



Garden City Runners

News Release

10th November 2019

SISTER ACT FOR ORME And a centenary trio at Panshanger for Guy, Preis and Somerset

Seagrave Wolds Challenge

MAGGIE ORME ran in the Seagrave Wolds Challenge, a 16 mile cross country challenge through the Leicestershire Wolds countryside, on Saturday 9th November. Maggie reports: "It was a very tough but fun challenge although we were ankle deep in mud for most of the 16 miles! We were

rewarded throughout by a great bunch of marshals armed with jelly babies, cakes, chocs and bowls of hot apple crumble and custard at the finish line. It was great to run with two of my sisters and also the furthest any of us have ever attempted. I was really pleased to finish in 2 hours 50 minutes."



Maggie (centre) with her sisters

Excalibur Eleven, Walton on Thames

GCR's ultra marathon ace and all-round inspiration DAVE HEAL took part in his 43rd marathon at Excalibur 11, with Phoenix Running, at Walton on Thames.

The event was a six-hour challenge to run as many laps of a 3.28 mile River Thames trail circuit as possible, alongside members of the 100 marathon club and Global Marathoner challengers.

Dave ran 8 laps, totalling a marathon distance of 26.2 miles in 5hrs 25mins 40secs in chilly conditions. Dave reports that the circuit was "full of slippery bits of mud and puddles, which got worse as the day progressed from dry sunny conditions to torrential rain - I will remember this marathon as a washout! I took a fully-clothed cold shower before the finish and ended up soaked through to my underwear and chilled to the bone!"

Dave adds "today we are blessed with sunshine as we remember those who have lost their lives for their country to protect us all and keep us safe in our green pastures."

Thames Chase 10K - Forestry 100 Running Series

The indefatigable KATH EVANS was in action again on Sunday, celebrating one hundred years of forestry with a 10K around Thames Chase. Kath describes the course as "a fun three and a half looped muddy sunshiny run around a beautiful woodland setting right on the eastern edge of London, cleaning the air of the M25 which could be heard purring in the background of the run." PETER LAPHORNE and Kath (*pictured below*) took up the challenge and completed the 10k in 1:06 and 1:10 respectively, with the reward of lovely wooden medals, bananas and Jaffa cakes!



John Davis (the shorter) farewell run



A fond farewell was bid to GCR legend JOHN DAVIS (the shorter) (*above, with GCR friends*) by WAYNE AYLOTT and other GCR friends, with a valedictory 'grumpy run' at Burnham Green followed by bacon sandwiches and coffee. John has been a GCR member since 1989, competing for the club at countless cross country, vets and midweek league fixtures. We all wish John the very best as he moves up north to start a new job as a lecturer at the University of Lancaster. And will JOHN DAVIS (the taller) now just be known as ... John Davis? Only time will tell.

Heaton Half Marathon

GCR's ANNE HENSON clocked up another vet trophy at this event held just north of Manchester in the grounds of a splendid 18th century stately home. Anne was first V65 in a suitably regal 2:05:10.

parkrun roundup

Celebrations were the order of the day at Panshanger, where a GCR trio of PAUL GUY, RICHARD SOMERSET and JOHAN PREIS ran their centenary parkruns. Paul finished in sixth place in 18:13;

Richard was 18th in 19:49, and Johan 76th in 24:27. Over at Ellenbrook, GCR's ROB LAWRENCE was first in 16:52, and NEIL HUME third in 17:48. It was good to see TERRY FOWLER running in 19:55, and JERRY GILBERT back from injury, finishing in 38:01. Also returning to parkrun was HANNAH FRANK at Bexley, running an impressive 28:57 in her first parkrun since the arrival of baby Florence.

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 |

Strength Training at Ridgeway Academy

Strength training classes run by GCR's Zoe Stephens will start from Tuesday 12th November in the Dance Studio at Ridgeway Academy. The initial course will be free to GCR members but you will need to [register](#) as places are limited to 20 per class. The four-week course will focus on:

12/11 - Abs and core strength (20-25 mins)

19/11 - Full body strength training (30 mins)

26/11 - Kettlebell training (30 mins)

3/12 - Focus TBC based on feedback from previous classes

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 Hatfield 5 mile race on 24th November – see the Forthcoming Events table for information.

Avery League 2020

The Avery Competition for 2020 will stay substantially the same as the 2019 format, but as promised during last year's review, we will be assessing the new format and scoring criteria in the first half of 2020. As part of this we will be seeking feedback and ideas from GCR members so please look out for a survey and other feedback opportunities.

Like last year, 26 scoring races are planned for 2020, and one point will be scored for each race run / volunteered at. There will also be a contingency race in case any races are cancelled (as in the case of FVS Relays last year) – details will be circulated soon.

Participants will be ranked in points order, with ties decided according to agreed criteria (the Avery document on the website will be updated shortly for an explanation of how the tie-breaker will work and the race ranking list). We've clarified the rules for volunteering points this year, so that an Avery point will be awarded to any and each member who attends certain races to volunteer, where the volunteer role precludes them gaining a point from running. The

races included are: MWRRL, Sunday XC League, Avery-specific parkruns, FVS relays (along with the races specified last year).

There will be the same number of prizes available – 10 each for the male and female competition, along with a special award if any competitor completes the 'Avery Marathon' (all 26 races). Good luck!

Avery Races 2020

1. Sunday League XC (free) Watford - Sunday 12 January - V
2. Fred Hughes 10 – Sunday 19 January
3. Sunday League XC (free) Royston – Sunday 9 February - V
4. Panshanger parkrun (free) – Saturday 22 February - V
5. WGC Half Marathon – March (date tbc)
6. Ellenbrook Fields parkrun (free)– Saturday 4 April - V
7. MWRRL Race 1 (free) – May - V
8. MWRRL Race 2 (free) – June - V
9. MWRRL Race 3 (free) – June - V
10. Welwyn 10k - June - V
11. MWRRL Race 4 free) – July - V
12. MWRRL Race 5 (free) – July - V
13. Ware 10k or 10 mile – July
14. Fairlands Valley Spartans 3k Relays (free) – July - V
15. parkrun (venue tbc) (free) – Saturday 1 August - V
16. Leila's run (any distance) – August - V
17. Hatfield 5k Race 1 – August - V
18. Hatfield 5k Race 2 – September - V
19. Hatfield 5k Race 3 - September - V
20. Standalone 10k – Sunday 4th October (tbc)
21. Sunday League XC (free) – October - V
22. Sunday League XC (free) – November - V
23. Stevenage Half Marathon – November
24. ATW Hatfield 5 mile – November
25. Sunday League XC (free) – December - V
26. Festive 5 mile - December – V

V – volunteering counts as participation

GCR parkrun tourism

The next parkrun outing will be to Hackney Marshes on 7th December - please keep an eye out on the GCR Facebook page for further details. The full parkrun tourism calendar can be found [here](#).

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 |
|--|----------------------------------|---------------------------|-------------|----------------------------|
| Hatfield 5 - incorporating County Vets Champs | 24 | 24 th November | 10:00am | Click here |
| Inaugural University of Herts Students' Union Charity 5k and 10k | | 30th November | 10.30am | 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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