



Garden City Runners

News Release

21st October 2018

Great South Run Fun Still no sign of XC mud!

Firstly, promising news about former chairman, Peter Westlake; TERRY FOWLER reports (via SEAN BOWEN) as follows.

Many of you will be aware that GCR legend and former chairman PETER WESTLAKE has been out of action for a few months. He's recently has an operation which he hopes "will put things back as they should be". Since then he's been in contact with several friends to update them in person, and is happy for the club as a whole to be put in the picture. Terry says: "I've spoken to Peter, who is now home after his operation and a three day stay in hospital. He has indicated that the procedure went well, and he is due to see his consultant in eight weeks time to see how things have progressed. He needs to take things easy for a period of time, but you know Peter - he's keen to get his trainers on and go out for a run. Clearly he can't do anything energetic yet as he needs to recover first. He's on antibiotics and been instructed to drink plenty of fluid everyday to keep things working. He'll update me regularly and I'll pass any news onto you. Terry."

Please keep Peter in your thoughts, as we all look forward to welcoming him back.

Sunday Cross Country League 2018/19

The dates and venues for the five races are shown in the table starting on page 7.

The Sunday League is for all runners, irrespective of pace, experience or ability. League placings are determined by the first 8 men and first 5 women in each club, but there are B-teams as well, and in any case, the races are just a very enjoyable way to spend a Sunday morning. The distance is always around 5 or 6 miles.

As is customary, the opening fixture is at Cheshunt Park. If you haven't received race information from your captain, please contact them :

SEAN BOWEN | sean.bowen.gcr@hotmail.co.uk | 07802 382596

CHARLEE CHAPMAN | charlotte.chapman27@live.co.uk / 07986 326518

Beginners' Course

23rd October sees the halfway point in the latest Beginners Course. Please continue to support KAREN ATKINSON by volunteering to help with the beginners group on Tuesday evenings.

Discounted running clothing

Vice Chair Louise Smith writes:

Proviz Reflective Running Gear - Discounts

We now have a GCR discount of 15% with provizsports.com who make highly reflective running jackets and other kit. Just use the code GardenCityRunners15 when you order online. I also have 3 vouchers that give a discount of 20% off orders over £50. Let me know if you would like one.

If there is enough interest we can set up a page on the website with club discounts. Could you let me know of other suppliers where discounts are in place and also suppliers where you think we may be able to get one? Thanks, Lou.
louise.smith0@icloud.com

EVENT ROUND UP

Great South Run

On what KAREN ATKINSON described as “a glorious day on the South coast, with a great atmosphere”, five GCRs travelled to Southsea to take part in this ever-popular event. JANE MOLLOY reports that she crashed and burned in the last 2 miles, but she saw it through and still managed a respectable time. GCR members jostled shoulders with elite GB runners Chris Thompson and Andy Vernon (1st and 2nd overall).



Representing the club were:

SEAN BOWEN	1:04:21 (<i>pictured above</i>)
NICK ATKINSON	1:34:52
KAREN ATKINSON	1:47:42
KATH EVANS	1:47:17
JANE MOLLOY	2:01:56

For SEAN BOWEN this event held special significance, as he explains in his race report below.

Nearly 20 years after having it recommended to me by a runner I'd met at the Cabbage Patch 10, I finally got to run the biggest 10 mile race in the UK. Much of the route around Portsmouth and Southsea is familiar to me from childhood, but it's taken me until now to run there.

It was a fabulous day and perfect conditions - extremely lucky, as the wind has so often been an adverse factor in previous years. And I was highly honoured to have my sister supporting at half way and at the finish. As a hardcore Southampton FC fan, she had avoided setting foot in Pompey for many years.

I ran a very consistent pace all the way and finished in 1:04:21 - 226th of 15,820. A long way behind GB star Chris Thompson, who completed his third consecutive GSR victory in a PB of 46:56.



Above: Men's captain Sean, showing excellent form and focusing completely on the race.

