



Garden City Runners

News Release

17th November 2019

GCR EXPLORERS TRAVEL TO MULTIPLE LOCATIONS And a couple of 'hold the dates' for celebrations

Garden City Runners travelled to around 20 different run locations over the weekend to enjoy a variety of distances from 10k up to ultra. All the race reports below. In addition, there's news of the Christmas Social / VLM draw, plus notification of the date of next year's gala awards evening.

St Neots Half Marathon

Eight club members ventured up to St Neots in Cambridgeshire on Sunday for this popular and speedy half marathon in weather described by MEL KING as "kind, no rain and not too cold or windy". DANIEL PUDNER led team GCR home in 1:24:13. Next back was REBECCA BARDEN, helped to a new PB (congratulations!) of 1:41:12 by "excellent friendly marshal support around the course and a very welcome flat and downhill last three miles." Other GCR finishers were BRAD SMITH 1:41:44, RICHARD DARLEY 1:55:37, MEL KING 2:01.17, STUART WHITFORD 2:05:16, DAVID SELWOOD 2:10:41, and LOU SMITH 2:13:46.

Dave Heal - Marathon Marvel

The unstoppable DAVE HEAL was in action again on Saturday, at Phoenix Running 'Day at the Movies' in Walton on Thames, completing his 44th marathon then pushing on to make it his 14th Ultra at 29.52 miles, completing the distance in 6:19:23. This is a charity event where you pick the medal of your choice from many movies in the series during each calendar year!! Dave says "I chose Top Gun medal after the 'Top Gun' movie. You run a 3.28 mile trail circuit beside the River Thames on slippery muddy terrain. This was a 6hr challenge to run as many laps as you can and providing you started your next lap before the 6hr cut off you were allowed to finish that lap; so I ran 9 laps and on my 9th lap I volunteered to lead a Blind Runner who runs for Harlow Runners, PAUL WATTS (many GCR's will be familiar with Paul who has been on the race scene for years). I took up the challenge with lots of enthusiasm, as it's been something I wanted to do for a long time and I managed to get Paul around safely on our ultra distance lap on a very hazardous trail circuit with lots of trip hazards, mud & puddles.

What a great honour to lead Paul, a remarkable accomplished athlete, around on his 9th lap to get our much deserved medals."



Dave Heal (right) with Paul Watts of Harlow Runners, having completed their Ultra

Dirt Half

Saturday 16th November marked the 10th running of this sell-out race, which starts in Leighton Buzzard and follows the canal towpath north to Stoke Hammond with stunning views, climbs through beautiful countryside to Great Brickhill then passes through the scenic Rushmere Country Park before following the Greensand Ridge back to the start via the canal towpath. New club member HERBIE HOPKINS finished in 15th place overall and 2nd MV40 in a magnificent time for this challenging race of 1:26:59. CHARLEE CHAPMAN also joined the fun, finishing in 2:12:43.

West of London 10ks

MICHAEL SCUTT and PETER LAPHORNE journeyed to West London for the Love Fulham 10k event in the City Run series. MICHAEL finished in 56:56 (nice symmetry!), while PETER grumbled about being unable to find an additional half a minute by clocking a time of 1:00:28!

Meanwhile, CLAIRE EMMS headed a bit further South West of London to take part in the Richmond Park 10k, finishing this scenic race in 1:31:24.

Steppingley Step

This is an event organised by the Long Distance Walkers Association and presents participants with a range of distance options to be completed within 10.5 hours, starting and finishing at Barton-le-Clay Village Hall in Bedfordshire. ALEX YATES, ELAINE GILES and KATH EVANS of course chose to take on the longest distance on offer of a marathon. Alex reports "it was a very challenging hilly route along field paths, tracks and woodlands, with plenty of mud just to make that it that little bit more tiring on the legs".



Kath, Elaine and Alex all smiles on their marathon

parkrun roundup

This week, the largest contingent of 24 club members was at Ellenbrook Fields. Here, KAREN ATKINSON was celebrating her 50th parkrun, which husband NICK ATKINSON honoured with a course PB of 25:32. Other notable achievements at Ellenbrook Fields include a course PB for PETER JASKO 19:23 in 5th position (no doubt desperate to stay ahead of TERRY FOWLER breathing down his neck in 6th place in 19:26), and first-timer KATE WALKER, 4th female in 23:17. There were a number of other causes of celebration and admiration for GCR parkrunners this weekend at these events:-

- Pymmes – RICHARD SOMERSET second place 19:11
- Gunpowder – Course PB's for ANDREW HOLT 18:46 and SHAUN KENT 24:34
- Panshanger – CRAIG BROWN second place 18:42, course PB for TOM PARMLEY 25:12
- Harlow – TOM WACKETT second place and a course PB 18:20
- South Oxhey – MARTHA HALL first lady 21:42
- Aldenham – JO GRANT fourth lady 26:11
- Salcey Forest – DANIEL PUDNER fourth place 19:41

In total, 65 club members took part in 13 different parkruns, all in England this week. Click [here](#) for a full list of this weekend's parkrun results.

Christmas Social and VLM Draw – Wednesday 4th December

You're all invited to come along for a celebratory drink at **The Attimore at 7.30 p.m. on Wednesday 4th December**. And the first drink is on the Club!

During the evening, we will be doing the draw for the club places at next year's London Marathon. Everyone should have received an email from Helen Paine with details about this. Please note that the deadline for names in the hat is Sunday 1st December. Any queries, please contact Helen at helenpaine@hotmail.co.uk

As this is also just a few days before the Festive 5, we've asked friends at our charity partner, Isabel Hospice, to come along and we'll again be having a raffle to raise funds for them, **so we're on the hunt for raffle prizes**. If you have anything to offer, please email jane_molloy@msn.com

We are also planning to run a book swap on the evening, so if you have any running books that you would like to offer to others, do bring them along.

Festive 5 – Call for Volunteers

Got a spare couple of hours on **Sunday 15th December**? If so, can you help marshall our annual Festive 5 race? The race starts at 9.30am, and volunteers would be needed from around 8.45 until around 10.30am. If you are able to help, please email MARTHA HALL as soon as possible at mahall28@hotmail.com

GCR Annual Awards Night – 13th March 2020

Hold the Date! Following this year's record attendance, we're aiming even higher for 2020 – hence the early alert. This is the night of the year where we celebrate and honour the magnificent achievements and sterling efforts of club members throughout the year. There will be the usual winning combination of food, drink and dancing. Tickets, which will be subsidised again, go on sale in the New Year. Friends and family are welcome too.

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 started on Tuesday 12th November in the Dance Studio at Ridgeway Academy. The initial course is free to GCR members but you need to [register](#) as places are limited to 20 per class. The next three classes will focus on:

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

As notified last week, the Avery Competition for 2020 will stay substantially the same as the 2019 format, but 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).

For those of you who like to get dates in the diary early, here's the current list of races for next year with dates where these are already known.

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. MWRRRL Race 3 (free) – June - V
10. Welwyn 10k - June - V
11. MWRRRL Race 4 (free) – July - V
12. MWRRRL 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	10.00am	Click here
Christmas Social and draw for club VLM places		4 th December	7.30pm	
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	1	12th January		See your captain
Fred Hughes 10 - St Albans	2	19th January	10.00am	Click here
Sunday XC League Race 5 - Royston	3	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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