



## Garden City Runners

### News Release

24th November 2019

# **GCR TAKE ON HATFIELD 5 AND HERTS HALF**

## **Jones set a record at Land's End**

### **Heal just keeps on going**

#### **Hatfield 5**

With only four races left it was time to start fighting for the ten medal places in this year's Avery Competition so a massive thirty-eight club members ventured to the University of Hertfordshire campus to run the fourth outing of this popular 5-mile race along the Alban Way. Starting at the University, the route takes in such delights as the back of the Galleria, the largest stone lions this side of the Orient and stunning views across to the other side of the A414.

The race also encompasses the *Hertfordshire Vets Championship 5-mile* event, and not wishing to be outdone by the ladies who took silver in the Half Marathon distance at Stevenage earlier in the month, GCR's men also took home silver in an accumulated time of 2:00:28.

Congratulations to NEIL HUME (28:25), PAUL GUY (29:08), PETER HARVEY (30:56) and RICHARD SOMERSET (31:40). In the individual categories, JAMES FORRESTER also took silver in the M60 category in 33:38 and NEIL HUME came third in the M40 category. The highest placed lady was CAROL REID who was 5<sup>th</sup> in her age group in 42:23.

A complete listing of GCR finishers is listed below:

Neil HUME	28:25	Mark BOYCE	42:45
Paul GUY	29:08	Maggie WRIGHT	43:53
Thomas WACKETT	29:17	Melanie KING	43:59
Jack TANN	30:24	Lucy ILES	45:12
Daniel PUDNER	30:37	Bernard ROCKHILL	45:42
Peter HARVEY	30:56	Sheena LANCASTER	46:05
Richard SOMERSET	31:40	Alex YATES	46:28

Sean BOWEN	32:23	Elizabeth DEAN	46:54
James FORRESTER	33:38	Karen ATKINSON	47:09
David MCCABE	33:31	Grant BROWN	47:44
Nigel CAVILL	35:26	Peter LAPHORNE	48:48
Steven EDWARDS	36:46	Kath EVANS	48:38
Trevor DAVIES	39:37	Willow GIBSON	55:46
Ali Riza EROGLU	41:58	Linda HAMM	56:53
Richard BROWN	41:38	Louise O'DONNELL	58:13
Richard DARLEY	41:24	Charlotte JONES	58:15
Thomas PARMLEY	42:06	Dawn REDWOOD	1:00:55
Tim COOKE	41:24	Rebecca LEWIS	1:05:37
Carol REID	42:23	Clair EMMS	1:08:34



*Lucy says ... It's always selfie time!*



*... and relax.*

## **Hertfordshire Half Marathon**

Now in its third year, the Hertfordshire Half Marathon has quickly established itself on the local running map. The closed road race starts and ends at the iconic Knebworth House where the undulating course takes participants around grounds of the house before venturing to surrounding villages and hamlets. Eight members ventured to junction 7 of the A1(M) to tackle the 13.1-mile route.

Adding to her already groaning trophy cabinet, ANNE HENSON secured first place in the M65 category in a fabulous time of 1:58:09 – congratulations Anne!

First GCR across the line, and 61<sup>st</sup> overall, was JAMES DONMORE in a time of 1:30:25. James was quickly followed by STEVE ELLERD-ELLIOTT (1:31:19), NICK PORTLSKI (1:37:13), RICHARD ROBINSON (1:40:29 PB), JO GRANT (1:53:28), ANNE HENSON, (another) JO GRANT (1:57:24), JACKY O'LEARY (2:02:28) who came second in her age

category, RACHAEL EVERARD (2:09:30), JOHAN PREIS (2:19:19) who was pacing his wife ALIDA (2:19:20) and finally GEMMA SLOAN (2:31:36) who promises to do some proper training next time.



### **David Heal Completes his 12 Ultra Marathon Challenge**

On 26<sup>th</sup> January this year DAVID HEAL began his "12 ultras in 12 months" Global Marathon Challenge and this weekend, 10 months later, he completed his 12<sup>th</sup> ultra of the year; a 50k (31.24-mile) race in 6:32:04. Today's multi-lap event was held at the former RAF/USAF base at Greenham Common where David remember going in the 80s to watch air shows. David reports the route was muddy and slippery with plenty of puddles avoid, or not.



There was great camaraderie amongst all the runner with many of his friends from the *100 Marathon Club*, aware of David's achievement, there to cheer him over the line.

Congratulations David on a truly fantastic achievement.

## **Gatliff 50k**

NICHOLAS GENEVER ran the Gatliff 50k self-navigation ultra in Kent. Known for being overlong at 34.5 miles with an ascent of 820m, and difficult to navigate, Nicholas reports that the fields were especially boggy and muddy this year with many stiles and gates to navigate. Nicholas completed the course, which went through the Hundred Acre Woods and over the Poohsticks Bridge in Ashdown Forest, in 7 hours 42 minutes.

