



**Garden City Runners
News Release**

28 July 2019

Parkrun PBs aplenty for GCRs

Kean family leads the way

In the absence of a heavy race programme this week we have taken the unusual step of leading on the local parkruns, not least because there was a feast of personal bests recorded by GCRs—despite the absence of the local Panshanger parkrun.

parkruns

It was a particularly productive day for the KEAN family at St. Albans, where they harvested a trio of feats. RYAN KEAN registered a new PB breaking the 20-minute barrier with a time of 19:45 as did parents, JUSTIN KEAN in 22:45 and JULY KEAN (26:10).

At Ellenbrook Fields, NEIL HUME was back in his customary role of first winning the race (in 17:41) and then handing out positional tokens to the rest of the field as they entered the funnel. Now that's what I call class. *(Neil, of course wasn't finished with his weekend activity. Your editor, en route to his own social Sunday run, passed him steaming down the Comet Way from Oldings Roundabout past Tesco on his own training run).*

In fact GCR's had three in the first four at Ellenbrook Fields, with ADAM WADLEY finishing 2nd in 17:55 and JACK TANN in 4th — both in hot pursuit of Neil. Just behind them in 7th was RUSSELL CASEY (18:17). Other outstanding performances on the Hatfield course were JACKY O'LEARY, who PB'd in 25:27.

Others travelled far and wide for their weekly 3.1 mile weekend starter. Over at Westmill, PAUL GATENS was another to break his PB with a time of 24:24 as did HELEN STAFFORD in 25:44. Running for the first time at Billericay, DANIEL PUDNER registered a

remarkable time of 19:06. NICK PORTALSKI did likewise at Stevenage, with a time of 21:18. Credit to JAMES HUIISH who finished fourth at Cassiobury in a time of 18:15 on his first outing at the location.

Over in Germany, MICHAEL TANDY competed in Neckarau, finishing a commendable 5th in 21:03 while even further afield at South Boulder Creek in Colorado ROB HUGHES finished 6th in 21:18, with CAROLINE HUGHES in 34:28. For the full results [click here](#).

MK 5000 PB Special

TOM WACKETT ran a new 5000m PB at the MK 5000 PB Special. His time was 16:30 and he finished 10th out of 27 in Race G.

Lee Valley 10 Fest

ALI EROGLU ran the Lee Valley 10 Fest 10K, finishing in a time of 50:47. Meanwhile, MARK BOYCE was entered in the 10-mile race, and was hugely impressed with the course. He finished in 1:38:23. *"This event was very well organised and is thoroughly recommended,"* he said. LOUISE ROSE also ran the 10-mile race, finishing in 2:04:00.

Bath Running Festival Marathon

The Bath Running Festival Marathon is a trail race in the hills and valleys around Bath, in which NICK GENEVER competed. Starting from the University, the course went down to a canal section then followed an arduous two-lap circuit taking in a mile long climb up Fosse Way and a steep descent from Solsbury Hill. The final mile was uphill from the canal to the University. NICK finished in 4:59:26 and the total ascent was 1000m.

Beginners Group

KAREN ATKINSON will be leading the next GCR Beginners Group, which starts on September 24 and runs for 10 weeks. *"It's billed as 'Get fit for Christmas' but that sounds totally inappropriate for July,"* she says. Of course, like the great pet trope, Fitness is for life, not just for Christmas.

Isle of Wight Walking

By popular request (and to pad out the sparse amount of hard news this week) we now include a slightly whimsical report from your editor.

The challenge was to join a consolidated walking group, and circumnavigate the Isle of Wight on the coastal path—a distance of some 70 miles— in five days. Having completed the 111-mile Cleveland Way last year, I felt pretty confident, particularly as on meeting my fellow walkers, all seemed the wrong side of 70 (and several were well into their 80s). But he who stereotypes lives to pay the cost.

Setting out from the Botanical Gardens between St. Lawrence and Ventnor on Day 1 we headed to Bembridge (via a disappointingly tourist free Shanklin and Sandown). Day 2 saw the trek continue from Bembridge back to our hotel in Cowes (via Ryde). On Day 3 we set off walking from the hotel in a Westerly direction to Bouldnor, just east of Yarmouth. The spectacular Day 4 took us around the Needles up to Tennyson Monument via Freshwater Bay to Brook Bay, my trusty Garmin showing an elevation of 1373ft. Then it was onto the final leg from Brook Bay via Blackgang Chine back to the Botanical Gardens where the adventure had begun five days earlier.

According to my watch we had done 73 miles, but that was because of a navigational error outside Cowes where I missed the 'Coastal Path' sign, necessitating two unnecessary miles added to the tally. A basic schoolboy error. Also, being fundamentally stupid, on arriving in East Cowes, and running out of trail, my GPS was pointing me at a body of water for a reason: I had to wait for the 'Floating Bridge' to ferry me across the estuary to Cowes proper, which was mobilising for the annual Cowes Sailing Regatta. Not what I needed on the hottest day of the year.

So what did I learn? Never underestimate the ability of the senescent walker, who has spent a lifetime hiking the trails, and thinks nothing of a coast-to-coast yomp of 182 miles through Yorkshire and the Pennines. All were super-fit and I discovered that several were former marathon runners, whose knees had eventually yielded to the ravages of time. The second lesson was never assume that because you can run a Half Marathon, walking the same distance is easier, particularly on the craggy, undulating and often eroding coastal paths. Walking works muscle groups that remain untouched by running. Who would have thought? Lesson 3: be more observant. Whereas while running it can be difficult to talk and breathe simultaneously (particularly if your running buddy is faster than you), here a typical conversation between two runners might be ... *"Did you see that stonechat and five different species of butterfly, just after we passed the scrubland with the Common Restharrow and the Bird's Foot Trefoil?" "No I was looking*

out at that dolphin frolicking in the Solent.” Eh? I, of course, had seen nothing of this, too busy gazing downwards at the chalky scree to ensure safe foot placement. These biological whizzes seemed to know all things flora and fauna. As for the walk it was a mixture of woodland, salt marsh, sand dunes, cliffs, chines, heathland and chalk downland as we meandered both on and off the coast (largely due to the tragic erosion of the cliffs).

One thing’s for sure: next time I run past a rambling group, somewhere out on the trails, I will treat them with renewed respect.

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
Jersey Farm parkrun	15	3rd August	9.00pm	Click here
St. Albans 10K		4th August	10.00am	Click here
Leila’s Run	16	18th August	9.00pm	Click here
Hatfield 5k series. Race #1 Inc County Senior Champs	17	28th August	7.45pm	Click here
St. Albans Stampede		31st August	9.00am	Click here
Hatfield 5k series. Race #2 Inc County Vets Champs	18	11th September	7.45pm	Click here
Stevenage 10K		15th September	10.30am	Click here
St. Paul’s Walden Bury Runs 10k, 5k, 2k & Family Fun Day		22nd September	11.30am	Click here
Hatfield 5k Series. Race #3	19	25th September	7.45pm	Click here
Standalone 10K Inc County Senior Champs	20	6th October	9.30am	Click here
Stevenage Half Marathon Inc County Vets Champs	23	3rd November	10.00am	Click here
Hatfield 5 Inc 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 nearly 300 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 and is available on the GCR website via the new Membermojo platform (note that it is no longer possible to join via the old application form). Simply log into <https://membermojo.co.uk/gcr> and follow the instructions.

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 <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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