



**Garden City Runners  
News Release**

**6<sup>th</sup> January 2019**

**Big turnout for the first event in GCR  
Parkrun series  
Herts XC Champs 'gut buster'**

**Fritch Marathon**

ELAINE GILES and KATH EVANS started the year with bang participating in the Fritch marathon. DAVE HEAL also completed the event as part of his double marathon challenge (report below). The marathon involved running 13.1 miles from



Great Notekey Country Park to Takeley in Essex & returning the same route back. The circuit was a disused railway track on the Fritchway with some testing hills and rough terrain.

**Stansted Stagger**

KATH EVANS and ELAINE GILES also completed today in the Stansted Stagger challenge event. A narrative trail race.

## Clevedon Boxing Day Road Race

JAMES HUIISH ventured to North Somerset and competed in the Clevedon



road race. This is a popular race, first taking place in 1977, with over 100 entrants and attracting fast club runners from around the Bristol/Somerset area. James describes the distance as slight 'odd and old school' with a 4 miles loop. James

reports: The support is one of best I have experienced for a race outside of London, with people lining the streets, two deep in places, especially up the route's main hill, where the cowbells make it feel like a Tour de France ascent! The race was won by GB athlete, Dan Studley in a blistering, near course best of 18:50. I was nearly 4 mins back in 30th (22:34). Thoroughly enjoyable and burns off some of the festive calories from the day before!

## Peterborough 10k

MALCOLM DOWN took on one of the final 10k races of 2018 in Peterborough. Finishing in 40mins and 47 secs, Malcolm calmed his age group win and a £10 cash prize.



## Cliveden 10k Cross Country

ANNE HENSON went to the natural trust grounds at Cliveden House where she ran in the 10k event. Described by Anne as a very undulating course, it had the additional challenge of 172 steps which were encountered twice. Anne completed the race in 59mins and 01sec and was the 4<sup>th</sup> in her age category.

## Dave Heal double marathon challenge

Always up for a challenge DAVE HEAL set himself an early new year goal to complete 2 marathons within 6 days. This was a new boundary that Dave wasn't sure he was capable of, however as you will read below Dave was successful in his attempt. Dave reports: "My 1st Marathon was on a



tough trail circuit at Fritchway Marathon on New year eve on 31st December 2018. I completed the course in 4hrs 55mins 6secs hosted by Challenge Running. The 2nd Marathon was 6 days later at Hillingdon cycle track organised by Running miles. This was a 6hr challenge run of as many laps of an out & back circuit (1.88 miles) on the smooth undulating cycle track at Hillingdon. I run 14 laps marathon distance in 4hrs 39mins 44secs. On a chilly cloudy morning-the sun did

breakthrough to warm the runners up for 1 hr, but soon disappeared once again to bring temperature down to 8oC, but this did stop me pushing onto the finish & crossing my new Running barrier!! Both events attracted many familiar faces from the 100 Marathon club-so both events were very competitive.

## Herts Cross Country Championships



If the Sunday league wasn't, enough a number of GCR's took the short journey to St Albans for the county championships. After a number of youth races, the first out to run were the GCR women. The ladies had to complete two laps of an undulating 8km course, covering a total elevation of 438ft. First GCR lady home was ELEANOR NEWTON in 36mins 30secs, followed by HANNAH FRANK in 37mins 26secs. REBECCA BARDEN was the third female home in 38mins 37secs and completing the female team was KAY METCALFE in 40mins 21secs.



The senior men race was next up, covering same course but with an additional lap. This brought the total elevation to 629ft. First GCR man home was NEIL HUME finishing in 42mins 03secs and

taking 19<sup>th</sup> place. DANNY FIGGS wasn't far behind in 43mins 27secs, followed by third GCR home ROB CASSERLEY in 44mins 48secs. Next to cross the finish line was RUSSELL CASEY in 45mins 17secs and then TOM WACKETT in 46mins 58secs. Completing the first scoring men's team was DAVE DESBOROUGH in 47mins 06secs, 40 years after his first Herts championship in 1979. Dave was followed by the men's team captain SEAN BOWEN in 48mins 05secs. MALCOLM DOWN was next to finish in

48mins 3secs, with RICHARD SOMERSET just behind in 48mins 37secs. Club chairman BRAD SMITH brought it home for GCR finishing in 57mins 15secs.

