



Garden City Runners

News Release

22nd September 2019

Half Marathon Fever Hits Welwyn

It was another busy weekend of running with members taking in the Welwyn and Winchester Half Marathons, St Paul's Walden Bury 10k & Hercules Festival of Sport 10k. Several members chose to swap running shoes for swimming costumes and tackle the Children for Cancer Swim Serpentine (The Big Swim) event.

Welwyn Half Marathon



Sunday saw this year's second running of the Welwyn Half Marathon and fourteen members ran the course. Starting at the Gosling Sports Track, the thirteen-mile route takes in the sights of the south-east corner of the town before heading along the Cole Green Way and looping back into town and finishing back at Gosling. DAVID McDERMOTT was the first GCR member over the line in a chip-time of 1:32:12, followed by PETER JASKO in 1:36:23. RACHEL HICKEY was the first GCR lady to collect a finishing medal in a time of 1:45:25. Other finishers were BARBARA KUBIS-LABIAK 1:58:40, PAUL GATENS 1:51:30, LORENZO FRANCHI 1:51:22, MAGGIE WRIGHT 2:05:42, CAROL REID

2:06:25, RACHAEL EVERARD 2:12:48 (PB), KATH EVANS 2:37:50, CHARLOTTE JONES 2:57:17, LOUISE O'DONNELL 2:57:18 and REBECCA LEWIS 3:00:51.

Congratulations to MARK BOYCE 2:08:39, who joined the club's January 2019 beginner's course. Next stop for Mark is the New York City Marathon in November.



"Four Runners & Two Shirts: Houston we have a problem!"

Louise Rose, Kath Evans, Charlotte Jones & Rebecca Lewis

St Paul's Walden Bury 10k

Described as a "hidden gem" this low-key event is an undulating yet very enjoyable run



through the picturesque countryside in and around the St Paul's Walden Bury Country estate near Whitwell. Three GCR members took part with PAUL GUY winning the event convincingly in a time of 39:11. DAVE EDWARDS completed the course in 53:17 and was the first in his age category. PETER LAPTHORNE clocked up yet another 10k race finish in a time of 1:08:24.

"Victory is Mine!" – Paul Guy heads for a podium finish.

Winchester Half Marathon



BECCA HAYDEN celebrated her first wedding anniversary by running the Winchester Half Marathon, a beautiful hilly course in and around the city. Husband ALEX wasn't let off the hook however as Becca had booked him onto the race, his first half marathon, as an anniversary present! The couple crossed the line together in a time of 2:05:53. Becca reports that there was a wonderful atmosphere and would thoroughly recommend the event.

parkrun roundup

In all, 58 members ran at 20 different parkruns. KERRY HENDERSON continued her tour of South African parkruns with a first-time outing at Hermanus. Richard Somerset was first over the line at Canons Park (19:19) while at Ellenbrook Fields, Jack Tann finished second in exactly 18 minutes. It was a family affair at Exeter where Ryan, Justin and July Kean finished 10th, 86th and 176th respectively in a field of 425. Ellenbrook Fields proved the most popular venue of the morning with 22 GCR members tackling the course. A special shout-out to Steve Ellerd-Elliot, Thomas Parmley & Deborah Kirby who all achieved course PBs on Saturday.



"Framed" – Brad Smith and Richard Somerset at Canons Park parkrun.

Click [here](#) for a full list of this weekend's parkrun results.

In This Week's Other News:

- Three runners headed to Ridlins Stadium in Stevenage on Wednesday to run the 5000m Track Challenge. DANIEL FIGG placed third overall in a time of 16:58, NICK PORTALSKI shaved three seconds off his previous PB to finish in 20:06 and STEVEN EDWARDS completed the GCR trio of speed-merchants by crossing the line in 22:07.
- MELANIE KING completed the Hercules Festival of Sport 10k, an undulating two-lap race around Verulanium Park in St Albans. Melanie crossed the line in 57:33.
- ASA GROUT & MIDAS (the dog) ran the Ashridge Caincross 10k, around the Ashridge estate in just over 58 minutes.
- Four GCR member swapped running shoes for wet suits on Saturday at the 2-mile Big Swim in The Serpentine. SAM SMITH finished in 1hr 11mins, PETER SAWKO in 1hr 14mins, YVONNE JONES in 1hr 22mins and ALAN DONAVAN in 1hr 37mins. Alan now qualifies for a "London Classics" medal having also competed the London Marathon and Ride 100 events.

