



**Garden City Runners
News Release**

4th February 2019

Wrong kind of snow on the course



Perhaps it should come as no surprise in the UK in January, but a moderate fall of snow, coupled with freezing overnight temperatures, caused many events to be cancelled at the weekend. Wise decisions are never easy to make, and are disappointing for all. The most prominent cancellation for GCRs was probably the **Watford Half Marathon**, where literally nobody was a winner. On the plus side, a brief rest never hurt anyone, and we live to run another day.

Next Club Events

The next Sunday League race will be at Royston (Therfield Heath) on 10th February; it's the last in the series of five. This is a GCR 2019 Avery League race.

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

GCR Spring Party & Awards

Tickets are now available [here](#) for the GCR Spring Party and Awards evening, when members' achievements are honoured, fine food is consumed, drink is imbibed, and runners doff all lycra, scrub up, and get down on it.

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, started 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

Cancer Research London Winter Run

RACHAEL EVERARD travelled into the city this Sunday morning, and achieved a new PB on the flat course (55.46), despite the busy route!

Portsmouth coastal half

BETHAN MOSE ran the Portsmouth coastal half on Sunday, which included a shingle/mud sections under 'beat the tide' conditions. Bethan finished in 1.52.21, with minimal training due to broken feet, so was rightfully pleased!

parkrun Round Up

Despite the weather, many parkruns were able to proceed. Lots of GCRs braved the cold for their Saturday morning fix, but put discretion before valour and so there were no PBs. The consolidated club results for 2nd February are available [here](#).

Notable GCR performers were as follows.

NEIL HUME - Furthest afield, at Rondebosch (Cape Town)

STEVE GROUT – Second furthest afield, at Roosevelt Island DC.

Forthcoming Events

Avery League 2019

Details of the 2019 Avery League have been published on the GCR web site [here](#). The next Avery race is the finale to the Sunday XC League, and will be in Royston; this one is free to enter and doesn't need to be booked. The next of the open races is WGC Half Marathon - you can use the link in the table below to enter.

GCR parkrun Tourist Series

Everyone is welcome to car share or to meet at the venue. To view the full tourism calendar on the club web site, [click here](#).

Although the weather is likely to improve from now on, there's always a risk of cancellation, so please always check the relevant event page before you travel on the day.

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 entering the County Vets XC Race in March, and you expect to score as part of a GCR team, remember that you need to be UKA registered or you can score only as an individual.

Spring Marathons

If you're embarking on a training program for a spring marathon, have a look at the second table (on page 7) for the list of events that can help in building mileage to the marathon distance.

Event	Avery 2019 Race #	Date	Time	Online entry
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	Click here
Herts County Vets Cross Country Championships, Trent Park		3rd March	10:30am	<i>See your captain</i>
Cambridge Half Marathon		3rd March	TBD	Click here
Spring Party Awards Evening		9th March	7:30pm	Click here
WGC Half Marathon	5	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
#10 of Beginners' Course Ridgeway Academy		19th March	6:15pm	
Ellenbrook Fields parkrun	6	6th April	9:00am	Click here
GCR parkrun Touring Bushy Park		13th April	9:00am	Click here

Marathon Preparation Events

Event	Distance (miles)	Date	Time
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	<i>Cancelled</i>	
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/.

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