



Garden City Runners

News Release

30th June 2019

The Mob Match Cometh

Next Club Race

After a healthy turnout at each of the previous three races, please do your utmost to support GCR at Trent Country Park on **Thursday 4th July**. Comprehensive Race Instructions have been sent out; [please contact Helen Paine](#) if you haven't received them.

If you haven't taken part in the Mid Week League before, note that being a GCR club makes you eligible to just turn up and join in! Contact HELEN PAINE if you haven't received the general information. Also, whilst it's not essential, it will help the results processing hugely if you send your name and date of birth, before racing, to Helen.

Appeal for volunteers

PETER HARVEY is coordinating volunteers for the "Mob Match" on **11th July**, and is making the following appeal. You'll gain an Avery League point for helping either on the day or with one of the many tasks to do before the event.

Midweek League Race #5 – WGC: Appeal for Helpers

GCR, assisted by Herts Phoenix and Ware Joggers, are proud to host MWRRL Race #5: Mob Match and end-of-series Presentation. The date is Thursday 11th July, 7.45pm race start. The 10km course is the same as last year with the race

HQ in the main hall at Ridgeway Academy. The race comprises of club runners across three divisions from teams mainly in Hertfordshire.

To repeat the successes of previous years we need many marshals carrying mobile phones, as the course has many turns; marshal briefing will be between 6.00pm to 7.15pm. On the plus side there are no busy road crossings.

Other positions include: finishing team helpers, car park attendants (5.30-5.45pm arrival at HQ), water station personnel, kitchen staff and a photographer. Please [click here to email Peter Harvey](#) to pledge your support and mention if you have any preference, or [click here to sign up via the GCR website](#).

If you will be running, do volunteer to help out before the race starts (5:30pm onwards is ideal as an early car park attendant) and/or be a part of the post race clean up team.

We provide refreshment at the end of each race and in order to put on a good show we ask you to contribute food. Any donation is gratefully received and seeing as there are well over 500 runners to feed, it's quantity we need. So **PLEASE BRING FOOD**. For example, cakes or quiches that can be cut into small portions, sandwiches (ready cut into 4's), mini sausage rolls, and cocktail sausages are all ideal. Please [click here to email catering manager LOUISE SMITH](#), advising what you'll be bringing so that any culinary shortfalls can be filled.

If you cannot attend the race, why not help out before hand and collect an Avery point in doing so? We need people to cut back vegetation, deliver leaflets to businesses along the course, and to put up course signage on the day before the race. [Contact Peter Harvey](#).

Please may we remind you that Race #5 is every bit as important a part of the series as the first four. The league positions will have already been decided, but there is still the Mob Match Shield to contest as fought for by our faster runners. Club vests are compulsory and you still wear the same race number you've worn in the previous four races.

Full details about the race and route will follow soon.

Thank you in anticipation of your much appreciated help.

Running Groups

The timetable of the club's regular running groups.

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 current beginners' course is in full swing, ably led by CHARLOTTE JONES. The group meets each Tuesday at Ridgeway Academy, at 6:15pm for a 6:30pm start. The final session is expected to be on 9th July.

If you know anyone who'd like to start running, or increase their distance or pace, please encourage them to enroll in a course – details are available [here](#).

EVENT ROUND UP

Arrows Invitational 5k

Harpenden Arrows Running Club conceived this event as a way of getting local running clubs to socialise; it was a big hit all round, with more interest from GCR members that could be accommodated. With food instead of prizes, and an informal atmosphere throughout, 25 members assembled at the Arrows' HQ and were led on a 'long 1km' jog to the start/finish. Extra kudos goes to HANNAH FRANK and LAUREN POTTER - our two GCR ladies who ran with an extra human inside.

In cool, near-perfect running conditions, DANIEL FIGG was our leading light on the night, taking overall 1st place, head and shoulders above the 2nd place runner from Wheato Warriors, in a time of 17:24 on a course that was far from flat! As you can see from the table below, there were 4 GCRs in the first 9 finishers, and some spirited performances all round. A group of C25k runners from Dunstable Road Runners made this their inaugural 5k, with great support from their fellow members adding to the happy atmosphere on the evening. It might well be a formula for social running that many local clubs will now copy.

