



Garden City Runners

News Release

2nd June 2019

GCRs take on the UK Athletes of Outstanding Natural Briskness in action

Great Hertfordshire AONB Marathon, Half and 10K

This multi-terrain event offers breathtaking views to match the hills runners must climb to enjoy them. Our correspondent PETER HARVEY writes: "Ten GCRs tackled the most undulating course in Hertfordshire with super views across the end of the Chiltern Hills.

In the marathon distance, LORENZO FRANCHI, despite going slightly awry and running an extra three miles, completed the course in 4:56:06. The dynamic duo of ELAINE GILES and KATH EVANS finished in 6.22.47 which, given the heat, was a super effort. CHARLOTTE JONES timed exactly 7 hours in an inspiring run epitomising endurance, fortitude and tenacity.





Left and above: marathoners Lorenzo Franchi, Kath Evans and Elaine Giles, and Charlotte Jones.

In the half marathon, ALEX YATES and TIM COOKE came in together at 2.20.01, and KAREN and NICK ATKINSON likewise crossed the line together in 2:34:29.

In the 10k PETER HARVEY came 2nd in 43.46 out of 144 finishers. He arrived only two minutes before the start, dumped his bike, changed, sneaked through the field to the front and acquired a number from Races Online. He was down for the marathon but did not feel well, overslept and cycled up at speed from Welwyn Garden City. The first

three finishers were all over 50 years old! Also finishing for GCR was RUSSELL DEVITT in 1:06:03. The event was a big success and well worth doing."

Needles Half Marathon

MICHAEL TANDY was in action off England's South Coast, where he ran Needles half marathon on the Isle of Wight today. Tackling a course that featured 389m of elevation gain with beach and cliff sections, Michael was pleased to finish in 1:55, 91st out of 354 runners.

Below: runners on the Needles half marathon course



Anglesey 10K

BECCA HAYDEN and mum ANN travelled to Wales to take on the Anglesey 10k. Having originally planned to run the trail half marathon, they decided to switch to the 10k distance due to injury.



Becca writes: "Undeterred by our inability to run, we decided to walk the route. It was a stunning course and we enjoyed the atmosphere and the friendliness of the marshals. Walking off road through the scenic woodland and along the beach made it all worthwhile. We would definitely recommend the event!"

Mother and daughter (*pictured left, with their medals*) completed the undulating "walk" in 1hour 43 mins, definitely not a pb for either, but, Becca reminds us, "it's the taking part that counts and we enjoyed every minute."

Blenheim Palace Triathlon

GCR's ELEANOR NEWTON competed in the Blenheim Palace spring distance Triathlon on Saturday 1st June.



Eleanor (*pictured left with bling, enjoying a post-race lolly*) faced tough conditions with a 400m incline from the swim exit to the transition area and 28 degrees heat, as her wave set off at 1.20pm. However, Eleanor reports that “it was a stunning course and thoroughly enjoyable.” Eleanor finished in 1:35:30, which put her 16th out of 162 competitors in her age group and the top 8% of all women.

***Midweek League Reminder* (and The Mystery of the Women’s Trophy)**

Don’t forget to mark your diaries for the second Midweek League race, at Therfield near Royston on Thursday 13th June at 7.45pm – Race HQ is Therfield Cricket Club, Recreation Ground, Therfield SG8 9QG. Details have been emailed and posted on Facebook, but if you haven’t received them, please contact Helen Paine, helenpaine@hotmail.co.uk – let’s see if we can beat our fantastic turn out at St Albans.



While we’re on the subject, Sean Bowen has made a special appeal for any aspiring Hercule Poirots or Miss Marples among our regular readers to help solve the mystery of the missing Division 2 Women’s Team trophy, won last year by Team GCR. The trophy (*pictured left, with winning team members*) is due back to League Secretary Karen, preferably by the next race at Royston on June 13th.

Please contact Sean Bowen, Helen Paine, or news@gardencityrunners.org.uk if you know where it might be. A bun-based reward is offered to anyone with information leading to its retrieval.

parkrun roundup



Above: some of the GCR contingent at Tring parkrun

Saturday saw parkrun tourism chief JAMES HUIISH crank up the GCR charabanc for a club outing to Tring's famously hilly course. Just to add interest, the course was run in reverse to celebrate Tring's 250th event. GCR's ANDREW HOLT and RICHARD SOMERSET featured in the top ten, clocking 21:16 for 8th place and 21:27 for 10th respectively. MARTHA HALL was first lady in 22:02.

Elsewhere, it was a week for the ladies with pbs a-plenty. BETHAN MOSE set a new pb of 22:27 at Southsea parkrun; CAROLINE HALE was 2nd lady at Ellenbrook Fields in a time of 20:15; HELEN STAFFORD also ran a pb of 22:58 at Walsall Arboretum parkrun; KATY HEALY was 4th lady in 23:31 at Rushmere. Not a lady but still jolly speedy was PAUL GUY, 5th at Gorleston Cliffs parkrun in 18:27.

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 second MWL at Royston on 13th June – see the Forthcoming Events table for information.

GCR parkrun Tourist Series

The next meetup in the series will be at Roding Valley on 6th July. 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
St Albans Half Marathon		9th June	10:00am	Click here
MWRRL Race 2 Royston	8	13th June	7.45pm	<i>See your captain</i>
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
Leila'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
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	11:30am	Click here
Hatfield 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/.

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