



Garden City Runners

News Release

13th October 2019

HATFIELD HOUSE THE VENUE OF CHOICE

Buoyed by news of the astonishing record-breaking marathon achievements by Eliud Kipchoge and Brigid Kosgei, no amount of rainfall could deter our runners this weekend, with participation high in a variety of locations and distances. Some of the races provided excellent muddy preparation for the start of Sunday Cross-Country League which kicks off next week.

Run Hatfield House Half Marathon / 10k / 5k / 1 mile

Unsurprisingly, the most popular venue for club runners this Sunday was Hatfield House. There were four distance choices for runners in the grounds of the stately home, and the club had representation in each. REBECCA BARDEN reports "It was a lovely scenic if undulating course - one lap for the 5K, two for the 10K and four for the half, with a bit added on."

In the half marathon, DAVID MCCABE was first GCR back in 10th place and 2nd MV40 in 1:33:06. He was followed by STEVE EDWARDS 1:54:09, MARK BOYCE 2:17:34, KATH EVANS 2:38:40 and REBECCA LEWIS 2:48:33.

For the 10k distance, our own Editor-in-Chief, REBECCA BARDEN, led home the GCR troops and fed back to us "Because of all the rain we've had, I wore my XC shoes which turned out to be a bad decision as the course was mostly on paths and I was clacking along like an idiot. It wasn't my best time - I finished in 49:20, I was sixth lady overall but only 4th in my age group - there's some tough older women out there!" Following Rebecca were HELEN STAFFORD 52:01 and third Lady U40, PAUL COTTRELL 55:10, SHENA LANCASTER (third W60) 57:43, BECKY DAY 58:22, MICK WISE 59:38, PETER LAPHORNE 1:03:17, and ZUZANA GHOUSE 1:09:03.

BECCA HAYDEN was first female for the 5k in 22:13. Congratulations too to SANDRA WISE who was first W60 in 33:47. BECCA started the day intending to take on the 10k distance, but changed tack, feeling under the weather.



Becca Hayden with her first lady 5k trophy

Although she was initially disappointed at not pushing on to the 10k, she comments "after doing my own personal race recap in my head, I think something us runners do is put too much pressure on ourselves. I should feel proud that I listened to my body! I stopped running because today my body wasn't up to it, I had tummy problems from my anxieties and my legs were stiff from the previous week's training. Sometimes it just doesn't go to plan, but we must learn from these races and sometimes it's just as crucial to listen to your body!! Thank you to the very kind marshals along the course and at the end and for the event organisers for a lovely route!"

Completing the One Mile event, MATTHEW HUNT was 3rd male in a time of 10:10.

Royal Parks Half Marathon

RACHAEL EVERARD ran the Royal Parks Half on Sunday, and sent in this race report - "The route starts and finishes in Hyde Park - the first half is an out and back to Aldwych along the Strand, the second half loops around Hyde Park, which is more undulating than you expect for central London - especially after mile 10! The route takes in 4 out of the 8 royal parks. It was a well-supported event with a very friendly crowd. With a large proportion of the 16,000 runners being charity places there was a lot of cheering and haribo on offer along the way, especially in Hyde Park! I'd recommend anyone looking to experience a larger "local" event to give the ballot a go (I had more luck than with the marathon at least!)



Rachael Everard sporting the traditional Royal Parks wooden medal

Having started off too quickly I struggled a bit with the second half but finished with a chip time of 02:16:55, a few minutes off a PB but I'm quite pleased as that does include a toilet stop - and with the first loos en route being at mile 8 there was a bit of a queue!"

Herts 10k

A few members took the short trip over to Harpenden to participate in this event, which took place on what NICK PORTALSKI reports as "a very muddy course although the rain (just) held

off. Good preparation for the XC series though!" NICK was the first GCR over the line in 42:47, followed by KATE WALKER 50:01, RICHARD BROWN 54:08, and CLAIR EMMS 1:28:40

Great Birmingham Half Marathon(ish)

LOUISE O'DONNELL took part in this race, completing the unexpectedly shortened route in 2:15:44. The organisers posted an apology that, after consultation with the police, they had decided to go ahead with the event, but to reduce the distance for safety reasons to avoid the site of a suspicious vehicle (later declared safe). LOUISE wasn't deterred and reports "A route where the hills did not seem to stop coming the further you got round. With fantastic support and plenty of sweets throughout from residents, it was certainly a feel good race!"

parkrun roundup



While some members doubtless were glued to the TV to watch Kipchoge smash through the 2 hour marathon barrier, another 65 of us set out to run at 10 different parkruns. Interesting and jaw-dropping stats shared by ANDREW ACKRILL (left).

