



Garden City Runners

News Release

8th September 2019

Taking on the World's Biggest Half

A busy weekend of running, with several members heading to the Great North Run, some interesting and scenic marathons to report, as well as touring at Rickmansworth parkrun. Three members also added some biking and swimming to their running at the HSV Triathlon.

Great North Run

Nine club members joined around 55,000 other runners to participate in the world's largest half marathon, the Great North Run. Sunday's conditions were described as near perfect for runners and magnificent crowds were out in force to cheer them on. While Sir Mo Farrah was winning the men's race for an unprecedented sixth time, Kenya's Brigid Kosgei broke the world half marathon record, finishing in a time of 1:04:28 – a time which would have won the men's race in the 1980's. Another record breaker was Alyson Dixon who broke the fastest superhero world record as Wonder Woman in 1:18:26. Eagle-eyed BBC viewers would have seen our own PAUL GUY finishing shortly after Alyson in 178th position overall and 16th MV40 with a fantastic time (and almost a PB) of 1:19:10. PAUL says "I loved every single minute of it. My personal favourite race of all time and one I'd highly recommend everyone to try at least once. Only the London Marathon can compare. I enjoyed running a couple of the early miles with Aly Dixon, but she pulled away from mile 4, she was wonderfully quick!"

Next GCR to finish was STEVE ELLERD-ELLIOTT in 1:31:02, then ZOE STEPHENS in 1:40:58. JUSTIN KEAN overcame recent injury setbacks to achieve an excellent finishing time of 1:46:49, barely having time to get his breath back before cheering wife JULY KEAN over the line in 1:54:38. ANNE HENSON completed the race in 2:03:29, before our next husband and wife team crossed the finishing line, NICK ATKINSON in 2:08:24 and KAREN ATKINSON in 2:12:46. KAREN commented "Fantastic, friendly atmosphere and almost perfect weather conditions. An honour to run with Sir Mo!" EMMA DEMPSTER confirmed her result as 2:39:53 with mixed feelings – "I was hoping for a PB but after 3 miles I just knew my legs weren't

feeling it today. The last few weeks of training went a bit off plan with a bout of plantar fasciitis and groin niggles earlier this week."

parkrun Tourism – Rickmansworth

September's first-Saturday parkrun tourism took 12 members round the M25 to the two-lap course at Rickmansworth aquadrome. This is a busy event with almost 550 runners, run on a flat trail course. Although the terrain is spot-on for potential course records, the bottleneck at the start and narrow paths in places make this more of a challenge. However both ROB CASSERLEY in 18:44 and ANDREW HOLT right behind in 18:48 managed to do just that. MARTHA HALL was second female overall in 20:22.



GCR parkrun tourists all smiles after completing Rickmansworth

The next tourist parkrun meetup in the series will be at Gladstone (near Dollis Hill) on 5th October. Everyone is welcome to car share, or to meet at the venue. To view the full tourism calendar on the club website, [click here](#).

Other parkruns roundup

In all, 61 members ran at 14 different parkruns. While KERRY HENDERSON continued her tour of South African parkruns with a first-time outing at Bapsfontein, the rest of our runners were UK based. At Ellenbrook Fields, NEIL HUME 17:37 and VERONICA SHADBOLT 23:06 finished as 3rd male and female, and 1st in their age categories. As well as the two course records noted at Rickmansworth, others achieving their personal course bests were:

- St Albans – MATTHEW HARDEN 22:16
- Panshanger – MICHAEL SCUTT 25:18

- Rutland Water – MAGGIE WRIGHT 26:41
- Ellenbrook Fields – PETER JASKO 19:38 and IAN MCCANN 30:05

Click [here](#) for a full list of this weekend's parkrun results.

HSV Triathlon

Adding a bit of variety to their running, three GCR members – JOHN DAVIS, BARBARA KUBIS-LABIAK and MATTIE LABIAK took on this local triathlon in Hatfield.



Barbara and Mattie wearing their medals with pride

It involved a very early start with race briefing at 6.15am and the initial swim part of the Triathlon starting promptly at 6.30am.

BARBARA reports "400m Swim in the pool, followed by a sudden shock of leaving the warm pool to go to the outdoor transition area to continue the race (20k bike ride, followed by a 5k run). It was my third and Mattie's first Triathlon."

Congratulations to MATTIE on a great result for his first outing – he finished in 1:12:24, 19th overall and 2nd in his age category U20. BARBARA finished in 1:35:50

JOHN DAVIS sent in this report: "After many months of non-active participation I was "forced" to take part in this event. As a serious competitor I concentrated on the training, so this took place on Monday evening this week with a swim, spin and a one mile treadmill run - training completed. Pleased to report I did finish the event and could still talk (just)"

On the back of this rigorous training, JOHN managed an 8th in category with an overall time of 1:21:20.



