



Garden City Runners

News Release

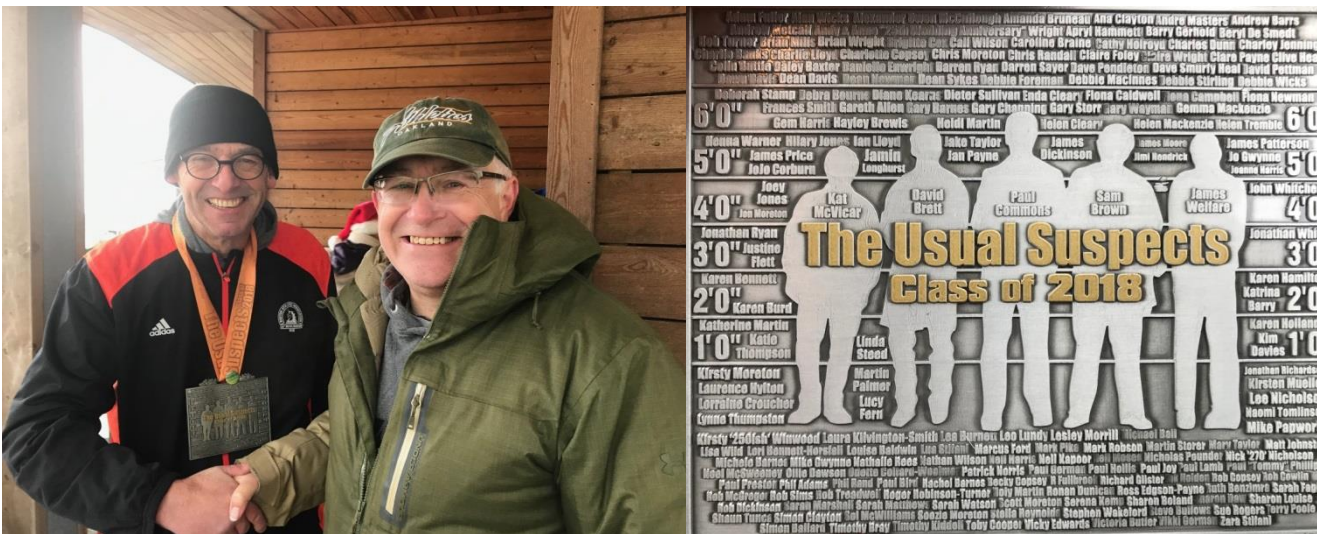
16 December 2018

GCR Intrepids Undaunted by Storm Deirdre

Dave Heal and Stuart Whitford beat the elements while Panshanger parkrun hosts Sky TV and Olympians

Dave Heal – “Usual Suspects” Challenge Event

For his last race of the year, DAVE HEAL travelled to the Saxons, Vikings & Norman’s ‘The Usual Suspects’ event at Samphire Hoe Country Park near Dover, completing a half marathon in 2 hrs 8 mins 43 secs

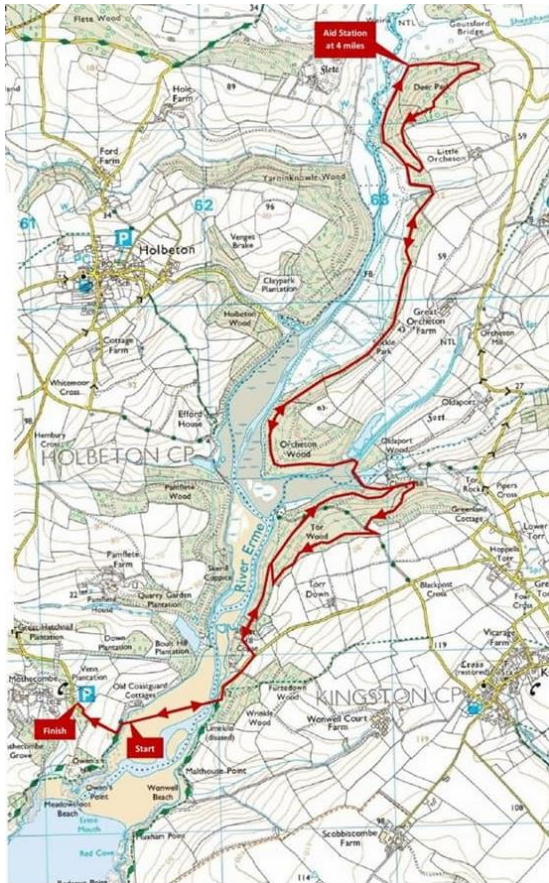


Dave Heal wearing his special ‘Usual Suspects’ medal with Race Director & Ultra runner & stalwart Saxons, Vikings & Normans member, Traviss Willcox

DAVE reports "This event was a 6hr challenge event to run as many 3.28 mile mixed terrain hilly trail/concrete beside sea wall laps as you can in 6 hrs. I chose to run my 111th Half Marathon distance with 4 laps in atrocious freezing, windy, sleety conditions in amongst storm Deirdre. The Usual Suspects special medal is embossed with all runners’ names for that year, which identifies & immortalises that runner for that year for good prosperity & future memory! If asked in the future ‘who was at that event?’ your reply would be the ‘the usual suspects’. This year there were 178 names embossed, mine included as Dave Smurfy Heal – a nickname

known to many in the running community, family & friends. Some runners on the day pushed onto marathons & ultras, but the circuit changed to a more inland circuit within Samphire Hoe country park after 6 laps as race officials and country park wardens decided they were very concerned about losing runners by being swept out to sea as conditions worsened in storm Deidre!"

