



Garden City Runners

News Release

26 August 2019

Summer Celebrations and Autumn Challenges

As the Summer holidays draw to a close, club members took the opportunity to try out parkruns far and wide this Bank Holiday weekend, with a host of course PBs and a few milestones to report. Looking ahead, and building on feedback gathered at our AGM, we're encouraging members to start the Autumn term by taking stock and considering any new challenges we want to set for ourselves. Early opportunities to challenge ourselves come in the form of Hatfield 5k Series and Sunday Cross-Country League – more information below.

parkrun Highlights

The long weekend saw a record number of GCRs taking on parkrun tourism, with a total of 71 club members running in 22 different parkruns this Saturday. Research shows that smiling helps you run faster and the Bank Holiday sunshine clearly brought a smile to many faces with a number of personal course records to report at both Ellenbrook Fields and Panshanger.

For the Kean family, there was a triple celebration at Ellenbrook Fields. RYAN KEAN completed his 50th parkrun in 18:47, with course PBs from Mum and Dad, JUSTIN KEAN 21:56 and JULY KEAN 25:17. Also celebrating her 50th parkrun at Ellenbrook Fields was JOY ALLEN in 32:41.

SALLY LAFLIN decided to honour her 50th parkrun with a first trip to Buckingham, which she completed in 27:28. She had a GCR team of supporters with her to cheer on her achievement – DANIEL PUDNER, STEVE GROUT and ASA MOBERG GROUT - not forgetting Midas.



Sally Laflin (right) with her 50th parkrun celebration crew

At Panshanger, CRAIG BROWN was first home in 17:34, with BRUCE JUDGE clocking up a course PB of 17:40 in third place. RACHEL HICKEY was third female and also achieved a course PB in 22:31. On a trip to the seaside, JAMES HUIISH finished in second place in 17:37.



Meanwhile, WILLOW GIBSON (left) took a break from the beach and proudly sported the GCR colours to smash her course PB by over a minute at the legendary Eden Project parkrun in Cornwall, finishing in 35:08.

Other members celebrating course PBs were

- Ellenbrook Fields – SHAUN KENT 24:34, DAVID SELWOOD 25:05, and DEBORAH KIRBY 28:25.
- Panshanger – MAGGIE WRIGHT 27:01 and ZUZANA GHOUSE 31:33.

A reminder that the next GCR parkrun tourism event is Rickmansworth on 7th September.

Beginners Group & New Challenges

KAREN ATKINSON will be leading the next GCR Beginners Group, which starts on 24th September and runs for 10 weeks. Do let friends, family and colleagues know about it. There are leaflets on the noticeboard at RA.

As new beginners join us with their own running and fitness goals, it's an opportunity for us all to take a look at our own ambitions. During the first 3 weeks of September, we're encouraging all members to use the training runs to assess where we're at in terms of our running, what we might want to aim for personally, and think about how we'll get there.

The first Tuesday in September will see the third of our all-groups out-and-back timed runs. (For those unfamiliar with this format, we all set off at the same time from RA, run at our own preferred pace on a prescribed route for 25 minutes, then turn round and come back again. If it all goes to plan (!) and with perfect splits, everyone should arrive back at RA at exactly the same time.) This will enable each of us to compare our own preferred speed with others around us, who may currently be running in a different training group.

For the following two weeks (10th/17th September), we'll be encouraging members to have a go at running with a group who might be running a bit farther and a bit faster than you normally do. *There will be no pressure to do this – it is entirely the choice of each individual*

runner. This could be useful if you've set your eyes on running a particular race in the future that will be a new challenge and want to give it your very best shot.

This table shows the steady-run training groups with distances and times on offer on Tuesdays

| Social 5-6k | 7-8k | 9-10k | 10-11k | 11-12k |
|---|---|---|---|---|
| A sociable, gentler-paced run of about 45 minutes for those who prefer to stick to c5k. . | Steady running pace approx. 8-8.5 min Ks / 11-11.30 min miles | Steady running pace approx. 6.5-7 min Ks / 10-10.30 min miles | Steady running pace approx. 5.5-6 min Ks / 9-9.30 min miles | Steady running pace approx. 5-5.5 min Ks / 8-8.30 min miles |

Check out the race calendar below and talk to other members if you're looking for inspiration for a new race challenge.

Hatfield 5k Series

The first run in this annual series of 3 midweek 5k races is this Wednesday, 28th August. There are very few places left in any of the races, in particular this first one. It's a flat course, so lots of possibilities for 5k PB's, and a great opportunity to see if you can improve from one run to the next over just 6 weeks. You can check out availability and enter online [here](#) Anyone not running, please consider marshalling/volunteering – there are Avery points on offer too. If you can volunteer, please contact Peter Harvey at peterharveyone@gmail.com

Sunday Cross Country League

These are the cornerstones of the GCR winter calendar, held broadly once per month on a Sunday morning with distances ranging from 5-6 miles. We had 53 men and 24 women compete in races across the series last year, which included Veronica Shadbolt taking the title in the V55 category and Chris Eland's third place in the V50 category, and it would be fantastic to see as many GCRs out again this season. For those who haven't taken part before, the mild October weather and relatively kind course at Cheshunt is a great introduction to XC running. There's no need to sign up to individual races, or the series and the full series is free to all paid up members. Full details of each race will be sent out nearer the time.

