



Garden City Runners

News Release

20th October 2019

THE CHESHUNT'S AFOOT! GCRs in Cross Country Cracker

Sunday Cross Country League Race 1: Cheshunt



Above: Team GCR ready to take on the Cheshunt challenge.

GCRs leapt into the new season with customary gusto, with eighteen women and thirty-eight men taking part in the first race, a bumpy but not too muddy three-lap course around Cheshunt Golf Centre, with other GCRs generously serving as marshals, timekeepers and results recorders around the course and at the finish. Special mentions to ROB LAWRENCE,

finishing second overall, a fantastic debut for the club, and another new member HERBIE HOPKINS coming in an impressive 42nd place and 5th GCR male. Also making their XC debuts were CATHY WIDDEN, who finished as second GCR lady, and STEVE ELLERD-ELLIOTT, 111th overall. Full results will be circulated once they are available.



Above, l-r: happy trio of Rob Hughes, Steve Ellerd-Elliott and Peter Jasko; Cathy Widden smiles as she slays

Yorkshire Marathon

The indomitable KATH EVANS was in action in God's Own County, taking on the Yorkshire Marathon in aid of the Cavell Nurses Trust, who provide support for nurses in times of hardship. Our inspiring and always-smiling Kath was delighted with her time of 5:12:43 for her 31st marathon. For anyone who fancies the Yorkshire Marathon, Kath recommends the event, which she reports was slickly organised, had lovely views and not too many 'character building hills', apart from a final steep one to the finish line!



Kath Evans (far right) celebrating with friends human and canine at the Yorkshire marathon weekend as part of #NHS1000miles.

Great South Run

While Kath Evans headed north, another contingent of GCRs travelled south to take part in the Great South Run, a 10-mile race in and around Portsmouth. Last weekend saw world marathon records tumble, and this weekend young Eilish McColgan broke mum Liz's 10-mile Scottish women's record in an incredible time of 51:36, placing her second only to the legendary Paula Radcliffe, who holds the British women's record time of 51:11. GCRs were also celebrating personal records - in what Editrix Jane Molloy reports were "perfect running conditions- we even enjoyed a tail wind down the home straight along the seafront", GCR diaspora representative BETHAN MOSE stormed home to a new 10 mile PB of 1:17:15, and NICK ATKINSON also ran a new pb of 1:26:29.



Above, l-r: raring to go, Dawn Redwood, Jane Molloy, Maureen Steed

SHENA LANCASTER was next GCR in 1:38:16; KAREN ATKINSON finished in 1:38:22; JANE MOLLOY in 1:59:21; DAWN REDWOOD and MAUREEN STEED crossing the line together in 2:16:16, and CLAIR EMMS in 2:24:22.

parkrun roundup

Saturday's parkrun saw a brace of bronzes as ANDREW HOLT was 3rd at Valentines parkrun in 19:28; ROB CASSERLEY at Panshanger in 19:24; JAMES HUIISH at Stevenage in 18:47; DANIEL PUDNER at the fantastically-named Squerryes (is that what you get from watching too much TV? – Ed.) Winery in 20:36. Also at Squerryes, Åsa Moberg-Grout celebrated her 100th different parkrun out of a total of 154, finishing as 3rd-placed female in a time of 26:24. Joining her in the vineyards were STEVE GROUT, into the finish funnel in 26:32, and SALLY LAFLIN in 30:36. At Jersey Farm, PAUL GUY was 2nd in a time of 19:25. At Panshanger, it was great to see LAUREN POTTER back racing after the birth of her new baby, finishing in 28:23, and new mum HANNAH FRANK brought GCR future star, baby FLORENCE to assist her in delivering the new runners' briefing. A wave from a distance to GCR's RYAN KEAN, completing the Exeter Riverside parkrun in 18:54, and NICK PORTALSKI, finishing the same event in 21:06.

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

Club Kit

A reminder that new club kit is available from Kit-Meister Richard Somerset. 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 Stevenage Half Marathon on 3rd November – 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
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
Bedford Half Marathon		1 st December	10.00	Click here
Festive 5		15 th December	9.30am	Click here
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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