



Garden City Runners

News Release

25th November 2018

GCR Avery League Winners! County Medal at Hatfield 5

Christmas Social at The Attimore

You're all invited to come along for a celebratory drink at The Attimore Hall at 8pm on Wednesday 5th December. [A map link to The Attimore is here](#). So far, 20 people have confirmed on the Facebook events page that they'll be there, so there's room for plenty more! During the evening, we will be doing the draw for the two club places in the 2019 *Virgin Money London Marathon*.

As this is 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 contact JANE MOLLOY by email to jane_molloy@msn.com. If this isn't heart-warming enough already, we would also ask you to bring along old, clean training kit to be donated to Kitaid; you can see more about this charity [here](#).

Regarding the Festive 5, we've had a good response to the request for volunteers, so thanks to those who have offered already. We have 17 of the 22 people needed, and 8 of those are Isabel Hospice volunteers, so there are still 5 marshal points to fill, plus a lead cyclist and a sweeper. To offer your help, contact SEAN BOWEN by email to sean.bowen.gcr@hotmail.co.uk. Volunteers will need to arrive at Stanborough Green far end near Lemsford Lane by 8:30-8:45am, and be available until around 10.30am.

New Running Group

From Tuesday 4th December, GCR will have a new regular running group. This group will be for anyone who wants a shorter, easier run than those already on offer. It will typically be about 45 minutes, and will cover around 5k. It will be ideal for any of our beginners' course graduates who would like to continue running 5ks rather than longer distances. But it could also suit anyone who is coming back to running after a break such as an injury, regular runners who would prefer a slower pace, runners who just want to do a steady 5k, and anyone who would like a sociable, gentle-paced run.

At the same time, we are moving away from the current labelling of the steady running groups to simplify it by distance and average pace. The time slot advertised on the website (e.g. 6:30-7:45pm on Tuesdays) is a more accurate reflection of the actual time of the sessions and allows for any announcements at the start, as well as warm-ups, stretches and cool-downs. A summary of all the sessions from 4 December is as follows:

Tuesday 6:30 – 7:45 p.m.	Social 5-6k A sociable, gentler-paced run of about 45 minutes, for those who prefer to stick to 5k.	7-8k Steady running pace: About 8-8.5 min kms (11-11.5 min miles)	9-10k Steady running pace: About 6.5-7 min kms (10-10.5 min miles)	11-12k Steady running pace: About 5.5-6 min kms (9-9.30 min miles)	Intervals All abilities. Drills are published on Facebook and by email.
Thursday 6:25 – 7:30 p.m.	Social 5-6k A sociable, gentler-paced run for those who prefer to stick to 5k runs.	8-9k Steady run: 7-8 min kms (10.5-11 min miles)		10-11k Steady run: 6-6.5 min kms (9.5-10 min miles)	Track Gosling Sports Centre

Sunday Cross Country League 2018/19

Dates and venues for all of these races are shown in the table starting on page 12.

To explain the Sunday League, mostly for the benefit of new members, it's 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.

The next race is on 2nd December. 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

The graduation for the latest Beginners' Course will be **1st December 2018**. The venue for the beginners' 5k will be Panshanger parkrun, at 9:00am. If you can spare the time to come along and support our beginners, they'll be grateful for anyone who can run along with them, providing encouragement and a consistent pace. KAREN ATKINSON will be organising the graduation.

The start of the next course, led by SANDRA WISE, will be on **15th January 2019**. If you're joining or helping with the group, please arrive at Ridgeway Academy at around 6:15pm, ready to hear announcements and then start the session at 6:30pm.

EVENT ROUND UP

Chase The Moon

RICHARD WILCOX didn't finish in the shadows on the Wednesday evening, on 21st November, showing his rear to all but 14 other runners by finishing in a creditable 15th position out of 345, in 38:07.

Richard reports that the conditions were dark and cold in the former Olympic grounds at Queen Elizabeth Park in Stratford, but he completed the four lap loop to achieve his 2nd fastest ever 10km time.

Below: Richard is rightfully pleased with his result!



Hatfield 5 and County Champs

In a race that tells the final chapter in a hotly-contested battle at the top of the GCR league competition (see page 9), 36 members took part in the highly popular **Hatfield 5**, on a crisp and dry morning, with the start/finish on the University of Hertfordshire campus.

Below: Avery contenders huddle for warmth before facing the cold November morning. Pictured are Tracey Stewart , Rob Hughes, Paul Guy, Sandra Wise, Caroline Hughes, Daniel Pudnor, Rebecca Barden, Richard Darley, Michael Paine, Charlee Chapman, Alex Yates, Kay Metcalfe, Steve Ellerd-Elliott, Charlotte Jones, Tim Cooke.