Almost all stayed close to home, but this week's exotic venue award goes to ALISON MEADEN, who completed Hasenheide parkrun in Berlin in 32:47, where she was Erstläufer! (first timer). There was a strong showing of GCR's at Panshanger for a muddy celebration of its 5th birthday, with CHRIS ELAND first man home in 18:59 and Rob Casserley third in 19:19. Also at Panshanger, MATTIE LABIAK was fastest JM15-17 in 20:20 and JACKY O'LEARY fastest VW60-64 in 29:04.

A small touring group of GCR's (pictured right) ventured to South Oxhey parkrun. PAUL GUY took first place in 19:24, with RICHARD SOMERSET in second in a course PB for him of 20:29.



At Ellenbrook Fields, TOM WACKETT was second home and first GCR in 17:47, with VERONICA SHADBOLT second lady back in 23:12, and ÅSA MOBERG-GROUT recording a course PB of 24:09. Welcome back to parkrun for JEN DENMAN who contacted us to say, “Not huge record breaking news or a traditional milestone but I’m extremely proud of myself(!) and would love a mention of my first post-baby run at Ellenbrook parkrun today after having my baby girl in July. I last ran about 29 weeks pregnant (back in April) so very pleased with my time (35:40). I would like to thank all the GCRs who have been so supportive and especially those who welcomed me back today. Looking forward to be back to club regularly and more parkruns soon!”

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

Sunday XC League

The opening fixture of the Sunday Cross Country (SXCL) Series takes place at Cheshunt Park on Sunday 20 October – 11am. All members should have received emails with full details of this series. If not, do contact one of your Captains – details below in the ‘Future Events’ section. We had just shy of 50 GCRs running in the Cheshunt race in 2018 and it would be great to see lots of you out on the course next Sunday.

In addition, SEAN BOWEN is acting as Marshal Coordinator for next Sunday’s event, reporting to Broxbourne RD John Nugent. Sean has promised him GCR can supply an extra 6 or 7 marshals (including himself), but secretly he’s aiming to recruit 10 or 11. If you’re not 100% fit, this will be a great way to be a part of the race and see your GCR club-mates in action. Broxbourne are a tiny club and it’s a stretch for them to marshal the course as fully as they would like to. Since we don’t host a race in the SXCL, this is the closest we have to a home fixture. Names needed in advance, so John can plan who goes where. If you can make it, please let Sean know by Wednesday 16th - Sean.bowen.gcr@hotmail.co.uk / 07802 382596.

Club Kit

Club Kit is available just in time for the XC season. GILL SOL is taking some ladies t-shirts and long sleeve tops to Tuesday training this week (15th Oct). RICHARD SOMERSET will be bringing some to the XC on the 20th. All items cost £20, you can pay by cash or bank transfer, either FB message or text Richard on 07790 591868 or email rich.somerset@ntlworld.com to arrange pick-up. Kit available includes:

- Men's vests, from XS to 2XL
- Men's t-shirts from XS to 3XL
- Men's long sleeve tops S to XL (please contact Richard if you want XS or 2XL and he will place an order)
- Women's vest from XS to 2XL

- Women's t-shirts from XS to 2XL
- Women's long sleeve tops, from XS to XL

Weekly Training Runs

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 much quieter at RA, 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 first Sunday XL fixture on 20th October – 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 or Vice 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 Captains:

CHARLEE CHAPMAN charlotte.chapman27@live.co.uk 07986 326518

Vice Captain: HELEN PAINE helenpaine@hotmail.co.uk 07817 975916

Event	Avery 2019 Race #	Date	Time	Online entry
Sunday XC League Race 1 – Cheshunt	21	20 th October	11:00am	See your captain
Ricky Road Run - 10 miles		27 th October	10:30am	Click here
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
Sunday XC League Race 2 – Trent Park	25	1st December		See your captain
Sunday XC League Race 3 – Stevenage	26	22nd December		See your captain
Sunday XC League Race 4 – Watford		12th January		See your captain
Fred Hughes 10 – St Albans		19th January	10.00am	Click here
Sunday XC League Race 5 – Royston		9 th February		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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