL proudly display their Threshold Dulux Revolution Ultra medals***

While most normal runners might limber up for an ultra with a gentle 10k the day before, KATH EVANS decided to do it the other way round, tackling the **Chiltern Ridge Ultra** on Saturday before the Wheathampstead 10k on Sunday. This was also an inaugural event, and Kath was joined by ELAINE GILES for the 50k Ultra.

KATH describes the route: "Starting in beautiful Wendover woods where carpets of purple Bluebells were still looking good, to getting carried along by the Tring parkrun attendees (we wished we'd taken our bar codes!), through crops of wild garlic and up onto the Chiltern Ridge, we were treated to a great day out with spectacular views and constantly changing environments. If you're fancying a local-ish hilly ultra challenge we'd definitely recommend it. We were pretty chuffed with a finish time of 8:20."

***KATH EVANS and ELAINE GILES  
fresh-faced after conquering the  
Chiltern Ridge Ultra***



### **Greenway Challenge Half Marathon**

Just two GCRs took part in this extremely well organised but seemingly underrated self-navigated trail half-marathon, with a field of only 300, and the start/finish/cake/tea/massage area compactly nestling next to Standalone Farm in Letchworth. The glorious weather on Sunday showed off the Garden City and its long-established Greenway circular footpath, while RICHARD DARLEY, fresh from his recovery after a splendidly-paced London Marathon, and TIM COOKE, after far too much breakfast, together enjoyed a steady run with a fast finish. Tim reports "Having stayed roughly together for the entire race (despite me making two navigational errors), and after successfully reeling in two runners over the final mile, I suggested to Richard, 100 metres before the finish, that we attempt to overtake the runner who was about 50 metres ahead. Richard took off like a rocket, with me in hot pursuit, and I had to be content with watching him pip the other runner to the line while I was a fraction of a second too late to catch either of them. Afterwards, I wolfed down some vegan-friendly lemon sponge cake, and 'enjoyed' a merciless leg massage. It's nice to be finally running in the sun again."

Provisional results indicate RICHARD DARLEY completed the course in 2:09:04 and TIM COOKE in 2:09:24.

### **Staines 10K**

On what could be considered perfect running conditions of bright, mild, calm conditions, BRUCE JUDGE headed to the Staines 10K. Spurred on by enthusiastic local crowds, he competed the race in 36:01 for 12th place overall and 4th V40. Commenting on his race, Bruce explained "The course is dead flat and very fast and also gets a good field together to make the racing fast and competitive. I managed to run most of the way with an excellent small pack of like-minded runners, which meant a fast and pleasing finish time".

### **Marlow 5**

DANIEL PUDNER competed in this 5 mile flat and fast race around the beautiful town of Marlow, which has been held each year since 1984. Daniel achieved a time of 35:20, and finished in 211<sup>th</sup> position in a field of over 1500 runners.

### **Lymington Lifeboat 10k**

BETHAN MOSE travelled to the seaside to take part in this "lovely sunny (and windy) 10k down south". She achieved a stunning result in managing to knock over 2mins off her 10k PB, finishing in 45:55.

### **parkruns Round-up**

In a total of 62 GCR members at 15 parkrun events, the highest turnout was at Panshanger, with 24 GCRs supporting Chairman BRAD SMITH in reaching his 100th parkrun. New PBs were gained by Ryan Kean (20:04) and NAZ GEZER-CLARKE (28:38).

The furthest flung member was Laura Doogan; 500 miles away at Falcarragh. Other notable mentions are:

PETER MCKENZIE, 1st finisher at Westmill, with a new PB of 17:54.

TOM WEATHERHEAD, 1st VM55 at Westmill.

JUSTIN HILL, 1st VM50 on his first visit to Milton Keynes.

CHRIS JONES, 1st vet at Stevenage, and a new PB of 18:05.

VICKY DODMAN, with new PB of 23:57 at Ellenbrook Fields.

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

### **Kimpton Mayday Fun Run**

Results were unavailable at the time of the news release going to press last week. Full results can now be viewed [here](#) Special mention to PETER MCKENZIE, second male in 35:12, and MARTHA HALL, second female in 40:10.

