



Garden City Runners

News Release

4 August 2019

GCR ON TOUR & MARTHA'S DOUBLE PODIUM

A fun morning out was had by 27 GCR members up the road at Jersey Farm for this month's parkrun tourism, incentivised by an Avery point and a promise of homemade banana bread. Meanwhile, Martha Hall seems to be back to full fitness judging by her impressive results on both Saturday and Sunday. Ever adventurous, we have several club members supplementing their running antics with cycling and swimming.

parkrun Tourism – Jersey Farm



Smiling GCR parkrun tourists before the start at Jersey Farm

A short journey plus a promise of freshly baked banana bread (thanks KATH EVANS) lured 27 club members to Jersey Farm, an undulating course just outside St Albans. And what a showing! GCR provided 7 of the top 10 finishers, including PAUL GUY, first in a new PB of 18:21, with JAMES HUIISH hot on his heels in 18:24. Other top ten finishers were DANIEL PUDNER (19:24, new PB), ROB CASSERLEY (19:43), JUSTIN HILL (20:00), ANDREW HOLT (20:16) and RICHARD SOMERSET (20:44, new PB). Double congratulations too to YVONNE JONES, celebrating her 50th parkrun and being 3rd lady back in 26:38.

This was a first ever parkrun for JENNIFER WILLIAMS, who recently completed our Couch-to-5k programme but was unable to attend the graduation at Panshanger. She finished the course in 30:48 and was presented with her graduation medal. Having first-timer nerves at the start, she thanked ROB CARTWRIGHT for his encouragement in getting her round the course, and vowed to be at Ellenbrook Fields next week.



Jennifer Williams proudly showing her graduation medal with Charlotte Jones and Karen Atkinson

The next meetup in the tourism series will be at Rickmansworth on 7th September. 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](#).

Other parkruns Round-up

A total of 63 club members ran in parkruns this Saturday, with the largest contingent (27) at Jersey Farm, and 21 at Ellenbrook Fields. This week's consolidated results for all GCR parkrunners can be found [here](#).

On her travels to the Wyre Forest, MARTHA HALL did us proud by finishing first lady and 6th overall in 20:54. While STEVE GROUT and ASA MOBERG GROUT might have hoped for the award for most exotic parkrun at Lac du Divonne in France, this week's prize goes to JOHAN PREIS in action at Bapsfontein in South Africa.

Other noteworthy achievements by members included

- PIETER VERMEESCH (17:10) and NEIL HUME (17:12) making it a GCR 1 and 2 at Ellenbrook Fields.
- BERNHARD TRUMMER clocking a 27:16 PB at Ally Pally

- JIM FORRESTER PB of 20:57 at Panshanger
- RYAN KEAN finishing in 3rd place in his first outing at Letchworth

Marathon Men

NICK GENEVER tackled the Vanguard Way Marathon, a trail race that follows a section of the Vanguard Way from Croydon to a mile beyond the M25 and back. According to Nick, it was hilly and conditions were hot and humid. "I finished in 5:06:48 and it was my 10th trail marathon in 10 weeks, taking me to a total of 199." For those wanting to join Nick in celebrating his 200th marathon and ultra, it will be **Leila's Run on 18th August**, exactly 3 years after running his 100th at Leila's Run.

DAVE HEAL, bored after sitting at home for 3 weeks without an extra long run, decided to take on the Phoenix Runners D-Day 75th Anniversary Challenge. This is one of a series of timed events, where participants choose from 5km to ultra marathon, and complete as many, or as few, laps as they like of a 5.3km, 3.28 mile, out and back, course along the beautiful river Thames.



The 6-hour event started at 4 pm on Saturday and covered an undulating trail circuit beside the River Thames from the Weir pub at Walton on Thames. Dave completed his 38th marathon/ultra, completing 29.5 miles in 6:01:09. Dave was very pleased to be first at the ultra distance and pushed further than any other runner at the event. After being presented with an ice lolly on the second lap – much appreciated in the warm, humid conditions – Dave realised that 'running with a lolly' was a missing element from his training that requires further practice.