## Parkrun Round Up

This Saturday was a record-breaking morning for parkrun. A new total attendance record was set of 340,000 walks, jobs, runs and the fastest female time record was Charlotte Arter in 15mins 50secs. GCR didn't donkey around either. This week saw the first parkrun in the GCR tourism series organised by Tom Wackett. 27 GCR's made the journey to Castle Park Bishop Strotford which contributed to a new attendance record for the event. JAMES HUIISH took second male and TOM WACKETT third. MARTHA HALL with the first female to finish. Next in the series is Gadebridge on Friday 2<sup>nd</sup> February.



In other parkrun news, PAUL GUY finished in 3<sup>rd</sup> at Parke. JACK TANN and CAROLINE HALE both finished 1<sup>ST</sup> at Ellenbrook and Elaine Fowler achieved a new personal best by 40 seconds finishing in 25mins and 40secs.

The full results can be seen below.

<b>Course</b>	<b>GCR Member</b>	<b>Time</b>
Bexley	Hannah Frank	27:41
Plymvalley	Steve Williams	25:16
Highbury Fields	Gary O'Leary	22:03
Bournemouth	Cassandra Belcher	25:06
Oak Hill	Tom Casserley	37:02
Stevenage	Tichaonezvi J Ruredzo	33:32
Gunpowder	Sam Smith	24:46
Wimpole	Steve Rivett	26:29
Parke	Paul Guy	19:55
Panshanger	Chris Eland	18:55
	Neil Brittain	21:14
	Justin Hill	22:41
	Johan Pries	25:07
	Jacky O'Leary	25:39
	Paul Gatens	26:06
	Helen Stafford	26:30
	Robert Saville	26:52
	Matthew Hunt	26:58
	Sarah Catchpole	33:41
Katy Healy	39:01	
Cassiobury	Clair Emms	41:19
Ellenbrook	Jack Tann	17:50
	Caroline Hale	20:17
	James Aitchison	22:51
	Richard Sidlin	23:13
	Stuart Whitford	24:57
	Tom Rogers	25:09

	<b>Felicity Wadley</b>	<b>25:20</b>
	<b>Terry Fowler</b>	<b>25:40</b>
	<b>Richard Brown</b>	<b>26:01</b>
	<b>Jo Matthews</b>	<b>26:15</b>
	<b>Becky Day</b>	<b>26:50</b>
	<b>Jerry Gilbert</b>	<b>26:55</b>
	<b>Mark Caswell</b>	<b>27:12</b>
	<b>Claire Harlow</b>	<b>27:25</b>
	<b>Louise Beale</b>	<b>27:39</b>
	<b>Bernadette Byrne</b>	<b>28:39</b>
	<b>Ciaran Welsh</b>	<b>30:40</b>
	<b>Stephen Livingstone</b>	<b>43:23</b>
<b>Castle Park</b>	<b>James Huish</b>	<b>18:02</b>
	<b>Thomas Wackett</b>	<b>18:02</b>
	<b>Peter McKenzie</b>	<b>18:32</b>
	<b>Sean Bowen</b>	<b>20:02</b>
	<b>Rob Hughes</b>	<b>20:22</b>
	<b>Robert Casserly</b>	<b>20:52</b>
	<b>Martha Hall</b>	<b>21:10</b>
	<b>Ryan Kean</b>	<b>21:17</b>
	<b>Michael Paine</b>	<b>22:29</b>
	<b>Brad Smith</b>	<b>22:32</b>
	<b>Lauren Potter</b>	<b>22:33</b>
	<b>Justin Kean</b>	<b>23:35</b>
	<b>Thomas Parmley</b>	<b>25:05</b>
	<b>Michael Wise</b>	<b>25:26</b>
	<b>Helen Paine</b>	<b>26:51</b>
	<b>July Kean</b>	<b>27:38</b>
	<b>Richard Darley</b>	<b>28:16</b>
	<b>Elaine Giles</b>	<b>29:51</b>
	<b>Jennifer Denman</b>	<b>29:56</b>
	<b>Sandra Wise</b>	<b>30:22</b>