## **Race for Life – Request for Marshals**

Each year a number of Garden City Runners help with marshalling at this event at Stanborough Lakes. If you could help at either the usual Race for Life event on SUNDAY 2nd JUNE or at the Pretty Muddy event on SATURDAY 1st JUNE, please email SUE FLETCHER at [fletchsue@yahoo.co.uk](mailto:fletchsue@yahoo.co.uk)

## **Avery League 2019**

Full details of all the races and the rules for the 2019 Avery calendar can be found on the GCR website at <https://www.gardencityrunners.org.uk/the-club/avery-points/>

## **GCR parkrun Tourism**

The next meetup in the series will be at **Tring** on 1<sup>st</sup> June. 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](mailto: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](mailto:sean.bowen.gcr@hotmail.co.uk) | 07802 382596

CHARLEE CHAPMAN | [charlotte.chapman27@live.co.uk](mailto:charlotte.chapman27@live.co.uk) | 07986 326518

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Event	Avery 2019 Race #	Date	Time	Online entry
<b>Run Hertford</b>		<b>19<sup>th</sup> May</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>MWRRL Race 1 St Albans</b>	<b>7</b>	<b>23<sup>rd</sup> May</b>	<b>7:45pm</b>	<i>See your captain</i>
<b>Ellenbrook Fields parkrun 3<sup>rd</sup> anniversary event</b>		<b>25<sup>th</sup> May</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>GCR parkrun Tourist Series Tring</b>		<b>1<sup>st</sup> June</b>	<b>9:00am</b>	<a href="#">Click here</a>

<b>Race for Life Pretty Muddy Event, Stanborough Park</b>		<b>1<sup>st</sup> June</b>	<b>11:00am</b>	<a href="#">Click here</a>
<b>Race for Life 5k, Stanborough Park</b>		<b>2<sup>nd</sup> June</b>	<b>11:00am</b>	<a href="#">Click here</a>
<b>MWRRL Race 2 Royston</b>	<b>8</b>	<b>13<sup>th</sup> June</b>	<b>7:45pm</b>	<i>See your captain</i>
<b>MWRRL Race 3 Orion</b>	<b>9</b>	<b>20<sup>th</sup> June</b>	<b>7:45pm</b>	<i>See your captain</i>
<b>Welwyn 10k &amp; - incorporating County Vets Champs</b>	<b>10</b>	<b>23<sup>rd</sup> June</b>	<b>11:10am</b>	<a href="#">Click here</a>
<b>MWRRL Race 4 Trent Park</b>	<b>11</b>	<b>4<sup>th</sup> July</b>	<b>7:45pm</b>	<i>See your captain</i>
<b>Ware 10s</b>	<b>12</b>	<b>7<sup>th</sup> July</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>MWRRL Race 5 – “Mob Match” WGC</b>	<b>13</b>	<b>11<sup>th</sup> July</b>	<b>7:45pm</b>	<i>See your captain</i>
<b>Bushey 10k</b>		<b>14<sup>th</sup> July</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Fairlands Valley Spartans 3k Relays &amp; - inc. County Vets and Senior Champs</b>	<b>14</b>	<b>23<sup>rd</sup> July</b>	<b>7:30pm</b>	<i>See your captain</i>
<b>Ellenbrook Fields parkrun World Hatfield Festival fly-by</b>		<b>27<sup>th</sup> July</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Jersey Farm parkrun</b>	<b>15</b>	<b>3<sup>rd</sup> August</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Riverside 10k</b>		<b>4<sup>th</sup> August</b>	<b>10:30am</b>	<a href="#">Click Here</a>
<b>Leila’s Run</b>	<b>16</b>	<b>18<sup>th</sup> August</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Hatfield 5k series, Race #1 - incorporating County Senior Champs</b>	<b>17</b>	<b>28<sup>th</sup> August</b>	<b>7:45pm</b>	<i>Not open yet.</i>
<b>St Albans Stampede</b>		<b>31<sup>st</sup> August</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Hatfield 5k series, Race #2 - incorporating County Vets Champs</b>	<b>18</b>	<b>11<sup>th</sup> September</b>	<b>7:45pm</b>	<i>Not open yet.</i>
<b>Stevenage 10k</b>		<b>15<sup>th</sup> September</b>	<b>10:30am</b>	<a href="#">Click here</a>
<b>Five Rivers Challenge</b>		<b>15<sup>th</sup> September</b>	<b>8:00am</b>	<a href="#">Click here</a>
<b>St Paul's Walden Bury Runs 10K, 5K, 2K &amp; Family Fun Day. In aid of Autism Angels</b>		<b>22<sup>nd</sup> September</b>	<b>11:30am</b>	<a href="#">Click here</a>
<b>Hatfield 5k series, Race #3</b>	<b>19</b>	<b>25<sup>th</sup> September</b>	<b>7:45pm</b>	<i>Not open yet.</i>
<b>Standalone 10k</b>	<b>20</b>	<b>6<sup>th</sup> October</b>	<b>9:30am</b>	<a href="#">Click here</a>
<b>Stevenage Half Marathon</b>	<b>23</b>	<b>3<sup>rd</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Hatfield 5 - incorporating County Vets Champs</b>	<b>24</b>	<b>24<sup>th</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>

### **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](http://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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)

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