



Garden City Runners

News Release

27 January 2019

A Parliamentary picnic GCRs in action at Southern Senior XC Champs

Southern Senior Cross Country Championships

Eight GCRs travelled to Hampstead Heath on Saturday afternoon for our featured run of the week, 'The Southern', at its traditional venue on the well-loved and much-feared Parliament Hill course, with its famous view towards central London.



Stated club captain, SEAN BOWEN, "The rain was very kind to us, holding off almost entirely until we were safely on our way home. With the recent drought, and a break in

the cold snap, this course has never been so dry and so mild as it was this year. It was a picnic compared to the swamp it usually is, and it was even a little shorter—a mere 8.5 miles. That said, it's still the toughest, longest, hilliest, most uneven and strength-sapping course in the season, and the standard of most of the runners is outstanding."

MARKUS ALLEN was first man home for GCR with a cleverly pace-judged 1:00:50, putting him 543rd of 1154 finishers. He just managed to get away from CHRIS ELAND (561st in 1:01:04) while ROB CASSERLEY—making his first-ever appearance at Parly Hill—cruised home in 636th in 1:02:19. SEAN BOWEN was 752nd in 1:04:26, with RUSSELL CASEY stubbornly battling the remnants of a bad cold, 806th in 1:05:37, and just ahead of RICHARD SOMERSET, who finished 815th in 1:05:48. RICHARD WILLCOX finished 949th in 1:09:12, and another gutsy performance from BRAD SMITH brought the team home 1080th in 1:15:56. GCR finished 67th of 77 complete six-to-score teams. Individual race winner was HENRY PEARCE of Tonbridge AC in 45:53, with Aldershot, Farnham & District team champions.

Finally, Sean thanked supporters MARTHA HALL, JOY ALLEN, TIM COOKE and JIM DAVIS, as well as STUART BROADHEAD and friend from Phoenix who helped RUSSELL CASEY and RICHARD SOMERSET erect the GCR tent, which provided welcome shelter from the wind after the race.

Waterway 30



DAVE HEAL (*left*) ran his fourth Ultra trail event at the Waterway 30 from South Wheatley in Notts (although the distance was longer than 30 miles). The route followed the waterways of the Chesterfield canal and River Trent on a trail event, with 80% on grass tow-paths that were very tricky and uneven underfoot, with many grass potholes and molehills. Says Dave, "*Some of the circuit was beside the banks of the River Trent, in some very exposed remote areas, with strong frontal and cross winds which would have tested any runner's resilience. Race organisers Hobo Events put a great circuit together with lots of friendly marshals, and four well-stocked check points on the way round. I was glad to*

finish before darkness fell, in 7:01:09 and finished 121st out of 176 runners who made it back to the South Wheatley Village Hall.” The race was won by PAUL RICHARDSON.

parkruns

There were several outstanding performances by GCRs at parkruns around the country this weekend. TOM WACKETT secured a new PB at Harlow in 18:24—just 1 sec behind the winner, JAMES HUIISH in 18:23. CRAIG BROWN finished 2nd at Panshanger in 18:02, while at nearby Ellenbrook Fields, NEIL HUME finished 3rd in 17:53 and chasing him into the funnel in 5th place was JACK TANN in 18:19. PETER JASCO meanwhile recorded a PB in finishing 18th in 20:45 and CLAIR EMMS achieved likewise in 40:56. The other side of Ellenbrook Fields, at the new Jersey Farm course, PETER MCKENZIE finished 5th in 19:12, while at the same venue ROB HUGHES PB'd in 21:23 as did CAROLINE HUGHES in 33:03. Elsewhere, PAUL GUY, finishing 5th in Durham in 18:11 and CHRIS JONES 4th at Stevenage in 18:49; See this week's results in full [here](#).

parkrun tourism

GCR's parkrun tourism series continues on Saturday (February 3) at Gadebridge. More information on the course can be found here: <https://www.parkrun.org.uk/gadebridge/>. All are welcome. Wear your GCR vest, or alternatively, just turn up.

GCR Spring Party & Awards

Tickets are now available at <https://www.racesonline.uk/race-entry/gcrsocial/> for the GCR Spring Party and Awards evening when members achievements are honoured, fine food and drink are consumed and runners throw shapes of a different kind.

Gade Valley Harriers Marathon Training

Don't forget the final two GVH training Sundays as an essential part of your marathon race planning. The 12-mile distance may have passed, but February 24 sees the 17-mile run, with a 9.00am start for 12-minute milers and 9.30am main start. An enjoyable and challenging course ... all for the cost of a fiver, payable on the day. Then on March 24 the distance increases to 20 miles (as does the fee, to £10). Runners at the latter should remember that the clocks go

forward by an hour the night before, marking the start of balmy evening trail running once again. Yippee!

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
Parkrun tourism - Gadebridge		2nd February	9.00am	See Facebook
Watford Half Marathon		3rd February	10:30am	Click here
Sunday Cross Country League #5 Royston		10th February	10.30am	See your captain
Panshanger parkrun	4	23rd February	9:00am	
ECCA XC Champs (Nationals) Leeds		23rd February	TBD	See your captain
Parkrun tourism - Aldenham		2nd March	9.00am	See Facebook
GCR Social & Awards Evening		8th March	7.30pm	Click here
Welwyn Half Marathon	5	17th March	9.00am	Click here
Milton Keynes Festival of Running – 5K, 10K, Half, 20 Miles		17th March	9.00am	Click here
Oakley 20		24th March	10.00am	Click here

Join Garden City Runners

Do you live in or near Welwyn Garden City? Do you like running? Garden City Runners is your local running club, has over 250 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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