



## **Garden City Runners**

### **News Release**

**28 October 2018**

# **Start of Cross Country Season & the Countdown to Christmas and beyond**

This Sunday saw the kick-off to the Cross Country season at Cheshunt, with a great turnout from GCR, despite the clash with half-term. As well as news of this event and a cornucopia of other races, you'll find exciting information about significant changes to the Avery competition. There's also an invitation to the GCR pre-Christmas Social evening and draw for the club's Virgin London Marathon places, where we'll be welcoming friends from our Festive 5 charity partner, Isabel Hospice.

### **Sunday Cross Country League**



***Current and future GCR Sunday Cross-Country League Runners gathering before the first meeting at Cheshunt Park – snapped by Cheerleader Supremo, Emily Hammond***

There was a large and enthusiastic turnout of runners and supporters for the kick-off of this season's Sunday Cross Country League, on a cold but bright morning. The full results from race #1 at Cheshunt Park are not yet available, so will feature in next week's news release. GCR had 45 finishers - 29 men and 16 women. The times/positions of the first eight men and first five women contribute to the league champions results. For GCR, the names and provisional finishing positions of these people were

- NEIL HUME (21), TOM WACKETT (31), BRUCE JUDGE (34), JACK TANN (48), PETE MCKENZIE (71), JUSTIN HILL (82), ANDY HOLT (94), CHRIS ELGOOD (101)
- BECCA HAYDEN (149), HANNAH FRANK (209), VERONICA SHADBOLT (221), JO BETTLES (250), REBECCA BARDEN (280)

Men's captain SEAN BOWEN added "Huge thanks to HELEN PAINE and RYAN KEAN for recording and writing - not only accurately, but also legibly!"

*(If you were there and are missing a pair of Peter Storm gloves, please contact Sean, who found them on the GCR groundsheet at the end.)*

### **Stort 30 Ultra**



***Alan Routledge triumphant at the finish of the Stort 30***



***Unique, attractive medal for Stort 30 finishers***

ALAN ROUTLEDGE reports "Stort30 is a 30 mile trail race, starting in Bishops Stortford & follows the picturesque River Stort for 15 miles to Rye House, where you turn around & run back again. The race is the UK trail running middle distance event & is a great introduction to Ultra running as the route is very easy to follow, well organised & fairly flat (compared to other Ultra distance events). Weather today was very cold to start, but sun came out later, making ideal running conditions - despite the chilly headwind on the way back."

Three GCR's took part this year. ALAN ROUTLEDGE was 1<sup>st</sup> MV55 & 38<sup>th</sup> overall in a time of 4:35:08, RICARDO GREGORIO was 60<sup>th</sup> overall in a time of 4:55:03, and DAVE HEAL was 121<sup>st</sup> overall in a time of 5:52:13. This was Dave's third ultra this year, and he enjoyed the "great atmosphere, camaraderie & medal on a chilly start which was blessed with sun later".

### **Brussels Marathon**

LORENZO FRANCHI continued his European tour of endurance races, this week completing the Brussels Marathon in 3:37:27 on what was "a very cold but dry day".

### **Beachy Head Marathon**

This is one the biggest trail marathons in the UK, with around 2,200 runners and one of the toughest with 1,000m of ascent. Despite (or maybe because of) the toughness, NICK GENEVER was tempted to return to complete it for the 10<sup>th</sup> time and finished in 4:22:09.

### **Love Luton Half Marathon**

This race - run through Luton on closed roads, taking in the beautiful Luton Hoo estate and iconic mansion house, before finishing in the town centre - attracted two club members this year. DAVE DESBOROUGH completed the course in 1:28:28 and CHRIS HARBRON in 1:42:46.

### **Serpentine Last Friday 5k**

Three GCR's took part in October's race in Hyde Park. Established in the early 90's this popular 5K held on the last Friday of every month is well known for its fast course and strong field. GCR's GUY, HUIISH & HUME ran a very close race with Paul just pipping Neil across the finishing line.

20th - PAUL GUY 17:16

21st - NEIL HUME 17:17

25th - JAMES HUIISH 17:25

PAUL GUY highly recommends it for anyone chasing a 5K PB, and describes it as "parkrun on steroids"!