## **Rag-It-Round Repps**



HELEN HARRISON finished second in the FV50 category, in a time of 1:01:04, in the Rag It Round Repps race, an 11km trail run around the beautiful Norfolk Broads and starting at the village of Repps with Bastwick. Helen reported that the route was very muddy taking her by a windmill, stunning countryside, riverbanks and farmland. As well as a medal, finishers were also presented with a wooden shoe scraper which will no doubt come in handy for cleaning those running shoes.

*Helen has the wind beneath her sails*

## **GCR on tour in Lanzarote**

A quartet of GCRs chose to swap the bracing autumnal weather of Hertfordshire for some end of year sunshine by taking part in the International Running Challenge organised by Club La Santa in Lanzarote (*ed. Is this where Father Christmas goes for his holidays I wonder?*). The challenge comprises four races over consecutive days encompassing various distances and terrains. First GCR over the line in the first race, a 10k road race, was STEVE WILLIAMS in 49:08 followed by STUART MANN (49:17 and first MV75-80!), CATHERINE DANN (1:03:01) and WAYNE AYLOTT (1:03:39)

## **Avebury 8**

On Sunday STUART WHITFORD ran the Avebury 8 race in 1:25:49. This 8.8-mile trail race, which raises funds for Wiltshire Air Ambulance, started in the lovely Wiltshire village of Avebury amongst Neolithic standing stones, before heading off across local tracks taking in

very sticky, slippery chalk surfaces. Stuart reported the route as hard going but enjoyable and he only lost his trainer in the mud once! Each runner received a locally hand-made mug instead of a medal and a great selection of home-made pies.

### **parkrun roundup**

This week, over 50 GCR members visited 15 different parkruns across the country. A trio of CASSERLEY's ran at Oak Hill with ROBERT running over the line in 18:54, BENJAMIN in 36:04 and finally TOM in 37:23. Panshanger had the biggest turnout of GCR runners with 18 in a field of 265; CRAIG BROWN took the third place spot in 18:21. There was competition between MICHELLE COTTER and CHRIS JONES for this week's furthest afield runner. Michelle ventured up the M6 to Lancaster (*ed. my alma mater!*) where she completed the trip around Williamson Park in a time of 30:43 whereas Chris couldn't have gone much further west without falling into the sea if he tried, venturing as he did to Land's End where he completed the course in 19:24, was first over the line *and* set a new course record.

Other notable finishers this week included:

- Westmill – RICHARD SOMERSET second place 21:03
- Ellenbrooke Fields – NEIL HUME third place 17:48
- Panshanger – HELEN STAFFORD sixth lady 25:03
- St Albans – FELICITY WADLEY course PB 26:13
- Stevenage – THOMAS PARMLEY course PB 26:22
- Dunstable Downs – ANDREW HOLD second place and a course PB 20:15
- Millennium Country – DANIEL PUDNER third place and a course PB 20:19

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



*Land's End parkrun: Don't slip now, it's a long way down!*

## **Christmas Social and VLM Draw – Wednesday 4<sup>th</sup> December**

You're all invited to come along for a celebratory drink at **The Attimore at 7.30 p.m. on Wednesday 4<sup>th</sup> 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 1<sup>st</sup> December. Any queries, please contact Helen at [helenpaine@hotmail.co.uk](mailto: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](mailto: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 15<sup>th</sup> 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](mailto:mahall28@hotmail.com)

## **GCR Annual Awards Night – 13<sup>th</sup> 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](mailto: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**

<b>Social 5-6k</b>	<b>7-8k</b>	<b>9-10k</b>	<b>10-11k</b>	<b>11-12k</b>	<b>Intervals</b>
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**

<b>Social 5-6k</b>	<b>8-9k</b>	<b>10-11k</b>	<b>Track Session</b>
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 two classes will focus on:

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 2<sup>nd</sup> Sunday Cross-Country League Race at Trent Park on 1<sup>st</sup> December – 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 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. 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](mailto: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](mailto:thomas.wackett@hotmail.co.uk) 07817 708888

JAMES HUIISH [james.huish247@btinternet.com](mailto:james.huish247@btinternet.com) 07835 527027

**Vice Captain:** RICHARD DARLEY [Richard\\_Darley@hotmail.com](mailto: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
Inaugural University of Herts Students' Union Charity 5k and 10k		30th November	10.30am	<a href="#">Click here</a>
Sunday XC League Race 2 - Trent Park	25	1st December		See your captain
Bedford Half Marathon		1 <sup>st</sup> December	10.00am	<a href="#">Click here</a>
Christmas Social and draw for club VLM places		4 <sup>th</sup> December	7.30pm	
Festive 5		15 <sup>th</sup> December	9.30am	<a href="#">Click here</a>
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	<a href="#">Click here</a>
Sunday XC League Race 5 - Royston	3	9 <sup>th</sup> 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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)

**ENDS**