A course map is [here](#), and for the full results [click here](#). GCR results are below.

Position	Time	Name
1	00:17:24	Danny Figg
3	00:18:28	Adam Wadley
4	00:18:40	Paul Guy
9	00:19:05	Daniel Pudner
14	00:19:30	Ryan Kean
15	00:19:34	Richard Somerset
25	00:21:43	Glen Dobson
28	00:21:55	Terry Fowler
37	00:23:10	Justin Kean
43	00:23:36	Brad Smith
45	00:23:40	Steve Grout
54	00:24:21	Matt Frank
64	00:25:27	Michael Paine
67	00:25:38	Tim Cooke

68	00:25:41	Tom Rogers
71	00:25:54	Richard Brown
72	00:26:02	Åsa Moburg-Grout
77	00:26:19	John Davis
84	00:26:31	Hannah Frank
85	00:26:33	Nikki Cowen
88	00:26:50	July Kean
95	00:27:44	Helen Paine
110	00:29:33	Wayne Aylott
118	00:32:24	Lynette Stewart
119	00:32:24	Lauren Potter

Herts Hobble

Pictured below are three of the five GCRs who undertook this annual trail event, organised by the LDWA: ÅSA MOBERG-GROUT, STEVE GROUT, and DANIEL PUDNOR.



With two distance options, all GCRs chose the 26.5 route. Finishing times for Åsa and Daniel were both 6:53, with Steve close behind on 6:54. ALEX YATES finished in 7:30 and NICK GENEVER in 4:53.

parkrun Round Up

CRAIG BROWN ran his 100th parkrun, and Tomasz PISULSKI ran his 50th, both choosing Panshanger to celebrate with 22 fellow GCR members and 412 other runners.

NEIL HUME was 1st finisher at Ellenbrook Fields.

CRAIG BROWN and RUSSELL CASEY were 2nd and 3rd overall finishers at Panshanger.

The furthest flung member was SAM SMITH, at Inverness.

New PBs were gained by:

RYAN KEAN – 19:36 at Panshanger.

FREDI GILIBERTI – 22:59 at Panshanger.

SHAUN KENT – 25:27 at Panshanger.

FIONA SELWOOD – 33:30 at Panshanger.

ANDREW HOLT – 20:46 at Dunstable Downs.

In all, 69 GCR members participated in 16 different parkruns this Saturday.

Consolidated results for all our members can be found [here](#).

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 **Mid Week League Race 4**, at Trent Park – see the Forthcoming Events table for information.

GCR parkrun Tourist Series

The next meetup in the series will be at Roding Valley on 6th July. 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](#).

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 other 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 the Mid Week League races, HELEN PAINE is the GCR representative, and will be sending out race information, supplying numbers, and overseeing results. For all other "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

Event	Avery 2019 Race #	Date	Time	Online entry
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>
Bushey 10k		14th July	10:00am	Click here
Fairlands Valley Challenge		21st July	8:00am	Click here
Fairlands Valley Spartans 3k Relays & - inc. County Vets and Senior Champs	14	23rd July	7:30pm	<i>See your captain</i>
Ellenbrook Fields parkrun World Hatfield Festival fly-by		27th July	9:00am	Click here
Jersey Farm parkrun	15	3rd August	9:00am	Click here
St Albans 10k		4th August	10:00am	Click here
Riverside 10k		4th August	10:30am	Click Here
Leila’s Run	16	18th August	9:00am	Click here
Hatfield 5k series, Race #1 - incorporating County Senior Champs	17	28th August	7:45pm	<i>Not open yet.</i>
St Albans Stampede		31st August	9:00am	Click here
Hatfield 5k series, Race #2 - incorporating County Vets Champs	18	11th September	7:45pm	<i>Not open yet.</i>
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	11:30am	Click here
Hatfield 5k series, Race #3	19	25th September	7:45pm	<i>Not open yet.</i>
Standalone 10k	20	6th October	9:30am	<i>Not open yet.</i>
Stevenage Half Marathon	23	3rd November	10:00am	Click here
Hatfield 5 - incorporating County Vets Champs	24	24th November	10:00am	Click here

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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