### **Parkrun Round-Up**

It was all happening at Ellenbrook Fields this week with a visit from parkrun founder, PAUL SINTON-HEWITT, who ran the course and finished in 7<sup>th</sup> position in 19:07. We're proud to report that GCR took the first 3 places - NEIL HUME 17:26, TOM WACKETT 17:35, and JACK TANN in a PB of 17:55.

We had three members travelling overseas for their parkruns this week. ROB HUGHES 20:27 and CAROLINE HUGHES 31:17 completed Hasenheide in Germany, while ASA MOBERG GROUT ran 29:45 at Huddinge in Sweden.

Closer to home, at Stevenage, PAUL GUY was first back in a course PB of 17:59. Notably, PB's were earned by other club members at:-

- Ellenbrook Fields – SOFIE MARCHANT 22:37, TREVOR DAVIES 20:19.
- Westmill – HELEN STAFFORD 26:58
- Durham – KYLE KEAN 22:44
- Rushmere – ANDREW HOLT 20:11
- Castle Park – LOUISE SMITH 28:13

In total, there were 55 GCR runners at 17 different parkruns this week, and consolidated results for all our members this Saturday can be found [here](#)

### **Christmas Social, VLM and Isabel Hospice - 5<sup>th</sup> December**

You're all invited to come along for a celebratory drink at The Attimore at 8 p.m. on Wednesday 5<sup>th</sup> December. *Please put the date in your diaries and more information will be provided over the coming weeks.*

During the evening, we will be doing the draw for the club places at next year's London Marathon. HELEN PAINE will email out information about the ballots and the Ts-&-Cs in the next week or so.

As this is also just a few days before the Festive 5, we've asked friends at our charity partner, Isabel Hospice, to come and share with us the work they do. We'll be having a raffle to raise funds for them, ***so we're on the hunt for raffle prizes.*** If you have anything to offer (anything from a box of chocolates to a Caribbean cruise), please email [jane\\_molloy@msn.com](mailto:jane_molloy@msn.com)

If this isn't heart-warming enough already, we will also be encouraging you to bring along old, clean sports kit to be donated to Kitaid – you can see more about this charity here [kitaid](#)

### **Avery League 2018/2019**

Details of the 2018 Avery League can be found [here](#). The next Avery race is the Stevenage Half Marathon on 4<sup>th</sup> November.

SARAH HALLIDAY, on behalf of the GCR Race Committee, provided the following report about a radical overhaul for next year's competition:

"Nearly a year ago the Race Committee asked for your help in understanding what format the Avery Competition for 2019 should take. We heard from a number of GCR members via email and Facebook. The most popular ideas were:

- Include some low or no cost races
- Increase the range of distances
- Bring back MWRRL and Sunday XC races to encourage participation at club events
- Focus on participation
- Allow members to gain Avery points for volunteering / marshalling at GCR hosted races

We think we've managed to incorporate all these into the new format Avery Competition for 2019 – full details of all the races and the rules can be found on the GCR website at <https://www.gardencityrunners.org.uk/the-club/avery-points/> and on the GCR Facebook page.

Here are the key changes:

- Number of scoring races increased to 26, and now include Sunday XC, MWRRL and parkruns
- For each race run / volunteered at, one point is scored (highest total possible =26)
- Participants will be ranked in points order, with ties decided according to agreed criteria
- More prizes available for participants to keep – 10 each for the male and female competition (large trophies for the 1st 3, small trophies for 4th-6th place, medals for 7th – 10th place).
- A special award if any competitor completes the 'Avery Marathon' (all 26 races)

In the event of a tie on points, a tie-breaker will apply, using a ranking of each race based on our subjective view of its value. See 'Avery Rules and Format 2019' for an explanation of how the tie-breaker will work and the race ranking list.

Thank you to everyone who sent us feedback about the Avery Competition. Please let us know your thoughts on the new format – we will be reviewing the competition regularly so that we can make it work for everyone. Good luck and happy running!"

