



Garden City Runners

News Release

2nd December 2019

**58 TURNOUT AT TRENT PARK
And don't forget about the Christmas social!**

Trent Park Sunday cross-country league



A fantastic turnout of 58 GCRs at Trent Park for the next instalment of the Herts Sunday cross-country league! Full results are available here -

<https://www.serpentine.org.uk/rdb/showrace.php?race=13329>

Club results overleaf:

Pos	Name	Time	Category	Club	Pace
4	Rob Lawrence	28:39	SM	Garden City Runners	5:46
22	James Huish	30:00	SM	Garden City Runners	6:02
26	Neil Hume	30:08	V45	Garden City Runners	6:04
27	Chris Jones	30:11	V40	Garden City Runners	6:04
35	Bruce Judge	30:34	V40	Garden City Runners	6:09
37	Thomas Wackett	30:38	SM	Garden City Runners	6:10
43	Markus Allen	30:58	V40	Garden City Runners	6:14
46	Herbie Hopkins	31:11	V40	Garden City Runners	6:16
48	Jack Tann	31:21	SM	Garden City Runners	6:18
50	Rusell Casey	31:28	V40	Garden City Runners	6:20
52	Rob Casserley	31:34	V40	Garden City Runners	6:21
56	Andy Holt	31:44	V50	Garden City Runners	6:23
59	Chris Eland	31:52	V50	Garden City Runners	6:25
96	Martha Hall	33:25	FV35	Garden City Runners	6:43
104	Daniel Pudner	33:48	SM	Garden City Runners	6:48
128	Nick Portalski	34:45	V40	Garden City Runners	6:59
152	Alan Routledge	35:46	V50	Garden City Runners	7:12
176	Gary O'Leary	36:29	V50	Garden City Runners	7:20
207	Brad Smith	37:52	SM	Garden City Runners	7:37
211	Nick Genever	38:04	V50	Garden City Runners	7:39
247	Cathy Widden	39:15	SL	Garden City Runners	7:54
257	Paul Gatens	39:36	V50	Garden City Runners	7:58
258	Michael Grant	39:37	V40	Garden City Runners	7:58
259	Neil Matthews	39:39	V60	Garden City Runners	7:58
286	Steve Edwards	40:59	SM	Garden City Runners	8:15
293	Steve Williams	41:16	V60	Garden City Runners	8:18
297	Dave Edwards	41:24	V60	Garden City Runners	8:20
301	Helen Stafford	41:33	FV35	Garden City Runners	8:21
312	James Aitchison	42:01	V50	Garden City Runners	8:27
355	Yvonne Jones	43:54	FV55	Garden City Runners	8:50
366	Chris Poole	44:22	SM	Garden City Runners	8:55
370	Richard Darley	44:39	V50	Garden City Runners	8:59
371	Nick Atkinson	44:40	V60	Garden City Runners	8:59
379	Jo Grant	45:01	FV45	Garden City Runners	9:03
381	Ali Eroglu	45:05	V60	Garden City Runners	9:04
388	Tom Parmley	45:45	V35	Garden City Runners	9:12
390	John Warden	45:51	V45	Garden City Runners	9:13
391	Shaun Kent	45:57	V40	Garden City Runners	9:15
403	Maggie Wright	47:00	FV45	Garden City Runners	9:27
406	Tony Harden	47:10	V50	Garden City Runners	9:29
408	Mel King	47:26	FV55	Garden City Runners	9:32
413	Asa Moberg-Grout	48:07	FV45	Garden City Runners	9:41
421	Shena Lancaster	48:42	FV55	Garden City Runners	9:48
422	Craig Stephenson	48:54	V50	Garden City Runners	9:50
424	Alex Yates	48:56	FV45	Garden City Runners	9:51
433	Alida Preis	49:57	FV45	Garden City Runners	10:03
443	Peter Sawko	51:46	V45	Garden City Runners	10:25
449	Karen Atkinson	52:20	FV55	Garden City Runners	10:32
450	Rob Cartwright	52:20	V60	Garden City Runners	10:32
469	Wayne Aylott	55:08	V60	Garden City Runners	11:05
474	Kath Evans	56:36	FV45	Garden City Runners	11:23
484	Willow Gibson	1:00:43	FV35	Garden City Runners	12:13
485	Emma Dempster	1:00:58	FV35	Garden City Runners	12:16
486	Charlotte Jones	1:01:28	FV35	Garden City Runners	12:22
487	Emily Hammond	1:01:48	SL	Garden City Runners	12:26
488	Jane Molloy	1:01:57	FV55	Garden City Runners	12:28

International Running Challenge, Club la Santa, Lanzarote

A team of GCRs travelled to Lanzarote in search of some winter sun and to take part on the International Running Challenge. The event consisted of four races over four days- full results below.

