



**Garden City Runners**

**News Release**

**17 February 2019**

## **GCR storm Gadebridge!**

**GCR tourists take 1, 2, and 3 at Gadebridge parkrun**



***GCR Tourists proudly wearing the colours at Gadebridge parkrun***

Gadebridge was the venue for the GCRs-on-tour this week, and 13 members travelled to Hemel Hempstead for this rearranged tourism event. KAREN ATKINSON fed back - "Reported as being in the top 15% for elevation gain, this two lap course had plenty of hills and plenty of mud too. GCRs men were on marvellous form taking the top three places: PETER MCKENZIE 18:41, PAUL GUY 18:49 and ROB CASSERLEY 19:36." Our next club parkrun tourism event is at Aldenham on 2 March.

### **Other parkruns Round-up**

At Ellenbrook Fields, PB's were celebrated by ANDY SHADBOLT 24:58, MARK BOYCE 30:01, GARRY GRAY 38:58 and CLAIR EMMS 40:38. In addition to the clean sweep by the men at

Gadebridge, podium places this week went to NEIL HUME, 2<sup>nd</sup> at Ellenbrook Fields in 17:09 and CHRIS JONES, 18:54 and 3rd place at Panshanger.

In total, 59 GCR members participated in 12 different parkruns across the country.

Consolidated results for all our members this Saturday can be found [here](#)

### **Rayne 6 Hour Endurance Event**

DAVE HEAL and ROBERT SAVILLE travelled to Rayne in Essex to compete in this time-limited event, which challenges runners to complete as many laps as possible in 6 hours. Both Dave and Robert opted for marathon distance. ROBERT managed the 8 laps in 4:28:52, while DAVE did the same distance in 4:49:18. DAVE sent in this report:

"I have punished myself some more!! The challenge consisted of running as many 3.28 mile laps as possible in 6 hrs on a testing hilly circuit - good underfoot conditions on the Fritchway disused railway track - starting & finishing at Booking Hall cafe beside the Fritchway with 1/2 lap downhill & 1/2 uphill. On my 2nd lap, I was greeted by friendly fellow GCR member & challenger ROBERT SAVILLE who powered thro' the challenge to finish before me in triumphant style. I was pleased to finish & receive my Marathon medal which was the 1st anniversary of this event being hosted by Hare & Tortoise running club."

### **Victoria Park 10m**

TOM WACKETT set himself a target of sub-60 minutes for this event and succeeded by bagging a new PB for the distance of 59:31, finishing in 6<sup>th</sup> place in a competitive field.

### **Vias Verde Half Marathon**

BERNADETTE MARIE BYRNE opted for warm-weather training in preparation for the Barcelona marathon by competing in the Vias Verde half, near to Girona in Spain. Her finishing time on the flat course in full sun was 2:17:53. She would love to hear from any other GCR's who are taking on the Barcelona marathon and she can be contacted at [bernadetteMarie@gmail.com](mailto:bernadetteMarie@gmail.com)

### **Hampton Court Half Marathon**

STUART WHITFORD made this his first half marathon in over a year, as part of his London Marathon training schedule, and achieved a PB in the process. He reports "It was a chilly start, but with 13c forecast. I didn't have high hopes for my run today, so opted to start in the 2:20 group. Having ignored my watch through the whole race, I worked my way to achieving a chip time of 1:57:14, just pipping my previous Half PB from St Ives way back in 2014."

### **Sunday Cross Country League – Final Results**

Following the report on Royston, the last fixture of the season, in last week's newsletter, the confirmed results for that race as well as the final results for the season are available on Run

Herts, using this link <http://www.runherts.com/xc.htm> GCR men's A team finished the season in 4th place, while both the B team and the Masters team finished 3<sup>rd</sup>. The women's A team took 8<sup>th</sup> place, the Masters 11<sup>th</sup>, and the Combined Teams 7<sup>th</sup> place.

VERONICA SHADBOLT was mentioned in dispatches last week for ending the season as first V55 lady, squeezing out her nearest rival from Watford Joggers by a single point. Special congratulations go also to CHRIS ELAND, who took third place in the V50 category.

## GCR Spring Party & Awards Night – 8<sup>th</sup> March



Don't miss out! Over 70 members have already got their tickets, but there's room for more! It'd be great to see as many of you there as can make it. If you haven't yet bought your ticket, please do it a.s.a.p., so that the caterers know how many they need to feed.

Tickets available using [this link](#)

## Ride London

As a reward for providing a volunteer team to support Race London in 2018, GCR received one guaranteed entry for this year's event. The draw took place recently of the interested volunteers and the lucky winner was JULY KEAN.

## Avery League 2019

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/>

## 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](mailto:results@gardencityrunners.org.uk).

Event	Avery 2019 Race #	Date	Time	Online entry
Panshanger parkrun	4	23 <sup>rd</sup> February	9:00am	Free/open
ECCA XC Champs "The Nationals" - Leeds		23 <sup>rd</sup> February	TBD	See your captain
GCR parkrun tourism Aldenham		2 <sup>nd</sup> March	09:00am	See Facebook
Herts County Vets XC Championships, Trent Park		3 <sup>rd</sup> March	10:30am	See your Captain

<b>GCR Party &amp; Awards Evening</b>		<b>8<sup>th</sup> March</b>	<b>7:30pm</b>	<a href="#">Click here</a>
<b>WGC Half Marathon</b>	<b>5</b>	<b>17<sup>th</sup> March</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Milton Keynes Festival of Running (5K, 10K, half marathon, 20 mile races)</b>		<b>17<sup>th</sup> March</b>	<b>9:50am onwards</b>	<a href="#">Click here</a>
<b>Ellenbrook Fields parkrun</b>	<b>6</b>	<b>6<sup>th</sup> April</b>	<b>9:00am</b>	Free/open
<b>GCR parkrun tourism Bushy Park</b>		<b>13<sup>th</sup> April</b>	<b>9:00am</b>	Free/open

### **Marathon Training**

If you're embarking on a training program for a spring marathon, have a look at the table below for a list of events that can help in building mileage to the marathon distance.

<b>Event</b>	<b>Distance (miles)</b>	<b>Date</b>	<b>Time</b>
<b>Gade Valley</b>	<b>17</b>	<b>24<sup>th</sup> February</b>	<b>9:00am</b>
<b>Thames Riverside "Race or Pace"</b>	<b>20</b>	<b>3<sup>rd</sup> March</b>	<b>8:00am</b>
<b>Lydd</b>	<b>20</b>	<b>10<sup>th</sup> March</b>	<b>10:00am</b>
<b>Milton Keynes</b>	<b>20</b>	<b>17<sup>th</sup> March</b>	<b>9:50am</b>
<b>Windsor &amp; Eton</b>	<b>20</b>	<b>16<sup>th</sup> March</b>	<b>9:00am</b>
<b>Oakley</b>	<b>20</b>	<b>24<sup>th</sup> March</b>	<b>10:00am</b>
<b>Finchley + Hillingdon</b>	<b>20</b>	<b>18th March</b>	<b>9:00am</b>
<b>Gade Valley</b>	<b>20</b>	<b>24<sup>th</sup> March</b>	<b>9:00am</b>
<b>Bedford</b>	<b>20</b>	<b>TBD March</b>	<b>10:00am</b>
<b>Eton Dorney</b>	<b>20</b>	<b>31<sup>st</sup> March</b>	<b>9:30am</b>

### **GCR Strava Group**

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

### **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](http://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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)

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