



Garden City Runners

News Release

30th December 2018

2018 Ends with trophies at Buntingford 10



Happy New Year!

The News Release editors wish every member health and happiness for 2019! Give yourself a pat on the back for all you've achieved in 2018. If you're coming back from injury, take care, and if you're currently injured, take heart from those who've overcome their issue and started running again. See Kath Evans's impressive collection of medals, below, just from 2018!

Next Club Races

The next Sunday League race will be at Watford on 13th January; it's the fourth in the series of five. This is also the first GCR Avery League race of 2019.

You should receive race information from your captain:

SEAN BOWEN | sean.bowen.gcr@hotmail.co.uk | 07802 382596
CHARLEE CHAPMAN | charlotte.chapman27@live.co.uk | 07986 326518

Some members are about to start a month of participation in "**RED**" – Run Every Day in January. This is a motivational initiative that's particularly useful if you're training for a spring marathon, or just want help in disciplining yourself to get out and run on the dank winter weekdays. It's also in aid of the charity MIND, a worthwhile cause being supported across Hertfordshire. You can read more about Mind in Mid Herts [here](#), and join in with the online RED activity [here](#).

New Running Group

Just a reminder of the timetable of regular running groups as of 4th December.

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

Beginners' Course

The next course, led by SANDRA WISE, will start 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

Buntingford Year End 10



Above: The Usual Suspects. Neil Hume, Tim Cooke, Dawn Redwood, Kath Evans, Elaine Giles, Tom Parmley, Charlotte Jones, and Maureen Steed.

The complete set of individual results for GCR is as follows:

Position	Name	Category	Cat Pos	Time
1	Neil Hume	MV40	1	00:56:45
22	Chris Jones	MV40	12	01:02:13
83	Becca Hayden	Female Senior	3	01:12:15
150	Chris Harbron	MV40	48	01:18:03
225	Tim Cooke	MV50	40	01:23:53
326	Justin Kean	MV50	61	01:32:23
362	July Kean	FV45	47	01:35:43
404	Thomas Parmley	Male Senior	67	01:39:49
433	Elaine Giles	FV45	68	01:44:18
496	Kath Evans	FV45	85	01:56:28
519	Maureen Steed	FV65	5	02:11:59
520	Charlotte Jones	FV35	87	02:11:59
521	Dawn Redwood	FV55	25	02:11:59

As you can see from above, there were trophy winners! NEIL HUME was overall winner and 1st VM40, and BECCA WINDSOR HAYDEN was 3rd senior lady. Both are pictured below.



This was Becca's first time at the race, and she achieved a fantastic result in being the 9th lady finisher, in a time of 1:12:15.

Becca reports that from start to finish the marshals were very supportive, and the course was hilly but very lovely, combining the town with the countryside. "I would definitely recommend it - a great way to end the year!"



Another member returning from injury is Chris Jones, who reports this as another very well organised race by Royston Runners, with conditions were quite mild for the time of year, with a slight headwind during the uphill section. This was Chris' first road race since surgery in October to fix a groin injury, so he was understandably a bit slower than in previous years, but he was very happy with his progress as a start of training for a spring marathon.

The most hardy and irrepressible of the GCRs stayed for a post-race photo. Pictured below are Dawn Redwood, Tom Parmley, Elaine Giles, Maureen Steed, Kath Evans, and Charlotte Jones.



parkrun Round Up

Lots of GCRs used the opportunity of the holidays to run at a new or distant event. With two events since the previous News Release, the consolidated club results for 29th December are available [here](#). The consolidated club results for Christmas Day are available [here](#).

Notable GCR performers were as follows.

PETER JASCO – 1st ever parkrun!

NEIL HUME – 1st finisher at Ellenbrook Fields.

JACK TANN – course and overall PB at Ellenbrook Fields.

If you want to see the consolidated club results from the New Year's Day parkrun, [click here](#) after the 1st January 2019.

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.

If you're embarking on a training program for a spring marathon, have a look at the second table (page 11) for the list of events that can help in building mileage to the marathon distance.

Event	Avery 2019 Race #	Date	Time	Online entry
New Year's Day parkruns Panshanger at 9:00am Ellenbrook Fields at 10:30am		1st January	various	Click here
GCR parkrun Touring Castle Park		5th January	09:00am	<i>See Facebook</i>
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>
GCR parkrun Touring Gadebridge		2nd February	09:00am	<i>See Facebook</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>
GCR parkrun Touring Aldenham		2nd March	09:00am	<i>See Facebook</i>
Cambridge Half Marathon		3rd March	TBD	Click here
WGC Half Marathon		17th March	9:00am	Click here
Milton Keynes Festival of Running (5K, 10K, half marathon, 20 mile races)		17th March	9:50am onwards	Click here

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	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/.

E N D S