- Sunday 20 October 2019 Cheshunt
- Sunday 1 December 2019 Trent Park
- Sunday 22 December 2019 Stevenage
- Sunday 12 January 2020 Watford

All three of the 2019 races are confirmed as point scorers for the Avery Competition too. Full details and information from past years are available here - <http://www.runherts.com/xc.htm>

Leila's Run – Full Results

The results of Leila's Run were still being processed at the time of going to press last week. It's complicated by the 4 different options of distance, plus the flexibility to change your mind part way through if you're feeling better or worse than anticipated!

DENYS BAUDRY sent in a note on behalf of himself and David Lewis, saying "It was absolutely fantastic to see so many GCRrunners taking part, and so very much appreciated. And the help from Sean and Tim Cooke was crucial, and again so appreciated. Many thanks again, and hope to see you all again next year, on AUGUST 16TH!!"

Full results are now available [here](#) and the confirmed times for GCR participants are provided below.

In the marathon distance, leading the GCRs home were PETER HARVEY, 2nd place overall in 3:19:20, and TOM WACKETT, placed 3rd in 3:22:20. Other marathoners were NICK GENEVER 4:01:38, LORENZO FRANCHI 4:52:22, ALEX YATES 5:22:23, DAVID HEAL 5:28:09, ELAINE GILES 5:30:40, KATH EVANS 5:51:59, and DENNIS DRAPER 7:00:45.

JUSTIN and JULY KEAN completed 3 laps and $\frac{3}{4}$ of a marathon, in 3:27:35 and 3:28:13 respectively.

Taking on the half-marathon distance, first GCR back was PETER JASKO in 1:39:03, followed by ELEANOR NEWTON 1:41:45, REBECCA BARDEN 2:02:37, BECCA HAYDEN 2:02:36, RICHARD DARLEY 2:17:38, NICO DURSO 2:17:52, NICK ATKINSON 2:21:55, KAREN ATKINSON 2:36:54, REBECCA LEWIS 3:01:05, EMMA DEMPSTER 3:01:06 and JANE MOLLOY 3:01:07.

Opting for the single lap 10k(+) distance, DANIEL PUDNER raced home in first position in 45:00. Following him back were ALI EROGLU 56:00, MAGGIE WRIGHT 1:03:06, MELANIE KING 1:06:02, JERRY GILBERT 1:08:31, PETER LAPHORNE 1:10:33, CHARLOTTE JONES 1:31:25, MAUREEN STEED 2:01:18, ELEANOR DRAPER 2:01:19, WAYNE AYLOTT 2:10:23 and HANNAH BOWMAN (with Pixie the dog) in 2:10:35.

Avery League 2019

Full details of all the races and the rules for the 2019 Avery calendar can be found on the GCR website at <https://www.gardencityrunners.org.uk/the-club/avery-points/> The next races in the calendar for both runners and volunteers are the three Hatfield 5k Series.

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.

| Event | Avery 2019 Race # | Date | Time | Online entry |
|---|-------------------------|----------------------------------|----------------|----------------------------|
| Hatfield 5k series, Race #1 - incorporating County Senior Champs | 17 | 28th August | 7:45pm | Click here |
| St Albans Stampede | | 31st August | 9:00am | Click here |
| parkrun Tourism - Rickmansworth | | 7th September | 9:00am | Free |
| Hatfield 5k series, Race #2 - incorporating County Vets Champs | 18 | 11th September | 7:45pm | Click here |
| Stevenage 10k | | 15th September | 10:30am | Click here |
| Five Rivers Challenge | | 15th September | 8:00am | 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 |
| Hatfield 5k series, Race #3 | 19 | 25th September | 7:45pm | Click here |
| Standalone 10k | 20 | 6th October | 9:30am | Click here |
| Willow 10k / 5k | | 6th October | 11:00am | Click here |
| Sunday XC League Race 1 – Cheshunt | 21 | 20th October | | See your captain |
| Ricky Road Run - 10 miles | | 27th October | 10:30am | Click here |
| Stevenage Half Marathon | 23 | 3rd November | 10:00am | Click here |
| Hatfield 5 - incorporating County Vets Champs | 24 | 24th November | 10:00am | Click here |
| Sunday XC League Race 2 – | 25 | 1st December | | See your captain |
| Sunday XC League Race 3 – | 26 | 22nd December | | See your captain |
| Sunday XC League Race 4 – | | 12th January | | See your captain |

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 300 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 and is available on the GCR website via the new Membermojo platform (note that it is no longer possible to join via the old application form). Simply log into <https://membermojo.co.uk/gcr> and follow the instructions. 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

<https://www.gardencityrunners.org.uk/> or our Facebook page
at www.facebook.com/groups/gardencityrunners/

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