



Garden City Runners

News Release

9 June 2019

David Heal Double Delight & St Albans Half Marathoners Enjoy their Ice Lollies



David Heal's double Marathon weekend

Race to the Tower, two Marathons in two Days

DAVID HEAL ran, walked and crawled up some very steep hills on the Cotswold way in the Threshold Event "Race to the Tower" which consists of two marathons in two days. David particularly recommends the first marathon which started at Whitehill near Stroud and was very slippery and boggy because of torrential rain. David polished it off in 6:50:41. Then after camping out at Colgate Farm, Charlton Kings, just outside Cheltenham, he set off at 6.15am for the second marathon. That finished at Broadway Tower which he reached after 7:13:27 of tough terrain. All finishers got a fantastic medal, T-shirt and can of Heineken lager. David notes:

"This event was the second most difficult race I have done to date other than the Ironman Barcelona 2015. The wind was gusting on top of many exposed ridges and the hills were best described as brutal all the way through both days!!

St Albans Half Marathon & 5k

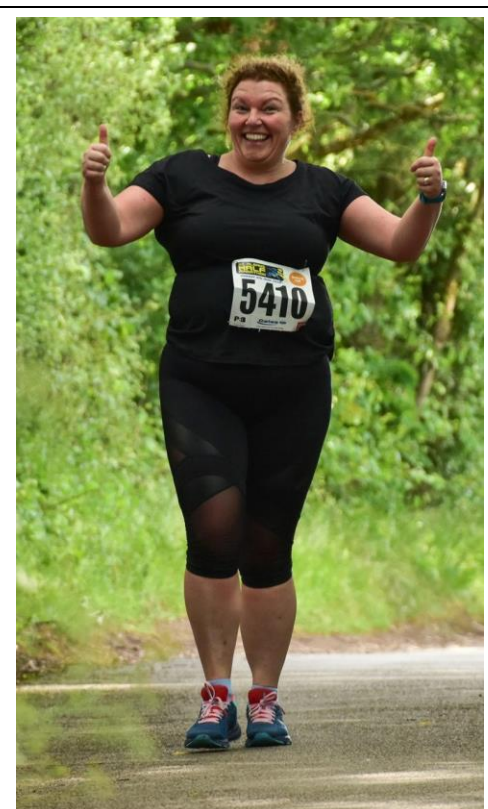
The largest half marathon in Hertfordshire had a sprinkling of GCRs tackle the undulating course. NEIL HUME stormed home to 6th in 79.27 and was 2nd over 40. JAMES DUNMORE duked it out with SEAN BOWEN (3rd over 50) finishing 73rd in 89.13 and 63rd in 88.19 respectively. BARBARA KUBIS-LABIAK found the day a bit hot but still got under two hours, timing 1:58:31 and loving the event which had amazing support along the way. RICHARD DARLEY finished in 2:12:24 and KATH EVANS in 2:26:51. JACQUELINE MCCALLUM took on the walking half marathon, finishing in 3:10:08. A most commendable performance was that of the ever-improving HANNAH BOWMAN who sensibly took things easy due to a swollen knee, completing her first ever half marathon distance in 4:09:35.

In the 5k HELEN PAINE cruised around in 28.21.

Unfortunately the results were not listed by club and so do send your result in into: results@gardencityrunners.org.uk



James Dunmore earned his ice lolly



Jacqueline McCallum

Man Vs Horse

TIM COOKE took on this endurance running event in Llanwrtyd Wells, in which humans on two legs race against humans on four legs. Tim explains: "It's a unique race where a pack of ridden horses and a pack of runners share the same course, with various safety provisos and horse vet checks.

The horses set off 15 minutes after the runners, to prevent congestion on the first hill causing a problem, so when the first runner finished the first horse has 15 minutes to cross the line, or the runner wins.

Only one man has ever won, but last year the margin was less than a minute."

Tim ran an amazing 4:36:25, a pb of 30 minutes, and commented afterwards, "I have no words. I have no legs either."

