



Garden City Runners

News Release

6th May 2019

GCRs hit the pace in Bank Holiday bonanza



Above: GCR pacing squad line up at Panshanger ... full report below

ABP Southampton Marathon

SARAH HALLIDAY travelled to the south coast to tackle the 26.2 distance. Sarah reports that apart from a couple of testing hills it was a "lovely route" and was pleased with her time of 5:01:45.

World Triathlon Championships, Pontevedra

GCR's CHARLEE CHAPMAN took part in the aquabike event in the triathlon world champs in Pontevedra this weekend. The event involved a 1500m swim and a 75 mile bike ride with 1800m climb per lap. Charlee completed the swim in 30:35 and the bike ride in 3:54:17, her total time including transitions of 4:30:53 placing her 4th in her age group and 34th female. Congratulations to Charlee on an amazing performance!



Above: Charlee Chapman in action at Pontevedra

Llangollen Trail 10K

SALLY LAFLIN took part in this undulating off-road race and finished in 55:42.

St Illtyd's Way 50K Ultra marathon

The bank holiday weekend saw KATH and MIKE EVANS take on the challenge of the St Illtyd's Way 50k Ultra marathon. Kath reports: "Saint Illtyd was held in high veneration throughout Wales and as a result of his piety, sagacity and miraculous power this pilgrimage was created in his honour. The route began at the Bury Port yacht club, before heading into the rustic beauty of Pembray Country Park, then climbing ever upwards through the bluebell woods with the reward of scenic views of the Loughor estuary, Whitford sands, glimpses of Rhossili and the Worm's head. Runners headed over to Swiss Valley reservoir before turning around and heading back to the yacht club via the many hills to take in the views from a different perspective.

It was billed as the toughest 50k in the country! The hills were certainly fun and just kept on giving. The organisation, marshalling, signposting, aid stations and the bling were all outstanding and contributed to a cracking day out, definitely one to try!"



Above: Kath and Mike with well-earned bling after the St Illtyd's Way Ultra.

Kimpton May Day Fun Run

A large contingent of GCRs (*pictured, below*) travelled to Kimpton to take part in this approximately 9k race, described as "an undulating off-road circuit through lovely countryside and bluebell woods". Results were not available at the time of going to press, and will follow in the next news release.



Whinlatter Forest parkrun

LOU SMITH sends this special report from Whinlatter Forest parkrun:

"Following a timely email from GCR members numbers 4 and 5, John and Gill Scrivens (more on them later) wishing our runners well in last weekend's London Marathon, I changed my Lake District parkrun plans and went with my son Cameron to Whinlatter Forest. This is the third parkrun in the Lakes and started in 2018. It is located just west of Keswick in beautiful woodland with wonderful views over to Derwent Water and the surrounding mountains. However what makes this event really stand out is that it has the greatest elevation of any parkrun in the UK and probably the world. It finishes higher than it starts and I felt every one of the 672 feet of height gain (pain?). Spurred on by my son, I ran every step of the way and there are two glorious downhill runs with the final one ending at the finish. This was my first parkrun in a new age category, probably my slowest, but certainly the most exhilarating.

Whinlatter Forest makes my top five favourite parkruns and I will certainly return to give those hills another go - preferably not following a 10 mile day of mountain trekking.



Then it was on to the pretty cafe in the woods to meet John and Gill (*pictured, left, with Lou*), GCR members who moved to The Lakes 19 years ago and follow the weekly news report with interest. John has had a recent good for age entry in the London Marathon and they both keep very fit, enjoying the beautiful countryside where they live. They volunteer at Whinlatter Forest each week and it was John's 50th volunteering event. You can see the customised T shirt that he wears for the critical directional marshal point that he occupies. For any GCR member visiting the

Lakes, do think about visiting Whinlatter, where you will get a very warm welcome from everyone, and particularly Gill and John."

parkrun roundup



It was an eventful Saturday for parkrunning GCRs, with club members out in force at Panshanger, providing marshals, cakes, leaflet-distributors and a top-notch pacing team (*left*) as part of our promotional campaign for the forthcoming Welwyn 10K. There were over 500 runners at Panshanger and our pacing team helped 111 of them to achieve new course pbs. Top ten finishers for GCRs included CRAIG BROWN, 8th in 18:58, and Chair BRUCE JUDGE 10th in 19:02.

RACHEL HICKEY was 3rd lady in a time of 22:47.

Meanwhile, six GCRs travelled south to Hampstead Heath for the latest event in the GCR parkrun tourism series. Runners reported encountering more hills than they'd expected but nevertheless all recorded commendable times, with MARKUS ALLEN finishing 9th in 19:22. ANNA BELLINGHAM took advantage of the bank holiday break to travel to the seaside, where she was 3rd lady at Clacton Seafront in a time of 22:57. DANIEL PUDNER visited Sixfields Upton parkrun in Northampton, and was 5th in 19:29; closer to home, CAROLINE HALE was 1st lady at Ellenbrook Fields in 20:21.

Full results for this Saturday's parkruns can be found [here](#).

Forthcoming Events

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#). The next Avery race is the first MWL at St Albans on 23rd May – see the Forthcoming Events table for information.

GCR parkrun Tourist Series

The next meetup in the series will be at Tring on 1st 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](#).

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
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
W'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>
Stevenage 10K		15th September	10.30am	Click here

Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	11:30am	Click here
Field 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