



Garden City Runners

News Release

10th March 2019

The Long and Windy Road



What's bigger than a half-marathon? The **Big Half!** GCR members took on the gusts with gusto; they're named and revered below (on page 4), along with all the recipients of the annual club awards (on page 6).

Next Club Events

First, a reminder of the imminent **GCR Track 3km 'Time Trial'** taking place on 14th March, at 6:30pm, at Gosling Stadium, led by coach DAVE EDWARDS. All members are welcome, whether you're a Thursday track regular or a curious newcomer.

The session is free to GCR members; just report to the office at the track entrance so Richard can take your name. We'll start as ever with warmup and track drills, and follow the 3km with 300m and a cooldown.

3km = 7.5 laps of the track - perfect for improving your pace judgement at 5km and 10km. All paces and abilities are welcome. You can make it 2km if you prefer.

parkrun Take Over

Club Secretary Helen Paine writes:

"Having heard about the Harpenden Arrows Running Club 'take over' of Aldenham parkrun on the same day as our parkrun tourism, I thought it would be a great idea for our club to do the same. An event 'take over' means supplying the volunteers to make an event run like clockwork - perhaps something some of us take a little bit for granted when we rock up just before 9 on a Saturday morning to one of our many local parkrun venues.

Never one to miss a trick, club member and Beehive junior parkrun Run Director, Craig Stephenson, was quick to offer Beehive as the event to take over. It makes good sense: it's local (King George V Playing Fields), lots of GCRs are already involved in the event (with many of the RDs club members) and it will provide a great opportunity for us to promote our big summer race, The Welwyn 10k.

So, we need your help. The aim is for Garden City Runners to provide all the volunteers for the Beehive junior parkrun on Sunday 21st April. I appreciate this is Easter Sunday, but will only take up a small amount of your time first thing in the morning (most volunteers are needed between 8:30 and 9:30) and it is a rare Spring Sunday which doesn't appear to clash with a major marathon event.

It takes only an email to volunteer your services:

1. Email beehive-juniorshelpers@parkrun.com with 'GCR take over' as your subject.
2. Include your name and parkrun ID. No parkrun ID? [Register at parkrun.org.uk](https://www.parkrun.org.uk/register)
3. Let Craig know if there is a specific role you would like to volunteer for. If you would like more information about volunteer roles, visit the [Future Roster page](#).

Remember, 25 volunteering credits entitles you to a free parkrun 25 t-shirt.

The call for help isn't restricted to members – it includes our members' families.

Remember to include their details when you email. Craig is especially keen to find a junior to join him as Run Director for this particular event, so do let us know if your son or daughter would like to take on this role.”

Running Groups

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

The Vitality Big Half



On a day that saw the temporary closure of the Dartford crossing bridge, the collapse of scaffolding in Kensington, and more cars and homes battered than potatoes in a Glasgow chip shop, 14 GCRs braved the extraordinary winds to earn their medal. Pictured above, demonstrating their indomitable spirit before the start at Tower Bridge, are HELEN PAINE, ROB JONES, NIKKI COWEN, MICHAEL PAINE, and JOHN DAVIS.)

The full [provisional] results are available [here](#), and the individual results for GCR members are below:

Name	Position	AC Position	Gender Position	Time
Thomas Wackett	477	356	448	1:22:09
James Dunmore	1201	765	1100	1:30:32
Becca Hayden	1294	96	115	1:31:22 PB!
Brad Smith	2253	1272	1925	1:38:47
Rebecca Barden	2843	18	476	1:42:25
Michael Paine	3284	55	2668	1:44:32
Robert Jones	4267	396	3308	1:49:25
Catherine Carleton	5542	1021	1474	1:55:09
Carol Reid	5639	28	1517	1:55:36
Helen Paine	6028	237	1695	1:57:19
John Davis	6062	318	4353	1:57:26
Nikki Cowen	6969	211	2136	2:01:14
Jane Molloy	12422	80	5730	2:45:36
Ali Christie	13141	778	6273	3:13:55

Many of the runners wrote about the tough weather...

JANE MOLLOY:

Although I brought up the rear for GCR, I wasn't disappointed with my time. After being under the weather for the last 3 weeks, then battling the weather today, I was just pleased to finish! The wind was something else and I felt really sorry for the Pacers and those in outsized fancy dress.

BECCA HAYDEN:

It turned out to be a lovely dry day once the race started, although windy with 50 mile hour winds especially bad over Tower Bridge. The atmosphere was amazing and the volunteers and supporters made a fantastic race even better.

Special thanks to the amazing GCR volunteers at bag truck 9 who I saw when I finished and were so supportive when I arrived your all amazing to give up a Sunday to help out!! Thank you xxx

REBECCA BARDEN:

As reported by others it was a very gusty day. The course is mainly flat save for a few undulations, and a nasty cobbled section about halfway round, but the main challenge was the wind gusting up to 46 mph. At some points I felt I was running in slow motion, it was so hard to make headway, and crossing Tower Bridge I was being blown sideways towards the spectators and charity cheerers.