Race #3 of Hatfield 5k Series sponsored by Affinity Water

The final race of the Hatfield 5k Series takes place on Wednesday 15th September headquartered at Affinity Water's HQ, Tamblin Way, Hatfield, AL10 9EZ.

We are still in need of marshals to ensure a safe running of the race. If you can marshal, please contact Peter Harvey (peterharveyone@gmail.com) or register your support on the GCR Website under the Membership tab.

If you are racing, marshalling or supporting and you have unwanted sports kit, please consider bringing along to donate to Kit Aid.

Beginners' Course & Weekly Training Runs

The next beginners' course starts on **24th September**. In advance of that, for the next couple of Tuesdays, we are encouraging members to try out different training groups. In particular, if you are challenging yourself to improve your pace and/or distance, have a go at joining the next group up from the one you currently run with. Here's a reminder of the different training groups with the distances and paces on offer.

TUESDAY – 6.30 – 7.45 PM

Social 5-6k	7-8k	9-10k	10-11k	11-12k	Intervals
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	All abilities, drills / venue published on Facebook

While Thursdays are traditionally quieter at RA, particularly when there are other events like Hatfield 5k going on, there are still options available for a steady run, in addition to the popular weekly track session.

THURSDAY – 6.25 – 7.30 PM

Social 5-6k	8-9k	10-11k	Track Session
A sociable, gentler-paced run for those who prefer to stick to c5k runs.	Steady run – 7-8 min Ks / 10.30-11 min miles	Steady run – 6-6.5 min Ks / 9.30-10 min miles	Gosling Sports Centre

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#). The next Avery race is the third race in the Hatfield 5K series on 25th September – see the Forthcoming Events table for information.

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 table of future events. If you know of others that you think fellow members would enjoy, please send details to results@gardencityrunners.org.uk . For all 'See your captain' events, you should receive race information from your captain:

Men's Captains: TOM WACKETT | thomas.wackett@hotmail.co.uk | 07817 708888
 JAMES HUIISH | james.huish247@btinternet.com | 07835 527027
 Vice-Captain: RICHARD DARLEY | richard_darley@hotmail.com | 07766 238416|
 Women's Captain: CHARLEE CHAPMAN | charlotte.chapman27@live.co.uk | 07986 326518

Event	Avery 2019 Race #	Date	Time	Online entry
Hatfield 5k series, Race #3	19	25 th September	7:45pm	Click here
Hitchin Town Centre 5K		29th September	9.00am	Click here
Standalone 10k - incorporating County Senior Champs	20	6 th October	9.30am	Click here
Willow 10k		6th October	11:00am	Click here
Wimpole Half Marathon		6th October	9.30 am	Click here
Hatfield House 10K and Half Marathon		13th October	10.00am	Click here
Sunday League XC Race I, Cheshunt		20th October		See your captain
Stevenage Half Marathon - incorporating County Vets Champs	23	3 rd November	10:00am	Click here
Hatfield 5 - incorporating County Vets Champs	24	24 th November	10:00am	Click here
Hertfordshire Half Marathon at Knebworth House		24th November	9.30 am	Click here
Sunday League XC Race 2, Trent Park		1st December		see your captain
Festive 5		15th December 2019	tbc	
Sunday League XC Race 3, Stevenage		22nd December 2019		See your captain
Sunday League XC Race 4, Watford		12 January 2020		See your captain
Sunday League XC Race 5, Royston		9th February 2020		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 nearly 300 members and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres 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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