Day 1 - 10K road race: STEVE WILLIAMS 49:08; STUART MANN 49:17; WAYNE AYLOTT 01:03:39; and CATHERINE DANN 01:03:01.

Day 2- 13K off-road hill race: STUART MANN 01:11:48; STEVE WILLIAMS 01:12:38; WAYNE AYLOTT 01:27:51; and CATHERINE DANN 01:30:59.

Day 3 - 5K beach race: STUART MANN 26:18; STEVE WILLIAMS 27:11; YVONNE JONES 29:28; WAYNE AYLOTT 33:24; and JOY ALLEN 38:42.

Day 4 - 21K off-road race: STUART MANN 01:45:54; STEVE WILLIAMS 01:52:18; and WAYNE AYLOTT 02:20:22.

The GCR team finished 18th overall –STUART MANN finished as age group winner for each stage and overall group winner with a total time 04:13:26; STEVE WILLIAMS 04:21:13; and WAYNE AYLOTT 05:25:14.



Kelly RAG trail 5K



BECCA HAYDEN ran this local event in aid of local charity the Ollie Foundation. Becca reports "It was a lovely event and 100% of the entries and donations went straight to the charity. The Ollie Foundation helps train people and make people more aware of suicide prevention, providing support and comfort. It was a great turn out and a lovely event starting and finishing at the University of Hertfordshire and taking in the muddy trail woods and fields of Ellenbrook – a lovely way to start a cold Saturday morning!" Becca finished 1st lady and 3rd overall in a time of 21.24.

Christmas marathon at the national water park

DAVID HEAL continued his marathon running streak with the Christmas marathon at Nottingham's national water park at Holme PierrePont. David completed the event, 8.75 loops of a tarmac track around the lake, in 04:56:58 despite the freezing foggy conditions, receiving an icicle shaped medal and Santa stocking of sweet treats at the finish line.



David adds "I am now just two marathons away from completing my next ultimate Global Marathon challenge award of running 26 marathons in 52 weeks – a goal I've set myself this year! The deadline is 31st December. You cannot believe how thrilled I am to be this close to this award! It is going to be a massive celebration when I do – until I discovered Phoenix running events in November 2017 I had only completed one marathon a year and preferred a half marathon distance – but now I love the marathon/ ultra-distances and can't get enough!!"

If anyone is mad enough to follow in Dave's footsteps and wants to set themselves a challenge for 2020 check out - <https://www.phoenixrunning.co.uk/>

parkrun roundup

Congratulations to the latest cohort of beginners group who completed their graduation parkruns at Panshanger Park this Saturday! Photos are available on the GCR Facebook page courtesy of Charlotte Jones.

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

Special mentions from this weekend's results include ANDREW HOLT finishing 2nd at Luton Wardown in 18:52; DANIEL PUDNER finishing 9th at Colchester Castle in 19:38; and NEIL HUME taking 3rd place at Ellenbrook in 17:46. Congratulations also to Helen Paine who completed her 50th parkrun at Ellenbrook this weekend.

This week's furthest flung award goes to JUSTIN and JULY KEAN who ran at Fukakitaryokuchi (Osaka, Japan) finishing in 6th (23:43) and 18th (26:42) place respectively.

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

Christmas social and London Marathon draw!

The now annual GCR Christmas social is taking place at the Attimore Hall Pub, Ridgeway AL7 2AD this Wednesday 4th December from 7.30pm. The event will include the draw of two Virgin London Marathon club places.

There will be a charity raffle in aid of Isabel Hospice (please contact Jane Molloy if you have any raffle prized to donate) and the first drink is on the club!

Strength Training at Ridgeway Academy

The final Strength training classes run by GCR's Zoe Stephens is on Tuesday 3rd December in the Dance Studio at Ridgeway Academy. The initial course is 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:
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 final Avery race of the year is the Sunday XC league race at Stevenage on 22nd 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 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

Festive 5		15 th December	9.30am	Click here
Sunday XC League Race 3 – Stevenage	26	22nd December		See your captain
Buntingford 10		29 th December	10.30am	Click here
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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