As the race finished late into the evening, head torches were required for the last lap, before all finishers were presented with the unique bespoke medal pictured left.

St Albans 10k

A handful of members made the short trip this Sunday to St Albans for this popular 10k. After limbering up then dashing back from Wyre Forest parkrun, first GCR and 3rd lady overall, was MARTHA HALL in 39:42. Other GCR finishers were IAN MUNRO (41:22), PETER JASKO (43:02), ALI RIZA EROGLU (50:27 and 2nd MV60), and TOM PARMLEY 57:10. RACHEL EVERARD

finished in 1:00:38 and reported suffering shin issues. It was great to see PETER LAPHORNE carrying on his journey back from injury and completing the race in 1:10:15.

GCR Beyond Running

CAROL REID undertook her first half ironman race by completing the Cowman triathlon in Milton Keynes on Sunday. She finished it in 7 hours 37 mins and reported that she "enjoyed it but the last few miles of the run were tough".



Michael Paine celebrating Ride London 100

As well as CAROL REID, a number of our other runners have been exercising different muscles recently in alternative sporting challenges. Some impressive cycling to report this week.

At Ride London 100, Helen Paine was very proud as she watched hubby, MICHAEL PAINE, cross the finish line in 4:50:01 (unofficial), a testament to his guts and determination. So far, his fundraising total for Sense is standing at £690. At the same event were JUSTIN and JULY KEAN, with July having won our ballot place for the volunteering team at last year's race. Race timings unconfirmed at the time of going to press.

Last week, JEAN COLE was raising funds for the British Lung Foundation and sported her GCR vests as she completed the London to Paris cycle of 280 miles or so in three days, enduring weather extremes. She reports:

"Day 1 from Blackheath to Calais saw the hottest day ever in Kent, at 38 degrees. To keep spirits up on the Kent Downs, we met Ron, an 82 year old cyclist, and had a go on his e-bike! Those things really go!!!

Day 2, Calais to Amiens, was just over 100 miles of wonderful rolling French lanes and roads, and really considerate drivers, in perfect (for me) temperatures - 25 degrees.

Day 3, started at 6:00am at Amiens, battling through driving rain and gusts for the last 100 miles. To end a perfect challenge, the sun started breaking through at about mile 75, and we entered Paris in glorious sunshine. Loved every minute of it, but next time I'll just take Eurostar like everyone else!!"



JEAN COLE looking cool after completing London to Paris in a heatwave and rainstorm

From cycling to swimming, our intrepid ultra-runner and wild swimmer, ELAINE GILES, took on the Thames Marathon, a 14k / 9m swim from Marlow to Henley. The swim is split into 4 sections, with swimmers required to exit the water at the 3 locks (Hambledon at 4km, Hurley at 10km and Temple at 11.8km). ELAINE came ashore after finishing the route in 5:15:42.

Beginners Group

KAREN ATKINSON will be leading the next GCR Beginners Group, which starts on 24th September and runs for 10 weeks. Do let friends, family and colleagues know about it. There are leaflets on the noticeboard at RA.

Avery League 2019

After 14 events, WAYNE AYLOTT and CHARLOTTE JONES are leading their respective tables, both with a full complement of points. With the number of events, and the inclusion of volunteering points, there are still lots of people in the battle for top ten places. Full details of all the races and the rules for the 2019 Avery calendar can be found on the GCR website at <https://www.gardencityrunners.org.uk/the-club/avery-points/>

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.

Event	Avery 2019 Race #	Date	Time	Online entry
Leila's Run	16	18th August	9:00am	Click here
Hatfield 5k series, Race #1 - incorporating County Senior Champs	17	28th August	7:45pm	Click here
St Albans Stampede		31st August	9:00am	Click here
parkrun Tourism - Rickmansworth		7th September	9:00am	Free
Hatfield 5k series, Race #2 - incorporating County Vets Champs	18	11th September	7:45pm	Click here
Stevenage 10k		15th September	10:30am	Click here
Five Rivers Challenge		15th September	8:00am	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	Click here
Standalone 10k	20	6th October	9:30am	Click here
Willow 10k		6th October	11:00am	Click here
Stevenage Half Marathon	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 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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