



**Garden City Runners
News Release**

19 May 2019

Helen and Harvey hog Hitchin limelight While other GCR's hop over to Hertford

Most of the local running action this weekend took place, either in Hertfordshire's county town or further west, in the market town of Hitchin.

Hitchin 10K

HELEN PAINE took part in the Hitchin 10K, starting and finishing in the town centre (as most of the Hitchin races do), but with the majority of the race on rural, undulating roads, which she described as "a good course". Helen finished in 54:48, setting her up nicely to tackle the 10K Midweek League race in St. Albans later this week. Ahead of her was the other GCR participant, PETER HARVEY (*pictured right*), who was delighted with his excellent time of 38:50, which earned him 10th out of 358 finishers (and 2nd MV50). "This is a nice road race with a good town centre finish," he reports.



Run Hertford 2019

There was a good turnout of GCR runners (*many of whom are pictured below*) at the fairly low-key Hertford 10K fundraiser (which included a 5K and 2K fun run). With all races starting close together, there was some confusion early on, with several 10K runners taking a wrong turn and adding in an extra loop, according to GCR's JANE MOLLOY, who herself erred in following red arrows rather than

blue ones. *"Once I'd sorted myself out and found the right way, it was very*



straightforward along the towpath to Ware then back along the main road," she says. Her official time was 1:16:23, but that included her unofficial extra half mile! No club affiliation is listed in the official results but among the other GCR's were ROBERT SAVILLE (52:30); JOHN APLING (54:24); TOM ROGERS (55:46); JOHN DAVIES (56:22); DAVID

SELWOOD (56:25); RICHARD DARLEY (56:41); NIKKI COWAN (58:34); MELANIE KING (58:52); PETER LAPTHORNE (1:09:53); LOUISE O'DONNELL (1:11:01) and LINDA HAMM (1:11:02). Apologies to anyone who has been overlooked.

Virgin Sport Hackney Festival of Fitness

DAVE HEAL (*pictured*) ran his 114th Half Marathon at *Virgin Sport Hackney Festival of Fitness* event in 1:57:12 on an undulating road circuit around the streets and parks of Hackney. The race started and finished at a massive running festival village at Hackney Marshes. Dave says, *"The atmosphere was buzzing with 22,000 other runners on the circuit. We ran past many steel bands, rock bands, belly dancers and plenty of other road side entertainers which added to a truly fantastic event. This ranks high on my favourites up with the Great North Run, Run to the Beat and Royal Parks Half.*



Dave's photo sees him in the new T-shirt as a full member of the new 100 UK 🇬🇧 Half Marathon Club which was formed seven weeks ago. *"If any club members are on a journey to 100 Half or have completed 100 Half Marathons you can join this club as well as Garden City Runners," he says.*

First for Daniel

DANIEL PUDNER (*pictured*) ran the 2nd Bengo Scout Group Inaugural Fun Run at Heath Mount School and finished first in a time of 13:45 (for the approx 3.5km course). He can be seen below wearing one of the new GCR T-shirts.



Great Wall Marathon

Well-known local runner KERRY HENDERSON, who relocated first to Manchester (and later Shanghai), had the distinction of running the *Great Wall Marathon* at the weekend. With second claim to GCR, she completed the course in 6:57:24. Since its inception in 1999, the *Great Wall Marathon* has become revered as one of the world's most challenging marathons. The field has grown steadily to a sell-out event with 2,500 runners from over 60 nations. Congratulations to Kerry, who is pictured (right) with her medal.



parkruns

On a relatively quiet week for news we can publish GCR members' participation in parkruns in full.

Panshanger

GCR had three runners finishing in under 20 minutes at Panshanger, and all inside the first 10. CHRIS ELAND led the way in 19:22, closely pursued by RUSSELL CASEY in 19:26 and JUSTIN HILL in 19:28. Behind them were GARY O'LEARY (20:47); ROB CASSERLEY (20:52); PAUL GATENS (22:51); HELEN STAFFORD, whose time of 23:45 set a new PB; FREDI GILBERTI (24:15); ALI EROGLU (25:03); RICHARD DARLEY (27:28); MATTHEW HUNT (27:39); HANNAH FRANK (27:50); TOM ROGERS (28:31); TOMASZ PISULSKI (28:34); SHENA LANCASTER (29:19); CHARLOTTE JONES (34:59) and DENNIS DRAPER (37:01).