	<b>Alex Yates</b>	<b>30:39</b>
	<b>Caroline Hughes</b>	<b>30:52</b>
	<b>Lynette Stewart</b>	<b>31:42</b>
	<b>Karen Atkinson</b>	<b>32:03</b>
	<b>Kath Evans</b>	<b>33:10</b>
	<b>Charlotte Jones</b>	<b>34:34</b>
	<b>Jane Molloy</b>	<b>34:35</b>
<b>Brooklands</b>	<b>Daniel Pudner</b>	<b>23:39</b>
	<b>Asa Moberg Grout§</b>	<b>26:27</b>

### Next Club Races

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

### New Running Group Reminder

Just a reminder of the timetable of regular running groups as of 4<sup>th</sup> December.

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



	5k.			
	<b>Social 5-6k</b>	<b>8-9k</b>	<b>10-11k</b>	<b>Track</b>
Thursday 6:25 – 7:30 p.m.	A sociable, gentler-paced run for those who prefer to stick to 5k runs.	Steady run: 7-8 min kms (10.5-11 min miles)	Steady run: 6-6.5 min kms (9.5-10 min miles)	Gosling Sports Centre

### **Beginners' Course**

The next course, led by SANDRA WISE, will start on **15<sup>th</sup> 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.

## 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](mailto:results@gardencityrunners.org.uk).

If you're embarking on a training program for a spring marathon, have a look at the second table (page 12) for the list of events that can help in building mileage to the marathon distance.

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Event	Avery 2019 Race #	Date	Time	Online entry
<b>Sunday Cross Country League #4 Watford</b>	<b>1</b>	<b>13<sup>th</sup> January</b>	<b>10:30am</b>	<i>See your captain</i>
<b>New Beginners' Course Ridgeway Academy</b>		<b>15<sup>th</sup> January</b>	<b>6:15pm</b>	
<b>Fred Hughes 10</b>	<b>2</b>	<b>20<sup>th</sup> January</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>SEAA XC Champs "The Southern" - Parliament Hill Fields</b>		<b>26<sup>th</sup> January</b>	<b>TBD</b>	<i>See your captain</i>
<b>GCR parkrun Touring Gadebridge</b>		<b>2<sup>nd</sup> February</b>	<b>09:00am</b>	<i>See Facebook</i>

<b>Sunday Cross Country League #5 Royston</b>	<b>3</b>	<b>10<sup>th</sup> February</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Panshanger parkrun</b>	<b>4</b>	<b>23<sup>rd</sup> February</b>	<b>9:00am</b>	Free
<b>ECCA XC Champs "The Nationals" - Leeds</b>		<b>23<sup>rd</sup> February</b>	<b>TBD</b>	<i>See your captain</i>
<b>GCR parkrun Touring Aldenham</b>		<b>2<sup>nd</sup> March</b>	<b>09:00am</b>	<i>See Facebook</i>
<b>Cambridge Half Marathon</b>		<b>3<sup>rd</sup> March</b>	<b>TBD</b>	<a href="#">Click here</a>
<b>WGC Half Marathon</b>		<b>17<sup>th</sup> March</b>	<b>9:00am</b>	<a href="#">Click here</a>
<b>Milton Keynes Festival of Running</b> (5K, 10K, half marathon, 20 mile races)		<b>17<sup>th</sup> March</b>	<b>9:50am onwards</b>	<a href="#">Click here</a>

## Marathon Preparation Events

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



## 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](http://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](mailto:gcr@gardencityrunners.org.uk), visit our website [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk) or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/).

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