



Garden City Runners

News Release

12th January 2020

**MUD AND STUMPS AND HILLS
All in a morning's work for intrepid GCRs**

Sunday League XC Race 4: Cassiobury Park



Above: GCRs gather at the start in Cassiobury Park

The latest fixture in the Sunday XC league took place in Cassiobury Park, Watford, hosted by Watford Joggers. A well-timed Sunday morning downpour led to runners tackling extreme slippery mud on top of the challenging up and downhill course through the woods, and the seemingly endless slog along the path to the finish. Full results will follow, but GCR put in another strong performance, with two men in the top ten - ROB LAWRENCE, second overall, and JAMES HUIISH, eighth overall, as well as MARKUS ALLEN, JACK TANN, THOMAS WACKETT, CHRIS ELAND, HERBIE HOPKINS and ROB CASSERLEY in our top eight, and ABBIE MANN, VERONICA SHADBOLT, CATHY WIDDEN, JESSICA PLANT and HELEN STAFFORD making up our

ladies' A team. But of course each and every runner counts – congratulations and thanks are due to all GCRs who turned out to race in club colours.



Country to Capital Ultra

Two GCRs, DAVE HEAL and RACHEL HICKEY, took on this 43-mile ultra-running challenge from Wendover near Aylesbury to Little Venice in Paddington, West London. GCR's ultra-running ace DAVE (*pictured below, at the finish*) reports: "I pushed further than I had ever run yesterday – it was my 51st marathon and 16th ultra race, and my first of 2020. Organised by Go Beyond events, the race's first 23 miles, from Wendover to the Grand Union Canal at



Denham country park, could be best described as a test of every runner's ability to stay upright in some treacherously muddy and slippery conditions underfoot, and some of those early sections of wide open fields were quite exposed to some strong chilly winds. Once upon the Grand Union Canal, self-navigation was easier as you just had to follow the canal into London to Little Venice in Paddington. There were five well-stocked aid stations along the way with compulsory scanning of a wrist tracker at each aid station. Cut offs at each aid station were generous and with a total time limit of 11 hrs – after 16.30pm it was compulsory to wear head torches. I was pleased to finish and have a welcome cuppa after a testing day at the races! Dave finished the 43-mile

course in 10:07:39.

RACHEL HICKEY also ran, finishing in an impressive 8:23:53, 243rd overall, 16th in her age group V40 and 38th female.

parkrun roundup

It was a fairly quiet week of parkrunning, with GCRs gearing up for Sunday's XC challenge. KATH EVANS and KAREN and NICK ATKINSON travelled to Irchester to tick off the 'I' in their parkrun alphabet, Kath finishing in 31:25 and the Atkinsons together in 31:26. Parkrun tourist DANIEL PUDNER was sixth at Ally Pally in 20:01; JAMES HUIISH was second at Walthamstow in 18:44; at Ellenbrook Fields, PETER JASKO was fifth in 20:03; TERRY FOWLER sixth in 20:05 and ROB HUGHES seventh in 20:14.

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

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

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.

GCR parkrun tourism

Details of the 2020 parkrun tourism calendar are being confirmed and will be published on the GCR website [here](#) when available.

Avery League 2020

Details of the Avery League races and rules are on the GCR website [here](#). The next Avery League race is the **Fred Hughes 10 on 19th January**. See the Forthcoming Events table for more information.

GCR Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group.

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 tomorrow, **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.

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
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GCR EGM, Ridgeway Academy		13th January	7.30pm	
Fred Hughes 10 – St Albans	2	19th January	10.00am	Click here
Watford Half Marathon		2nd February	10.30	Click here
Sunday XC League Race 5 – Royston	3	9 th February		See your captain
Harpenden Half Marathon		23rd February	9.00am	Click here
Hawkshead Hobble 5k and 10K		8th March	10.30am	tba

Spring Marathon Training Runs and Races

Here's a list of marathon training runs and races that may be of interest to anyone training for a Spring marathon or ultra. If you know of any others, do let us know by emailing gcr@gardencityrunners.org.uk

Event	Date	Time	Online entry
Gade Valley Harriers Marathon Training Runs: 12 miles	26th January	9.00 or 9.30am	on the day
Gade Valley Harriers Marathon Training Runs: 17 miles	23rd February	9.00 or 9.30am	on the day
Hillingdon 20	8th March	9.00 am	Click here
Milton Keynes Festival of Running (includes a 20 mile race)	15th March	9.50am	Click here
Thames Riverside 20	15th March	8.00am	Click here
Oundle 20 mile road race	15th March	9.30am	Click here

Gade Valley Harriers Marathon Training Runs: 20 miles	22nd March	9.00 or 9.30 am	on the day
Oakley 20	29th March	10.00am	Click here
Dorney Lake marathon prep	29th March	9.30am	Click here

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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