



Garden City Runners

News Release

27th October 2019

**UP AND DOWN AT BEACHY HEAD
A trio of golds at the Olympic Park**

Beachy Head Marathon



Above: Russell Casey and Richard Somerset lead the GCR charge at Beachy Head

A contingent of GCR runners headed to the south coast on Saturday to tackle the Eastbourne Beachy Head Marathon and 10k races. One of the biggest off-road marathons in the UK, and formerly known as the Seven Sisters Marathon, the race is popular for its scenic and challenging route through the South Downs National Park countryside. The 10k run sets off just after the marathon and has a route comprising of breathtaking views and challenges, taking a shorter looping route across the Downs to Belle Tout Lighthouse and back.

All our runners chose the 26.1-mile distance and RUSSELL CASEY was first GCR home in 3:44:46 coming in a fabulously impressive 44th from a field of 2200 runners. Next across the line was RICHARD SOMERSET in 4:04:28 and NICHOLAS GENEVER ran a time of 4:47:31. JOHAN PRIES completed his first marathon distance in 5:16:50. Fresh from last weekend's York Marathon, KATH EVANS completed her month of running in aid of the Cavell Nurses Trust in 6:48:17 and REBECCA LEWIS completed the GCR sextet of runners and claimed her tin-foil blanket and energy bar after 8:11:33.



Above: Gently Undulating!

Runthrough Lee Valley Velo Park 10 mile



BECCA HAYDEN, ANN HAYDEN and REBECCA BARDEN all took part in the Runthrough Lee Valley Velo Park 10-mile race on Saturday. The race comprised ten one-mile laps of an undulating paved loop around the Olympic Velodrome. As there were also 5K, 10K, half marathon and one-mile options, the course got a little crowded at times, but encouraging to see runners of all ages and abilities taking part

Rebecca reports the event was well organised by the Runthrough team and all three were particularly impressed that there were no queues for the loos; a first! Becca was 2nd lady in a time of 1:14:33; Rebecca was 4th lady in 1:20:17; Ann was 5th lady in 1:34:26. The trio notched

up a trio of age group golds, with Becca first Female Senior, Rebecca first FV50, and Ann first in FV55.

Love Luton 10k

CAROL REID ran the Love Luton 10k race on Sunday morning in a time of 53:06. The closed-road course started on the track and ended in the town centre. Lutonians provided lots of vocal support.

Frankfurt Marathon

PETER JASKO wins furthest travelled racer of the week award completing the Frankfurt Marathon in 3:29:57. Peter describes the course as lovely and flat with great support from locals along the way. Despite losing 10 minutes in the last ten kilometres due to multiple muscle cramps, Peter was pleased to just sneak under his 3:30:00 target for the race.

parkrun roundup

Saturday's parkrun saw 47 GCR runners tackle runs up and down the length of the country. Although most opted to stay local at either Panshanger or Ellenbrook Fields several brave folk chose to go out of the county. LAURA DOOGAN takes the prize for being furthest away from Welwyn Garden City by completing the Falcarragh run on The Emerald Isle in a time of 50:50. JACQUELINE MCCALLUM channelled her inner Del Boy with a trip to Peckham Rye (35:26) while

MATTHEW HUNT went in search of Ryan Kean at Exeter Riverside. Despite Ryan being nowhere to be seen, Matthew stayed and completed the course in 24:12. Shout-outs to ALIDA PREIS, PETER SAWK and JENNIFER WILLIAMS who all achieved personal bests at their parkruns.

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

Sunday Social Run



Keep an eye out on the GCR Facebook page on Saturday evening for details of the regular Sunday morning "Social Run". Normally organised by John Davies (the Taller), the numbers taking part in these relaxed, social runs have grown over the past few weeks with the promise of beautiful Hertfordshire countryside, banter and a chance to get a little bit muddy. The off-road routes are usually 8-10 miles but it's not a race and no-one is ever left behind as the group will regularly loop back.

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
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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