Doddle West



NICK GENEVER journeys far and wide to find trail events with breathtaking scenery, allowing us to live vicariously through his relentless series of off-road marathons. It's the next best thing to virtual reality for runners. In the latest episode of Genever's Travels, Nick took on this 26.6 mile course with a total ascent of 1,000 metres, finishing in 5:29. He writes as follows:

The Doddle West is a self-navigation trail marathon from Charmouth to Dorchester. For 13 miles the route followed the South West Coastal Path, going over Golden Cap, through West Bay (the setting for Broadchurch), and a 1km section near Chesil Beach on shingle which was unrunnable. The route then turned inland, heading for the Hardy Monument and Maiden Castle before finishing in Prince Charles' model town of Poundbury.

parkrun Round Up

The consolidated club results for 20th October are available [here](#).

HANNAH FRANK notched up her 50th parkrun, returning like a leaping salmon to Bexley, where she had run her first ever parkrun on <> . Hannah celebrated in style, as 2nd lady finisher and with a course PB of 22:04.

Other notable GCR performers were as follows.

PAUL GUY - finished 3rd and notched up a course PB at Sedgefield.

KATH EVANS - a course PB at Westmill.

KYLE KEAN and JULY KEAN – course PBs at Durham.

TOM WACKETT – finished 2nd at Chelmsford Central with an all-time parkrun PB.

ASA MOBERG GROUT – an all-time parkrun PB at Ellenbrook Fields.

JAMES HUIISH – finished 1st and gained a course PB at Barclay.

Forthcoming Events

Avery League 2018

Details of the 2018 Avery League can be found [here](#).

The next Avery race is the Stevenage Half Marathon on 4th November.

Avery League 2019

Details of the 2019 Avery League will be published by the GCR Race Committee later this month. In the meantime, in case you want to book up for the first of the open races, the Fred Hughes 10 will again be part of the Avery League – you can use the link in the table below to enter. The very first 2019 Avery race is the Sunday XC League race in Cassiobury Park; this one is free to enter and doesn't need to be booked.

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 Race #	Date	Time	Online entry
Sunday Cross Country League #1 Cheshunt		28th October	11:00am	<i>See your captain</i>
Stort 30		28th October	9:00am	Click here
Stevenage Half Marathon	11	4th November	10:00am	Click here
London Cross Country Champs - Parliament Hill Fields		17th November	1:15pm	<i>See your captain</i>
ARC AGM Bedford Athletics Stadium		17th November	1:00pm	<i>See your captain</i>
St Neots Half Marathon		18th November	10:00am	Race full
Herts Half Marathon Knebworth House		18th November	9:00am	Click here
Hatfield 5	12	25th November	10:00am	Click here
Bass Belle 10		25th November	10:00am	Race full

Sunday Cross Country League #2 Trent Park		2nd December	10:30am	<i>See your captain</i>
Bedford Harriers Half Marathon		2nd December	10:00am	Click here
SEAA XC Masters Champs SEAA Inter-counties XC - Horspath		8th December	11:00am	<i>See your captain</i>
Festive 5		9th December	9:30am	Click here
Sunday Cross Country League #3 Willian		16th December	10:30am	<i>See your captain</i>
Christmas Day parkruns Panshanger at 9:00am		25th December	various	Click here
Buntingford Year End 10		30th December	10:30am	Click here
New Year's Day parkruns Panshanger at 9:00am Ellenbrook Fields at 10:30am		1st January '19	various	Click here
Sunday Cross Country League #4 Watford	1 Ⓐ	13th January '19	10:30am	<i>See your captain</i>
Fred Hughes 10	2 Ⓐ	20th January '19	10:00am	Click here
SEAA XC Champs "The Southern's" - Parliament Hill Fields		26th January '19	TBD	<i>See your captain</i>
Sunday Cross Country League #5 Royston		10th Feb '19	10:30am	<i>See your captain</i>
ECCA XC Champs "The Nationals" - Leeds		23rd Feb '19	TBD	<i>See your captain</i>
Cambridge Half Marathon		3rd March '19	TBD	Click here

Ⓐ : denotes a 2019 Avery League race

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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