Garden City Runners

News Release   **11 November 2018**

Poppies, plant power and parkruns

Poppy Run

TERRY WOLFE TRISTRAM took part in a 5K Poppy Run to raise funds for the Royal British Legion. Terry braved bucketing rain to complete the run in 32:49.

Above: Terry Wolfe Tristram snaps a selfie after his 5K Poppy Run.

Lancing College Cross Country

TIM COOKE was one of eight guest runners taking part in a private cross country race between Sussex colleges, hosted by Lancing College. This venue is famous for its imposing gothic revival chapel, which is bigger than some cathedrals and was never entirely finished.

Tim writes: "After processing parkrun results in the morning, I made a quick stop to fix a friend's heating system before setting off for Worthing. Traffic hold-ups and roadworks used up my remaining margin of time, and I arrived and parked with only seven minutes to go before the start, which was half a mile from the car park! On the steep uphill climb to the start I had a non-deferrable call of nature, so had to go back downhill to the toilets. That made me miss the start, which was in the middle of a ploughed field, by three minutes, and I was completely out of breath when I got there. When I reached the marshal point at the first turn there was no marshal, instead just an arrow that it turned out was pointing the wrong way, but I didn't find that out until I'd run half a mile downhill. I then had to backtrack to find that the leader, having run half his race, was running towards me. So I ran the entire 5.6 miles, plus the extra 1.1 miles, without seeing any other runner in front, having to climb over all the gates that had been locked shut after the 'last' runner, and finished about 20 minutes after everyone else.

But it was a glorious afternoon with lovely views. Plus, the chips in the college canteen were edible, and the vegetarian sausages were large. I call that a win."

parkrun roundup

There was a strong GCR turnout at our local Panshanger parkrun, where HANNAH FRANK led a team of Year 9 children from Simon Balle School, completing a parkrun as the culmination of a wellbeing running programme that she runs.   While shepherding her young flock around the course, Hannah also managed to come in as third lady in a time of 22.28. She reported that her students had all enjoyed the experience, with one commenting "there was so much support it was amazing!" GCR's PETER MCKENZIE was third overall in 18:38. It was good to see LAUREN POTTER back from injury, putting in a strong performance as fourth lady in a time of 22.42. Congratulations are due to SAM SMITH, who completed his 100th parkrun in a time of 25:27.

Over at Ellenbrook Fields, GCRs had five runners in the top seven, with NEIL HUME just pipped to his customary first place, finishing second overall in 16:56; THOMAS WACKETT was fourth in 17:41; JACK TANN fifth in 17:48; ADAM WADLEY sixth in 17:52, and RUSSELL CASEY seventh in 18:14.   SOFIE MARCHANT was second lady at Gadebridge parkrun, finishing in 24:12; ANDREW HOLT and ÅSA MOBERG GROUT flew the flag for GCR at the inaugural Jersey Farm parkrun, replacing the much-missed Heartwood Forest parkrun in a new location down the road, and finished in 19:58 (fourth overall) and 28:08 respectively. This week's prize for parkrun tourism goes to STEVE GROUT, who travelled up to Thurso in the Highlands of Scotland (pretty much the next stop is John O'Groats) and finished third overall in a time of 24:06.

Full results from this week's parkruns can be found here.

GCR Strava Group

If you'd like to join the GCR Strava community, click here for details of the group.

Avery League 2018

Details of the 2018 Avery League can be found [here](#).
The next and final Avery race is the Hatfield 5 on 25th November.

Avery League 2019

Details of the 2019 Avery League are available on the GCR [website](#). 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.

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Marathon Training

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

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
London Cross Country Champs - Parliament Hill Fields		**17th November**	**1:15pm**	*See your captain*
ARC AGM Bedford Athletics Stadium		**17th November**	**1:00pm**	*See your captain*
Sundon Saunter		**17th November**	**08:00**	[Click here](#)
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**	*See your captain*

Bedford Harriers Half Marathon		**2nd December**	**10:00am**	[Click here](#)
SEAA XC Masters Champs SEAA Inter-counties XC – Horspath		**8th December**	**11:00am**	*See your captain*
Festive 5		**9th December**	**9:30am**	[Click here](#)
Sunday Cross Country League #3 Willian		**16th December**	**10:30am**	*See your captain*
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**	*See your captain*
Fred Hughes 10	**2 Ⓐ**	**20th January '19**	**10:00am**	[Click here](#)
SEAA XC Champs "The Southerns" - Parliament Hill Fields		**26th January '19**	**TBD**	*See your captain*
Sunday Cross Country League #5 Royston	**3 Ⓐ**	**10th Feb '19**	**10:30am**	*See your captain*
Panshanger parkrun	**4 Ⓐ**	**10th Feb '19**	**9:00am**	
ECCA XC Champs "The Nationals" - Leeds		**23rd Feb '19**	**TBD**	*See your captain*
Cambridge Half Marathon		**3rd March '19**	**TBD**	[Click here](#)
WGC Half Marathon	**5 Ⓐ**	**17th March '19**	**9:00am**	[Click here](#)
Ellenbrook Fields parkrun	**6 Ⓐ**	**6th April '19**	**9:00am**	

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

Marathon Preparation Events

Event	Distance (miles)	Date	Time
Gade Valley	12	27th January	9:00am
Gade Valley	17	24th February	9:00am
Thames Riverside "Race or Pace"	20	3rd March	8:00am
Lydd	20	10th March	10:00am
Milton Keynes	20	17th March	9:50am
Windsor & Eton	20	16th March	9:00am
Oakley	20	24th March	10:00am
Finchley + Hillingdon	20	18th March	9:00am
Gade Valley	20	24th March	9:00am
Bedford	20	TBD March	10:00am
Eton Dorney Marathon Prep	20	31st March	9:30am

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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