



Garden City Runners

News Release

8th December 2019

JUSTIN & CHARLOTTE REJOICE AT WINNING VLM PLACES

Bidding Farewell to Gary and Jacky O'Leary

A mixture of happy and sad news this week. Happy comes from the Christmas fundraiser and marathon draw, plus race achievements. Sad comes from the departure of Gary and Jacky O'Leary, active members and running inspirations for many a year. There was more social running than formal racing this weekend, although DAVE HEAL was knocking out another marathon as usual!

Fond Farewell to Gary & Jacky O'Leary

GARY and JACKY O'LEARY ran their last Panshanger parkrun on Saturday, before upping sticks to move themselves and dogs, Betsy and Charlie, to Pharoes Island, a small island in the Thames near Shepperton, home to just 23 houses. Gary and Jacky have been active members of GCR and leading lights in the local parkrun community for some years.



(L-R)Chris Eland, Lou Smith, Sue Fletcher, Andy Sturgess, Gary O'Leary, Michael Scutt & Jacky O'Leary at Panshanger

We also have Gary to thank for the very successful mid-summer series in recent times. We wish them every happiness in their new island adventure and hope they'll be back many times to visit and run with the Club.

Christmas Fundraiser & Marathon Draw

Lots of club members got together at the Attimore on 4 December for a pre-Christmas social, with the draw for two club London Marathon places, and a raffle to raise funds for our charity partner, Isabel Hospice. CHARLOTTE JONES and JUSTIN KEAN were delighted to have their names drawn out of the hat for the marathon places. Charlotte was particularly thrilled as the 40th anniversary of London Marathon coincides with her 40th birthday in 2020. Justin heard the news while on his travels in Japan and reported feeling 'stoked and really happy'. Thanks to the generosity of all who attended, the raffle raised £200 for Isabel Hospice, which will be added to the funds raised at next week's Festive 5.

Hurtwood 50k



On 1 December, BARBARA KUBIS-LABIAK ran this 50k over Surrey Hills in 7hrs 51 mins. She reports, "Super muddy and very tough once it got dark - not to mention how hilly it was. Beautiful views while still in daylight, running across the woods. Also got lost about 3 times, meant I did 55k rather than 50!"

Salisbury Plain Marathon

ELAINE GILES and KATH EVANS took on this marathon in what is described as "The largest military training area in the country and the largest Calcareous grasslands in northern Europe." The race offers beautiful views and peace and quiet. If the weather is good it is stunning; if the weather is bad it's an amazingly brutal challenge. Elaine finished in 5:44:58 and Kath in 6:14:18

Dave Heal – Another Weekend, Another Marathon

On his journey to joining the 100 Marathon Club, DAVE HEAL ran his 47th marathon at Phoenix's Pop-up 100th Marathon Robbie Cowlin event at Walton on Thames, finishing in 4:58:03. The race took place beside the River Thames, with an 8-lap trail course on an out & back circuit from the Xcel centre towards Walton bridge. Dave also picked up his Global Marathon challenges awards medal, t-shirt & certificate for running 12 ultras in 12 months. He adds "Now onwards to my next GMC award 26 marathons in 52 weeks - only 1 more marathon to finish and I shall be there!!"



parkrun roundup

The final date of our 2019 parkrun tourism calendar saw four club members, KAREN & NICK ATKISON, TOM WACKETT and RICHARD SOMERSET, heading south to Hackney Marshes.



Karen, Tom, Richard and Nick flying the GCR flag at Hackney Marshes parkrun

It's a fast flat out-and-back on tarmac, popular with speedsters. Tom finished 5th overall in 17:54, then Richard in 19:24, and Karen and Nick finishing together in 28:39. JAMES HUIISH and TOM WACKETT are now working on the tourism calendar for next year, so if you have any requests, be sure to let them know very soon.

With pacers on offer at Panshanger, that was this week's favourite location, attracting 29 Club Members. Congratulations to JACK TANN who finished second there in 18:38, and to HELEN STAFFORD, third female in 23:49. There were T-shirt milestones for MATTHEW HUNT, completing his 100th parkrun at Panshanger, and RICHARD SIDLIN his 50th at Ellenbrook Fields. Other causes for celebration for GCR parkrunners this weekend included:-

- Ellenbrook Fields – NEIL HUME first place 17:40, REBECCA BARDEN 4th lady and 1st VW50 23:46
- Stevenage – Family celebrations with course PB's for JOHAN PREIS 24:32 and ALLIDA PREIS 29:08
- Chichester – SHENA LANCASTER celebrating her birthday by being first VW60 28:53
- Sunny Hill – DANIEL PUDNER third place in a course PB of 19:54

In total, 69 club members took part in 18 different parkruns. Furthest flung parkrunners were JUSTIN and JULY KEAN in Futakotamagawa, Japan, finishing in 22:57 and 25:57 respectively, while KERRY HENDERSON revisited Hazeldean Farm, South Africa. Click [here](#) for a full list of this weekend's parkrun results.

Herts XC Senior Championships 5th January, Stevenage

If you are EA registered and want to take part in this exciting event, please contact JAMES HUIISH (men) or CHARLEE CHAPMAN (women) without delay, as final entrants need to be submitted this week. James is planning to submit the men's team on Tuesday, while Charlee will be entering the women's team on Wednesday. Currently, men's team is looking strong, but we particularly need interest for the ladies team. There is more information [here](#) about the event.

Please also let HELEN PAINE know if you are available to volunteer, as marshals are needed on the day to support FVS's smooth running of the event!

Festive 5 – Final Call for Volunteers & Cake Makers

Got a spare couple of hours next **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

We also need bakers to be out in force. The cake stall is traditionally heaving and greatly appreciated, so please don your aprons and get baking. Cakes can be delivered on the morning of the race to the stall near the start

Beginners Course

The next course starts at 6.15pm on 14 January 2020, to be led by SANDRA WISE, and runs every Tuesday for 10 weeks. Please let friends, colleagues and family know. We anticipate high levels of interest to coincide with New Year's resolutions. More information about the course can be found on the website [here](#)

England Athletics

All members were sent an email on 12th November about plans to forge closer links with England Athletics. Closer links with EA provide mutual benefits. Increased contributions from our membership allow EA to continue to offer valuable services and education. The club benefits from having more members too; for example, with 50% of GCRs EA registered, we could access free professional coaching sessions for all our members. Discussions at the AGM and since have suggested we could prioritise these to help improve our 10k performances, particularly as this is key for both Midweek League and Sunday XC races, which so many of us participate in.

In case you missed it, the original email also covered the plan to change the club's year end to 31st March to enable members to pay for club membership and EA registration in one transaction. *More information about the changes shortly, but in the meantime please raise any questions with Karen Atkinson, Nigel Cavill or Jane Molloy (or any other Committee Member).*

GCR Annual Awards Night – 13th March 2020

Hold the Date! Following this year's record attendance, we're aiming even higher for 2020. 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.

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#), as well as the list of races that will make up the 2020 League. The final two races for 2019 are the Festive 5 on 15 December (which includes volunteer credits) and the Sunday XC race at Stevenage on 22 December. The 2020 league will kick-off with Sunday League XC at Watford on 12 January and the Fred Hughes 10 (St Albans) on 19 January.

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

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	25	15 th December	9.30am	Click here
Sunday XC League Race 3 – Stevenage	26	22nd December		See your captain
Herts County AAA Cross Country Champs		5 th January	From 11am	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
GCR Annual Awards Night		13 th March	tbc	tbc

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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