This Week's Marathoners

Glencoe Marathon

PATRICK and VIRGINIA BIRD took part in this off-road trail marathon starting from Glencoe and finishing in Glen Nevis. VIRGINIA reports "Perfect weather, no rain, no wind. Chocolate, coffee and bagpipes at the start! Excellent organisation and apart from a small boggy section, paths were good with much of it following the West Highland Way, including the Devils Staircase. 1500m of ascent and 4 well-manned food stations. Organised by Wildfox, and I'll be looking for other events by them! 300 runners and the option of a half marathon too."

PATRICK BIRD completed the course in 5:57:38 (3rd VM60) and VIRGINIA BIRD in 6:11:36 (7th VW50).

Farnham Pilgrim Marathon

NICK GENEVER ran this trail race in the scenic setting of the Surrey Hills between Farnham and Guildford and finished in 4h 42m.

Thetford Icen Navigational trail Marathon

KATH EVANS took on this interesting and historical out-and-back marathon, which crosses over the two counties of Suffolk and Norfolk. It's a self-navigational route with signposts and 6 checkpoints. KATH completed the course in 5h 45m.

Running Grand Prix – Mercedes Benz World



Given a choice of half-marathon, 10k or 5k, PETER LAPTHORNE opted for the 10k, completing the race in 1:01:31, after limbering up at the previous day's Rickmansworth tourism parkrun.

He was delighted with the medal which he says is the closest he'll ever come to owning a Mercedes Benz.

Beginners' Course & Weekly Training Runs

The next beginners' course starts on **24th September**. In advance of that, for the next couple of Tuesdays, we are encouraging members to try out different training groups. In particular, if you are challenging yourself to improve your pace and/or distance, have a go at joining the

next group up from the one you currently run with. Here's a reminder of the different training groups with the distances and paces on offer.

TUESDAY – 6.30 – 7.45 PM

Social 5-6k	7-8k	9-10k	10-11k	11-12k	Intervals
A sociable, gentler-paced run of about 45 minutes for those who prefer to stick to c5k.	Steady running pace approx. 8-8.5 min Ks / 11-11.30 min miles	Steady running pace approx. 6.5-7 min Ks / 10-10.30 min miles	Steady running pace approx. 5.5-6 min Ks / 9-9.30 min miles	Steady running pace approx. 5-5.5 min Ks / 8-8.30 min miles	All abilities, drills / venue published on Facebook

While Thursdays are traditionally quieter at RA, particularly when there are other events like Hatfield 5k going on, there are still options available for a steady run, in addition to the popular weekly track session.

THURSDAY – 6.25 – 7.30 PM

Social 5-6k	8-9k	10-11k	Track Session
A sociable, gentler-paced run for those who prefer to stick to c5k runs.	Steady run – 7-8 min Ks / 10.30-11 min miles	Steady run – 6-6.5 min Ks / 9.30-10 min miles	Gosling Sports Centre

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#). The next Avery race is the second race in the Hatfield 5K series on 11th September – 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.

Forthcoming events

Below is the table of future events. If you know of others that you think fellow members would enjoy, please send details to results@gardencityrunners.org.uk. For all 'See your captain' 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
Hatfield 5k series, Race #2 - incorporating County Vets Champs	18	11 th September	7:45pm	Click here
Stevenage 10K		15 th September	10.30am	Click here
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22 nd September	11:30am	Click here
Hatfield 5k series, Race #3	19	25 th September	7:45pm	Click here
Hitchin Town Centre 5K		29 th September	9.00am	Click here
Standalone 10k - incorporating County Senior Champs	20	6 th October	9.30am	Click here
Willow 10k / 5k		6 th October	11:00am	Click here
Sunday XC League Race 1 – Cheshunt	21	20 th October		See your captain
Ricky Road Run - 10 miles		27 th October	10:30am	Click here
Willow 10k / 5k		6 th October	11:00am	Click here
Stevenage Half Marathon - incorporating County Vets Champs	23	3 rd November	10:00am	Click here
Hatfield 5 - incorporating County Vets Champs	24	24 th November	10:00am	Click here
Sunday XC League Race 2 – Trent Park	25	1 st December		See your captain
Sunday XC League Race 3 – Stevenage	26	22 nd December		See your captain
Sunday XC League Race 4 – Watford		12 th January		See your captain
Sunday XC League Race 4 – Royston		9 th February		See your captain

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 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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