PAUL GUY, pictured above, achieved an all-time personal best at the 5 mile distance, storming home in 28:52 as 3rd GCR member and 20th position overall.

TOM WACKETT's star continues to rise, as he rode the wave of a recent 5k personal best to carve a fastest 5 mile time of 28:18, nearly two minutes ahead of his 2017 Hatfield 5 result.

In the Herts County Senior 5 mile Championship, NEIL HUME narrowly missed out an individual bronze medal, however he was part of the 3rd placed men's team that included TOM WACKETT, PAUL GUY, and JACK TANN. The men's 1st and 2nd placed teams were St Albans Striders and DACORUM & TRING AC.

The complete set of individual results for GCR are shown on the following page.

Pos	Name	Net Time	Category	C Pos	Gender	Gen Pos
8	NEIL HUME	00:27:38	M40	3	Male	8
12	THOMAS WACKETT	00:28:18	Senior	7	Male	11
20	PAUL GUY	00:28:52	M40	6	Male	19
27	JACK TANN	00:29:25	Senior	16	Male	25
31	RUSSELL CASEY	00:29:32	M40	10	Male	29
37	PETER MCKENZIE	00:30:04	Senior	20	Male	35
61	DAVE DESBOROUGH	00:31:23	M60	1	Male	58
62	SEAN BOWEN	00:31:26	M50	9	Male	59
68	MALCOLM DOWN	00:31:44	M50	10	Male	65
76	ROB HUGHES	00:32:16	M40	32	Male	73
95	STEVE ELLERD-ELLIOTT	00:33:00	M40	38	Male	86
102	DANIEL PUDNER	00:33:08	Senior	40	Male	92
120	TREVOR DAVIES	00:34:44	M40	45	Male	106
147	MICHAEL PAINE	00:35:41	M50	21	Male	126
173	STEVEN EDWARDS	00:36:20	Senior	55	Male	143
196	REBECCA BARDEN	00:37:23	W50	7	Female	37
201	ROBERT DILLEY	00:37:48	Senior	61	Male	163
207	CHARLOTTE CHAPMAN	00:37:41	Lady	19	Female	41
211	KAY METCALFE	00:38:07	W50	8	Female	44
225	STEVE BUTTON	00:38:54	M60	5	Male	176
226	ALI RIZA EROGLU	00:39:04	M60	6	Male	177
295	MICHAEL WISE	00:41:03	M60	13	Male	217
309	CAROL REID	00:41:31	W50	18	Female	87
324	TIM COOKE	00:42:18	M50	21	Male	99
325	HELEN PAINE	00:42:14	W40	41	Female	100
334	RICHARD DARLEY	00:42:03	M50	55	Male	232
380	THOMAS PARMLEY	00:43:41	Senior	84	Male	255
383	DAVID SELWOOD	00:43:42	M60	16	Male	257
411	MAGGIE WRIGHT	00:45:11	W50	38	Female	144
414	ROBERT CARTWRIGHT	00:45:11	M60	20	Male	269
427	MELANIE KING	00:45:45	W50	42	Female	155
506	SANDRA WISE	00:49:28	W60	9	Female	216
519	SHENA LANCASTER	00:49:52	W60	10	Female	228
520	ALEXANDRA YATES	00:49:52	W40	95	Female	229
523	CAROLINE HUGHES	00:49:56	W40	97	Female	232
609	CHARLOTTE JONES	00:55:49	Lady	79	Female	303

Bass Belle 10

Two GCR belles represented the club at this increasingly popular autumn 10 miler; the mother-daughter duo of ANN HAYDEN and BECCA HAYDEN toured to Bassingbourn and competed in the mixed road/trail race. Becca reports that it was a lovely route, well organised, well marshalled, and that the event was in aid of the charity **Brainstrust**.

Becca battled for 3rd place and by the line had pulled a gap of 30 seconds over the 4th placed lady, finishing in 1:07:34, and Ann finished in 1:32:16. The photo shows both ladies after their superb achievements, and includes Becca's 3rd place trophy.



Gatliff 50k

NICK GENEVER's tireless pursuit in touring trail marathons led him to this self-navigation ultra in Kent, known for being overlong at 34 miles and difficult to navigate. Nick reports that the recent rain made the fields very muddy, and there were many stiles and gates to get through. He finished in 7 hours 25 minutes, and the total ascent was 740m.

Avebury8 Nine



STUART WHITFORD headed down to Wiltshire again this weekend, this time for a race hosted by Marlborough running club with all proceeds going to Wiltshire Air Ambulance. Stuart reports as follows:

“I think I had just about recovered from the very hard 8 miles around Devizes last weekend to attempt this run.