Ellenbrook Fields

There were PB's aplenty for GCR runners at the fast Ellenbrook Fields course. While that man PIETER VERMEESCH again took top spot, leaving GCR runners trailing far behind, CAROLINE HALE was the first lady home (in a highly creditable time of 19:46). Best GCR on the day was ADAM WADLEY (18:11) followed by ROB HUGHES (19:04) and RYAN KEAN (19:22), both of whom set new PB's. NEIL BRITTAIN finished in 20:24; NIGEL CAVILL (20:39); BRAD SMITH (21:50) and MICHAEL TANDY (21:55). JAMES AITCHISON's time of 22:05 was a new PB, as was JUSTIN KEAN's 22:23 finish. REBECCA BARDEN came home in 22:39 followed by TERRY FOWLER (23:08); VICKY DODMAN, whose 23:39 set a new PB; STUART WHITFORD (24:28); RICHARD BROWN (24:43); THOMAS PARMLEY (24:44, giving him a new PB); YVONNE JONES (26:01); JULY KEAN (26:07, just a second outside her best), while the ever-improving MAGGIE WRIGHT set another PB in 26:38. Following her were MARK CASWELL (26:56); MARK BOYCE (27:40, another PB); CAROLINE HUGHES (29:29); DEBORAH KIRBY (29:35, a new PB); RICK HOLE (31:14); HELEN JOHNSON (32:49); EMILY HAMMOND (33:17); JANE MOLLOY (33:21); CIARAN WELSH (35:14); JOY ALLEN (36:07) and SOFIE MARCHANT 51:17.

Other parkruns

Up at Bedford Park ROBERT SAVILLE completed the parkrun in 24:52, while CASSANDRA BELCHER participated at Bournemouth, finishing in 26:50. Closer to home at Oak Hill, TOM CASSERLEY recorded a time of 34:40 and at Westmill GCR club captain, SEAN BOWEN finished a creditable 2nd ... just a second outside the 20 minute threshold but still managing to record a course PB. At the same venue TOM WEATHERHEAD ran 24:06, JOHAN PREIS 24:29 (also a PB) and NICK PORTALSKI 32:36. Further up the A1, TICHAONEZVI J RUREDZO completed the course in 36:48 while SHAUN KENT ran Gunpowder at Waltham Abbey in 24:59—a new course PB for him—and BERNHARD TRUMMER was in action at Ally Pally, recording 27:28, which was also a PB for him. West of the county at Cassiobury, TONY HARDEN produced a time of 28:24 while across the Irish Sea LAURA DOOGAN was amongst the small field at Falcarragh, Co. Donegal finishing through the funnel in 39:01. Jersey Farm saw a highly creditable 2nd place for PAUL GUY in 18:29, with ANDREW HOLT also finishing in the top 10, in a time of 20:52. Fresh from his fun run the previous day, DANIEL PUDNER ran Dunstable Downs, finishing 6th, just outside the 20 minute barrier (in 20:15). In a large GCR turnout, STEVE GROUT finished in 25:11; ÅSA MOBERG GROUT in 28:04, while the other husband and wife partnership of JAC and FRASER McCALLUM finished respectively in 39:51 and 39:54. Finally, LYNETTE STEWART ran the Uckfield course in a time of 31:27.

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
Ellenbrook Fields 3rd anniversary parkrun		25th May	9.00am	Click here
GCR parkrun Tourist Series, Tring		1st June	9.00am	Click here
Race for Life Pretty Muddy Event, Stanborough Park		1st June	11.00am	Click here
Race for Life, Stanborough Park		2nd June	11.00am	Click here
MWRLL, Race 2, Royston	8	13th June	7.45pm	Click here
MWRLL, Race 3, Chingford	9	20th June	7.45pm	Click here
Welwyn 10K (inc Co Vets Champs)	10	23rd June	11.10am	Click here
MWRRL, Race 4, Trent Park	11	4th July	7.45pm	Click here
Ware 10's	12	7th July	10.00am	Click here
MWRRL, Race 5, 'Mob Match' WGC	13	11th July	7.45pm	Click here
Spire Bushey 10K		14th July	10.00am	Click here
Fairlands Valley Spartans 3K Relays (inc Co. Vets and Senior Champs)		23rd July	7.30pm	<i>See your captain</i>
Ellenbrook Fields parkrun World Hatfield Festival fly-by		27th July	9.00am	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/.

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