### **Club Kit – Return of T-Shirts**

There have been a number of complaints about the fit of the new kit and we are now in negotiation with Scimitar for the replacement of all t-shirts. If you have bought a new t-shirt, please can you arrange to return it to RICHARD SOMERSET as soon as possible, so that he can then return them to the supplier. *We need to return the faulty kit in order for Scimitar to schedule in the manufacture of the new ones.*

### **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 Race #	Date	Time	Online entry
<b>Stevenage Half Marathon</b>	<b>11</b>	<b>4<sup>th</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>London Cross Country Champs - Parliament Hill Fields</b>		<b>17<sup>th</sup> November</b>	<b>1:15pm</b>	<i>See your captain</i>
<b>ARC AGM Bedford Athletics Stadium</b>		<b>17<sup>th</sup> November</b>	<b>1:00pm</b>	<i>See your captain</i>
<b>Sundon Saunter</b>		<b>17<sup>th</sup> November</b>	<b>08:00</b>	<a href="#">Click here</a>
<b>St Neots Half Marathon</b>		<b>18<sup>th</sup> November</b>	<b>10:00am</b>	Race full
<b>Herts Half Marathon Knebworth House</b>		<b>18<sup>th</sup> November</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Hatfield 5</b>	<b>12</b>	<b>25<sup>th</sup> November</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>Bass Belle 10</b>		<b>25<sup>th</sup> November</b>	<b>10:00am</b>	Race full
<b>Sunday Cross Country League #2 Trent Park</b>		<b>2<sup>nd</sup> December</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Bedford Harriers Half Marathon</b>		<b>2<sup>nd</sup> December</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>GCR Christmas Social &amp; VLM places draw – The Attimore</b>		<b>5<sup>th</sup> December</b>	<b>08:00 pm</b>	
<b>SEAA XC Masters Champs SEAA Inter-counties XC - Horspath</b>		<b>8<sup>th</sup> December</b>	<b>11:00am</b>	<i>See your captain</i>
<b>Festive 5</b>		<b>9<sup>th</sup> December</b>	<b>9:30am</b>	<a href="#">Click here</a>
<b>Sunday Cross Country League #3 Willian</b>		<b>16<sup>th</sup> December</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Christmas Day parkruns Panshanger at 9:00am</b>		<b>25<sup>th</sup> December</b>	<b>various</b>	<a href="#">Click here</a>
<b>Buntingford Year End 10</b>		<b>30<sup>th</sup> December</b>	<b>10:30am</b>	<a href="#">Click here</a>
<b>New Year's Day parkruns Panshanger at 9:00am Ellenbrook Fields at 10:30am</b>		<b>1<sup>st</sup> January '19</b>	<b>various</b>	<a href="#">Click here</a>
<b>Sunday Cross Country League #4 Watford</b>	<b>1 (A)</b>	<b>13<sup>th</sup> January '19</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Fred Hughes 10</b>	<b>2 (A)</b>	<b>20<sup>th</sup> January '19</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>SEAA XC Champs "The Southern" - Parliament Hill Fields</b>		<b>26<sup>th</sup> January '19</b>	<b>TBD</b>	<i>See your captain</i>
<b>Sunday Cross Country League #5 Royston</b>	<b>3 (A)</b>	<b>10<sup>th</sup> Feb '19</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Panshanger parkrun</b>	<b>4 (A)</b>	<b>23rd Feb '19</b>	<b>9:00am</b>	



<b>ECCA XC Champs "The Nationals" - Leeds</b>		<b>23<sup>rd</sup> Feb '19</b>	<b>TBD</b>	<i>See your captain</i>
<b>Cambridge Half Marathon</b>		<b>3<sup>rd</sup> March '19</b>	<b>TBD</b>	<a href="#">Click here</a>
<b>WGC Half Marathon</b>	<b>5 <sup>Ⓐ</sup></b>	<b>17<sup>th</sup> March '19</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Ellenbrook Fields parkrun</b>	<b>6 <sup>Ⓐ</sup></b>	<b>6<sup>th</sup> April '19</b>	<b>9:00am</b>	

**Ⓐ : Denotes a 2019 Avery League race.  
For further races please see the GCR web site.**

### **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>12</b>	<b>27<sup>th</sup> January</b>	<b>9:00am</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>18<sup>th</sup> 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 [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk) or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/).

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