



Garden City Runners

News Release

22nd December 2019

MUD BATH IN STEVENAGE 2019 Avery Competition Wraps Up

Cross-Country #3 - Stevenage



Garden City Runners lead the charge down the hill while Russell abandons his bike in favour of two legs

Having read about the healing properties of mud, sixty-one GCR members made the short trip up the A1(M) to run the third in this season's cross-country fixtures. Despite being the "most gentle" of the cross-country courses, according to captain James, several days of heavy rain ensured a running surface which could only be described, in horse-racing parlance, as soft to swampy. As one GCR member noted, "It's like the Somme, only without the carnage".



Approaching the finishing line

Lovely pair of pins John [Davies]!

First GCR over the line was ROB LAWRENCE who was fourth overall. Other scoring men were JAMES HUIISH, NEIL HUME, ROB CASSERLEY, BRUCE JUDGE, CHRIS ELAND, HERBIE HOPKINS and TOM WACKETT.

MARTHA HALL was the first GCR lady over the line, closely followed by LIZZIE PARRY (making her GCR debut). ELEANOR NEWTON, CATHY WIDDEN and BELINDA MCGINLEY made up the other scoring ladies for the club.



Above: Rob Lawrence powers past Emma Dempster while Martha Hall takes on the Royston Runner

Congratulations to everyone who ran, especially if you managed to stay upright and with both shoes on your feet throughout.

The race was also the last of the 2019 Avery Competition events. At time of writing the final scores on the doors were still to be confirmed but congratulations definitely go to CHARLOTTE JONES and WAYNE AYLOTT who took the first prizes. A special shout out to Charlotte who ran all twenty-five events this year.

Excalibur 12 Marathon

Another weekend, another marathon for DAVE HEAL who completed his 49th race at the distance taking on the Excalibur 12 event in Walton-on-Thames in a time of 5hrs 5mins 57secs. On this occasion Dave was joined by fellow GCR runner and marathon addict (600+ and counting) DENYS BAUDRY who, despite nursing a knee injury, completed the distance in 5hrs 44mins 41secs. The event involved running as many Thames-side trail laps of 3.28 miles in six hours. Dave reports that the mud and puddles made the course a challenge for everyone. Dave is looking forward to continuing his journey to full membership of the 100 Marathon Club.



Left: Dave Heal collecting his 26 marathons in 52 weeks Global Marathon Challenges Award

Broxbourne Santa Dash



TERRY TRISTRAM ran the Broxbourne Santa Dash in aid of Teens Unite, a charity supporting young people fighting cancer. Terry completed the distance in 40:31.

Left: Santa Says "Running's not just for Christmas"

parkrun roundup

In the words of the legendary Karen Carpenter, *There's No Place Like Home for the Holidays*, and this Saturday saw GCRs runners scatter to all points of the compass as they tackled the 5km distance, with members in Wolverhampton, Southend-on-Sea, Derby, Worthing and Exmouth as well as places closer to Hertfordshire Home. This week's most far flung runners were however ROB and CAROLINE HUGHES who ran the East Coast Park parkrun – that's East Coast as in Singapore not Scarborough!

Notable achievements on Saturday included MARTHA HALL who was first lady over the line at Gadebridge in a time of 22:47. GCR members were second to the bar-code scanner at

Grovelands (JAMES HUIISH, 18:25), Westmill (ALEX NEWMAN-SMITH, 18:14), Panshanger (JACK TANN, 18:18) and Ellenbrooke Fields (NEIL HUME, 18:05)

Wet weather limited PB-potential on many of the more slippery courses so a special shout for those who achieved course PBs this week: STUART WHITFORD (Panshanger), ASA MOBERG GROUT (Ellenbrooke Fields), JENNIFER WILLIAMS (Ellenbrooke Fields)

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

Notice of Extraordinary General Meeting (EGM)

Club Secretary Helen Paine writes: "In accordance with **Club Rule No.9 (3) and No.10 (3)**, club members are hereby notified that an Extraordinary General Meeting of the Garden City Runners will be held on **Monday 13th January 2020** at 7.30pm at The Ridgeway Academy, AL7 2AF, in classroom K2.

The purpose of the EGM is to consider a proposal to alter the club's constitution and rules to change the financial year from 1 July - 30 June to 1 April to 31 March.

Training Runs over Christmas

Please be aware that Ridgeway Academy will be closed on Christmas Eve, Boxing Day and New Years Eve so there will be no Training Runs. See you all on 2nd January 2020.

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

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|--|---|--|---|
| Social 5-6k A sociable, gentler-paced run for those who prefer to stick to c5k runs. | 8-9k Steady run – 7-8 min Ks / 10.30-11 min miles | 10-11k Steady run – 6-6.5 min Ks / 9.30-10 min miles | Track Session 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 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 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 Race # | Date | Time | Online entry |
|--------------------------------------|---------------------|--------------|-------------|---------------------|
| Sunday XC League Race 4 – Watford | 1 | 12th January | | See your captain |

| | | | | |
|-----------------------------------|---|--------------------------|---------|----------------------------|
| Fred Hughes 10 – St Albans | 2 | 19th January | 10.00am | Click here |
| Watford Half Marathon | | 2 nd February | 10.30am | Click here |
| Sunday XC League Race 5 – Royston | 3 | 9 th February | | See your captain |
| Hawkshead Hobble 5k and 10K | | 8 th March | 10.30am | tba |

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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