Nevertheless, it was an enjoyable and friendly race, and it was especially heartening to see the GCR baggage crew at the finish, resplendent in their bright pink jackets, with all their bags perfectly sorted (of course). I didn't run a PB, but was pleased with my time and that I'd managed a negative split.

ALI CHRISTIE:

I completed my first HM today at the Big Half, and I just wanted to say thank you to the lovely ladies that came to congratulate me after I had finished. It really means a lot to a novice like me, that more experienced runners are genuinely pleased with other people's results.

Sadly I am not really able to run with GCR at the moment due to work, but I always wish you well when I see you all out running.

As well as the sizeable contingent of runners, 15 members formed a volunteer team and did a 'take over' of the baggage sorting, handing out the carefully preserved personal belongings to grateful finishers after they crossed the finishing line in Greenwich.



Pictured above are: ROBERT HUGHES, CAROLINE HUGHES, ELIZA BETH, COLIN EWIN, ROB CARTWRIGHT, KAY METCALFE, LOU SMITH, MAUREEN STEED, SHENA LANCASTER, JULY KEAN, SARAH HALLIDAY, RYAN KEAN, DAWN REDWOOD, GULNAZ GEZER-CLARKE and JACQUELINE MCCALLUM.

The Grizzly – “Trails Of The Unexpected”

IAN MUNRO took part in this annual charitable fundraiser, which has more than 3,000' ascent in its 20 miles. There are two sections of beach, totalling well over a mile; two energy-sapping bogs, where runners are often up to their waists in water and mud; and the infamous “Stairway to Heaven”, a steep path up the side of a cliff. Some of the descents are steep and often very slippery.

At the time of going to press, the results weren't yet published.

British Masters Indoor Championships

The unstoppable force that we know as MALCOLM DOWN ran in the M55 3000 metres race at Lea Valley Athletics Centre, finishing in 5th place in a time of 10:50.

Malcolm reports that it was a very fast field, with the winner, European champion Guy Bracken, finishing in well under 10 minutes!



Surrey Half Marathon

With gales so strong that marshals had to hold up falling trees, CHRIS JONES went a long way south of the river, to Woking. The weather wasn't alone in setting records, as Chris finished in 1:19:2, achieving his first sub-80 and smashing his PB, so is very chuffed! Chris was the 42nd finisher and the 5th MV40.

Larmer Tree 20

CHARLOTTE JONES earned this interesting finisher's medal in a gruelling 20 miles in one of Britain's most beautiful landscapes, at the Rushmore Estate near Salisbury.

There were hills, not to mention rain, mud, hail and wind, so congratulations to Charlotte for completing this one.



Comet Sports Awards 2018

No strangers to accolades, but nonetheless fully deserving, DENNIS and ELEANOR DRAPER were duly recognised with the **Veteran Achievement** award at the Comet Sports Awards for 2018. [Click here](#) to see the photo of the Drapers receiving their award in Stevenage on 1st March 2019. You can view all of the 2018 Winners and Finalists [here](#).



Photographer : C. Emmerson

GCR Spring Party & Awards

[*Report to follow in Edition Two, later today*]

parkrun Round Up

The consolidated club results for 9th March are available [here](#).

Notable GCR performers were as follows.

MICHAEL TANDY : New PB (21:03) at Southampton.
STUART WHITFORD : 50th parkrun.
HELEN STAFFORD : New PB (24:57) at Panshanger.
CLAIR EMMS : New PB (42:46) at Panshanger.
STEVE GROUT : at Bexley he completed the set of all [53 London parkruns](#).

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 Welwyn Garden City Half Marathon – see the Forthcoming Events table for information.

GCR parkrun Tourist Series

The next meetup in the series will be at Bushy Park on 13th April. 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.

For all "club members only" events, 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

Spring Marathons

If you're embarking on a training program for a spring marathon, have a look at the second table (on page 13) for the list of events that can help in building mileage to the marathon distance.

Event	Avery 2019 Race #	Date	Time	Online entry
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 Series Bushy Park		13th April	9:00am	Click here
GCR takeover Beehive Junior parkrun		21st April	9:00am	Click here
Pednor 5 & County Senior Champs		6th May	7:00pm	Click here
MWRRL Race 1 St Albans	7	23rd May	7:45pm	<i>See your captain</i>
MWRRL Race 2 Royston	8	6th June	7:45pm	<i>See your captain</i>
MWRRL Race 3 Orion	9	20th June	7:45pm	<i>See your captain</i>
Welwyn 10k & County Vets Champs	10	23rd June	11:10am	Click here
MWRRL Race 4 Trent Park	11	4th July	7:45pm	<i>See your captain</i>
Ware 10s	12	7th July	10:00am	Click here
MWRRL Race 5 – "Mob Match" WGC	13	11th July	7:45pm	<i>See your captain</i>
Fairlands Valley Spartans 3k Relays & County Vets and Senior Champs	14	23rd July	7:30pm	<i>See your captain</i>
Jersey Farm parkrun	15	3rd August	9:00am	Click here
Leila's Run	16	18th August	9:00am	Click here
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	11:30am	Click here

Marathon Preparation Events

Event	Distance (miles)	Date	Time
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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