First off the start was in the centre of the village of Avebury. This meant my pre-race warm-up was around the amazing stones of the Avebury World Heritage site. I forgot my camera, so an aerial shot (above) found online will have to suffice. I’m still struggling to complete the cross country runs without walking, but this one turned out to be 9.2 miles in total, so not too shabby for me anyway. Rather than a finishers medal, each runner received a locally hand made pottery mug and lots and lots of home made cakes. It was worth it just for that!”

2018 Avery League, final results

Thanks to the persistent detective work and diligence of RICHARD SOMERSET, the final standings in this year's Avery competition have been published! The Hatfield 5 was the final of the 12 races. There was no runaway winner after 11 races - in fact, the top three places in could have gone to any of four members in each of the men's and ladies' league tables. TOM WACKETT, having maintained a narrow margin over RUSSELL CASEY, sealed his victory, with both men having kept a weather eye on MICHAEL PAINE, and STEVE ELLERD-ELLIOT ever within heel-snapping proximity. In the ladies competition, HELEN PAINE fought against a cold during the entire final event, determined to gain enough points to stay ahead of her friendly adversary in the form of CAROL REID. Had either lady faltered, REBECCA BARDEN would have had to find a place on what must now be an overflowing trophy shelf.

The physical trappings of accomplishment will be presented at the club's annual Awards Night but, for now, here's how the top of the league tables looked at the end:

Avery Standings 2018 Final

Races

	Races
1	Fred Hughes 10 – Sunday 21 January
2	Watford Half Marathon – Sunday 4 February
3	Kimpton May Festival Run – Monday 7 May
4	Wheathampstead 10k – Sunday 20 May
5	Parkrun (venue tbc) – Saturday 16 June
6	Ware 10s – Sunday 8 July
7	Fairlands 3k Relays – Thursday 26 July
8	ATW WGC Half Marathon – Sunday 9 Sept
9	Hitchin 5k – Sunday 30 September
10	Standalone 10k – Sunday 7 October
11	Stevenage Half Marathon – Sunday 4 November
12	Hatfield 5 – Sunday 25 th Nov

Points men

Name	1	2	3	4	5	6	7	8	9	10	11	12	Total
Thomas Wackett	36	40	36	37	39		36		39	40		39	306
Russell Casey	37		39	38	37		35			39	40	36	301
Michael Paine	34	36	31		28		20	34	37	32	38	26	270

Points women

Name	1	2	3	4	5	6	7	8	9	10	11	12	Total
Helen Paine	38		38		37		33		36	38	38	36	294
Carol Reid	34			40			30	35	37	39	37	37	289

Rebecca Barden	39	40			39		38		39		39	40	274
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The 4th to 10th placings are provisional at the moment, but a medal for each of those league positions will be awarded in due course.

Manaslu Trail Race



PATRICK and VIRGINIA BIRD just completed the Manaslu trail race in Nepal in 42nd and 44th place out of 57 competitors. This was around 170 km and with 11000m of ascent over 9 days, and pretty awesome! Virginia has created a blog to chart their travels; be prepared to become spellbound and envious when you read it, [here](#).

parkrun Round Up

The consolidated club results for 24th November are available [here](#).

Notable GCR performers were as follows.

PETER MCKENZIE - finished 1st and gained a course PB at Panshanger.

SEAN BOWEN – 3rd finisher and a course PB at South Oxhey.

JUSTIN HILL – 3rd man at Holkham.

NEIL HUME – 1st finisher at Ellenbrook Fields.

TREVOR DAVIES – another PB at Ellenbrook Fields, and his first sub-20 minute parkrun!

Ciaran WELSH - a course PB at Ellenbrook Fields.

Forthcoming Events

Avery League 2019

Details of the 2019 Avery League have been published on the GCR web site [here](#). 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. The first of the open races is the Fred Hughes 10 - you can use the link in the table below to enter.

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 2019 Race #	Date	Time	Online entry
Beginner's Course Graduation Panshanger parkrun		1st December	9:00	
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	various	Click here
Sunday Cross Country League #4 Watford	1	13th January	10:30am	<i>See your captain</i>
New Beginners' Course Ridgeway Academy		15th January	6:15pm	

Fred Hughes 10	2	20th January	10:00am	Click here
SEAA XC Champs "The Southern" - Parliament Hill Fields		26th January	TBD	<i>See your captain</i>
Sunday Cross Country League #5 Royston	3	10th February	10:30am	<i>See your captain</i>
Panshanger parkrun	4	23rd February	9:00am	Free
ECCA XC Champs "The Nationals" - Leeds		23rd February	TBD	<i>See your captain</i>
Cambridge Half Marathon		3rd March	TBD	Click here

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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