Race the Light



STUART WHITFORD headed down to his home county of Devon this weekend to take part in an end-of-day race called 'Race the Light' organised by Puretrail. The goal was to start on the beach once the tide had receded enough to allow runners to wade across the Erme estuary.

Stuart reports "I'm 6ft and ended up quite high pitched, giving an idea of the water depth. It was a very strong current and high winds, so a great sporting start to the run. After this, the run headed off around steep country lanes, fields and very muddy trails within a country estate. Head torches were compulsory with the last few miles through the woods, a further wade across the estuary and very steep incline to the finish all in pitch black. All great muddy and wet fun, with about 250 meters of elevation gain over the 8.5miles".

Stuart finished 159 out 257 runners, completing the distance in 1hr 32mins, followed by a long drive home from Plymouth.

EAA Masters' XC Championships, Oxford - Saturday 8th Dec

Men's Captain, SEAN BOWEN, kindly submitted this race report.

Four GCRs travelled up the M40 last Saturday afternoon to take part in the Southern Vets; cross country championships at Horspath on the far east edge of Oxford. With a very strong wind blasting across the flat fields, the hilly wooded section in the middle of both laps at least provided temporary shelter, and the rain showers kindly held off until just after the race. With some top athletes coming from all across southeast England, this was a quality field.

RUSSELL CASEY finished in 37:26, 27th of 60 in the MV40-49 category. Just behind, came the very in-form JUSTIN HILL in 37:33, 32nd of 109 in the MV50-59s. Further back, MALCOLM

DOWN caught SEAN BOWEN metres before the finish in 39:26 to place 19 of 42 in the MV55-59s. The GCR top trio were 13th of 27 in the overall teams - a very respectable result ahead of the likes of St Albans, TVH and Oxford City. Thames Hare & Hounds dominated the 40s and 50s teams, with Barnet & District taking the MV60s.



GCR EAA Masters XC Championships team - Russell Casey, Justin Hill, Malcolm Down and Sean Bowen

Panshanger and Other parkrun Happenings

The place to be for a parkrun this week was Panshanger Park, especially if you wanted the chance to appear on Sky TV, who were there to film a feature on JOHN BUTCHER, octogenarian Ware Joggers member. Forty GCR runners were also joined by three Olympians, PAUL POLLOCK (first man home in 15:29), ANDY BADDELEY (GB middle distance runner and UK parkrun record holder) and KEVIN SEAWARD (Irish Marathon runner). They ran the course in what must have been a leisurely pace for them, having all previously done parkruns considerably faster. Your editor this week JANE MOLLOY was there to celebrate her 100th parkrun. *"It was a lovely occasion with lots of support from my wonderful GCR running buddies who made me feel very special and very lucky."*

This event also saw LOIS BURGESS complete her Beginners Course graduation and receive her well-earned medal, as well as achieving a PB of 33:13. Adding to the warm glow of the event (badly needed in the freezing temperatures), participants contributed to another fantastic collection for Kitaid, with donations barely able to be crammed into the collectors' cars.



Kath Evans, Jen Denman, Jen Hill, Alex Yates, Charlotte Jones, Jane Molloy, Jac McCallum, Peter Laphorne Shena Lancaster, Fraser McCallum and Sandra Wise at the start of Jane's 100th Parkrun

At Ellenbrook Fields, GCR took the first 4 places – NEIL HUME 17:15, TOM WACKETT 17:41, JACK TANN in 17:50 and PETER MCKENZIE in a PB of 18:10. PAUL GUY was first back at Jersey Fam in a course PB of 18:58. TERRY FOWLER thankfully continued his recovery from heart surgery and finished alongside his wife, ELAINE FOWLER, who achieved a PB of 26:21.

Additionally, course PB's were struck by other club members at:-

- Panshanger Park – CHRIS PEASE 30:37, TRACY BEHR 31:30, KAREN ATKINSON 33:14
- Ellenbrook Fields – EMON MARTIN 22:15
- Rothwell – RICHARD DARLEY 26:19

In total, there were 68 GCR runners at 9 different parkruns this week, and consolidated results for all our members this Saturday can be found [here](#)

Sunday Cross Country League, Fairlands Park, Stevenage



Forty-eight GCR members turned out this Sunday to run at the third meeting of the Sunday XC League. There are lots of fabulous photos to look at on the GCR Facebook page. At the time of going to press, results have yet to be confirmed, so will appear in next week's newsletter.

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.

Event	Avery Race #	Date	Time	Online entry
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 (A)	13th January	10:30am	See your captain
Fred Hughes 10	2 (A)	20th January	10:00am	Click here
SEAA XC Champs "The Southern" - Parliament Hill Fields		26th January	TBD	See your captain

Watford Half Marathon		3rd February	10.30am	Click here
Sunday Cross Country League #5 Royston	3 (A)	10th February	10:30am	<i>See your captain</i>
Panshanger parkrun	4 (A)	23rd February	09:00am	
ECCA XC Champs "The Nationals" - Leeds		23rd February	TBD	<i>See your captain</i>
WGC Half Marathon	5 (A)	17th March	09:00am	Click here
Milton Keynes Festival of Running – 5K, 10K, Half, 20 miles		17th March	From 9.50am	Click here

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.

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	20	31st March	9:30am

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. 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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