Welwyn Hatfield Rotary 10km

Willow Gibson enjoyed this very low key 10km from Welwyn Garden City heading out to Brocket Park and back.

parkrun roundup

STEVE GROUT went to Scandinavia and ran the Tøyen parkrun in Oslo timing 24.42 plus took in the Malmö parkrun too. You may wonder how that is possible in the same week? One parkrun was on a Thursday! How very unBritish. No parkrun rules were broken given it was one of two annual extra parkruns which countries are allowed, this one held on Swedish National Day. Also in Norway was LOUISE SMITH at Løgstien where she ran in 32.07.

Panhanger Park:

2nd THOMAS WACKETT 18.46

4th ROBERT CASSERLEY 19.07

5th CHRIS ELAND 19.24

PAUL GATENS 23.32, JOHAN PREIS 24.26, ALI EROGLU 25.47, ROBERT SAVILLE 27:02, THOMAS PARMLEY 27:12, MATTHEW HUNT 27.22, MAGGIE WRIGHT 27.30, ALEX YATES 29.20, CHARLOTTE JONES 34.52, PETER LAPHORNE 35:16, ELEANOR DRAPER 47.46.

Ellenbrook:

1st PIETER VERMEESCH 17:02

7th RYAN KEAN 19.17

11th ROB HUGHES 19:41

12th NICK PORTALSKI 20.11, PETER JASKO 20.30, NIGEL CAVILL 21.52, JUSTIN KEAN 22.37, 5th lady Rebecca BARDEN 23.46, 6th lady VERONICA SHADBOLT 23.52, undaunted by a bicycle crash last week, ANDY SHADBOLT 25.22, JULY KEAN 25.43, TONY HARDEN 27.16, RICHARD DARLEY 28.05, KATH EVANS 31.08, JERRY GILBERT 31:08, CAROLINE HUGHES 31.14, RICK HOLE 32.39, who it's especially nice to see running given the difficulties he manages, BECKY DAY 34:27.

Cherry picking a few of the many other Parkrun performances by GCRs:

MARTHA HALL was 1st lady at Stevenage (one of five GCRs) with 20.00. PAUL GUY was 1st at Jersey Farm with 18.46. RICHARD SOMERSET ran a creditable 19.49 to finish 4th at Wardown Park while BRAD SMITH did 22.34. In the face of adversity TOM WEATHERHEAD did Westmill in 24.46. DANIEL PUDNER's 20.45 was good for 6th at Walthamstow. JUSTIN HILL was 3rd at Holkham with 20.14. NEIL HUME was 2nd at the hilly Wendover Woods with 19.34 and Åsa Grout did 26.44.

For a full list see: <https://www.parkrun.com/results/consolidatedclub/?clubNum=1430>

Forthcoming Events

Welwyn 10k we need more Marshals and Water Station Personnel

Our flagship race is on 23rd June and we have many marshal points to fill plus two water stations to fully staff. Do consider helping out and email: fletchsue@yahoo.co.uk
We are offering refreshments to the runners and do bring a cake or savoury (whether running or not) advising asamgrout@yahoo.co.uk thanks.

RUNNER WANTED: Greensand Ridge Relay - Sat 22nd June

Do you fancy being part of a GCR relay team? GCR have a vacancy in one of our two teams of six in the Greensand Ridge Relay on the afternoon of Saturday 22nd June (the day before the Welwyn 10K - so perfect if you're missing your Sunday run to marshal or help). The relay runs across rural Bedfordshire and the route is mainly off-road through lovely scenery. It's a really fun, very friendly event, and GCR have been taking part consistently since 1994. The start time for each leg is determined by the team's handicap based on age category. The current vacancy is for leg 5, which is 5.5 miles from Clophill to Deadman's Cross, but if you would prefer a different leg, we may be able to do a reshuffle. Your pace and ability are less important than your ability to get from A to B. More details on the GSRR website: <http://www.smoc.info/GSRR/gsrr.htm>

If you think you might be interested then please contact team manager John Davis the Shorter at jmdavisphd@gmail.com as soon as possible. You might just be our saviour!

Midweek League Reminder

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 (sean.bowen.gcr@hotmail.co.uk) 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 is due back to League Secretary Karen, preferably by the next race at Royston on June 13th.

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 Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group.

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.

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
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>

Summer Solstice 10K, St Albans		21st June	8pm	Click here
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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