



Garden City Runners

News Release

27th January 2020

Hardy GCRs taken on the infamous Parliament Hill cross-country

Whilst others take on halves, full and ultra marathons!

South of England cross-country championships

A group of nine hardy GCRs took on the very muddy Parliament Hill cross country course on Saturday as part of the “southerners” championship. The men’s team finished a commendable 51 out of 81 scoring teams.



Team captain James Huish reports that “the course was extremely muddy after five hours of racing beforehand pounding the course in to ankle deep bog on many sections.” Around 1200 competed in the senior men’s race which was run over a 8.5 mile course.

The senior men’s results include: JAMES HUISH 00:56:47; MARKUS ALLEN 00:59:56; CHRIS ELAND 01:02:16; HERBIE HOPKINS 01:04:15; RUSSELL CASEY 01:06:52; SEAN BOWEN 01:10:05; RICHARD SOMERSET 01:13:29; ANDY HOLT 01:18:19; and BRAD SMITH 01:22:44.



Marston Moretaine half marathon

STEVEN EDWARDS took part in the Four Season 6 Hour Winter Challenge at Marston Moretaine Forest Centre. This challenge consists of a 4.38 mile lap with six hours to complete as many laps as you want. Steve completed a three lap half-marathon in 00:49:28.

Steve reports “A three lap half marathon was enough for me today... it was a very flat course which was welcome after a very uphill year of races so far!”

Steve adds he may go back in the spring to add a fourth lap to his distance.

Farnborough half marathon

Two GCRs travelled to Farnborough yesterday to compete in this years Farnborough Winter Half Marathon. BRUCE JUDGE finished 47th overall (7th M45) in a time of 01:19:43 and MARTHA HALL finished in 01:26:14, 130th overall, 15th female and 4th W40.

Bruce reports “Despite the chilling suggestion of the event name, conditions were OK, with mild (for January!) temperatures but a changeable breeze which made for good racing. Both of us are pleased to report their targets being achieved despite heavy legs and are now looking forward to their next races over the next few weekends.”

Redricks Lake

LORENZO FRANCHI completed this trail marathon event at Redricks Lake, Essex in a time of 04:05:11, finishing in 5th position.

DAVE HEAL continued his ultra marathon extravaganza with his 53rd marathon and 17th ultra yesterday at the same event, finishing a 29.5 mile distance in 05:52:34, also finishing in 5th position in the ultra marathon distance.

The course was a muddy trail circuit beside the River Stort.

Dave adds “... the day was chilly but full of excitement as I rescued two fast runners from the muddy quagmire who had tripped and went flying in the sticky mud”, he also reports that “Lorenzo was head down full steam ahead, staying focused and determined” and that it was a pleasure to be lapped by him on the 6th lap!

parkrun roundup

A busy weekend of parkruns with 77 GCRs braving the early alarm on Saturday morning, RICHARD SOMERSET came first at Westmill (00:20:28); PAUL GUY first at Jersey Farm (00:19:11); NEIL HUME second at Panshanger (00:18:40); and DANIEL PUDNER third at Daventry (00:19:04).

Slightly further from home ANNA LILLIE ran at Gorleston Cliffs (00:24:45); JACKY O'LEARY ran at Poole (00:25:43); SAM SMITH at Delamere (00:28:24) and KAREN and NICK ATKINSON at Lanhydrock, running together to finish in a time of 00:35:29.

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.

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#).

Avery League 2020

The Avery league has been updated - here is the final version of the Avery Race List for 2020. There have been a few changes worth noting:

- Hatfield House Half Marathon / 10k on 29th March now included (Entry link below)
- Westmill parkrun on 1st August has been included to tie in with the parkrun tourism schedule
- WGC Half Marathon has moved to September in 2020

There are also more races where you can earn a volunteering point if you're unable to run and/or keen to volunteer.

As mentioned previously, we're keen to find out what club members think of the new participation-focused Avery format. We'll be circulating a survey to all members in a few months, or you can reply to the Avery thread on Facebook if you have any comments you'd like to share now.

Congratulations to the 2019 Avery winners and good luck to all 2020 Avery participants!

Race no.	Race	Location	Date	Volunteer point?	Race website
1	Sunday League XC (free)	Watford	Sunday 12 January	V	http://www.runherts.com/xc.htm
2	Fred Hughes 10	St Albans	Sunday 19 January		https://www.activetrainingworld.co.uk/events/2020/01/19/Fred_Hughes_10
3	Sunday League XC (free)	Royston	Sunday 9 February	V	http://www.runherts.com/xc.htm
4	Hatfield House Half Marathon or 10k (either distance)	Hatfield	Sunday 29 March	V	https://www.racesonline.uk/race-entry/hatfieldhouse/
5	Panshanger parkrun (free)	Hertford	Saturday 4 Apr	V	https://www.parkrun.org.uk/ellenbrookfields/
6	MWRRL Race 1 (free)	tbc	May	V	http://www.runherts.com/mwrrr.htm
7	MWRRL Race 2 (free)	tbc	June	V	http://www.runherts.com/mwrrr.htm
8	MWRRL Race 3	tbc	June	V	http://www.runherts.com/mwrrr.htm

	(free)				om/mwrrr.htm
9	Welwyn 10k	Welwyn	Sunday 28 Jun	V	https://www.racesonline.uk/race-entry/welwyn10k/
10	MWRRL Race 4 (free)	tbc	July	V	http://www.runherts.com/mwrrr.htm
11	MWRRL Race 5 (free)	tbc	July	V	http://www.runherts.com/mwrrr.htm
12	Ware 10k or 10 mile (either distance)	Ware	Sunday 5 Jul		http://ware10s.co.uk/
13	FVS 3k Relays (free)	Stevenage	July	V	http://www.fvspartans.org.uk/calendar-all/races-events/3k-relays/
14	Westmill parkrun (free)	Ware	Saturday 1 Aug	V	https://www.parkrun.org.uk/westmill/
15	Leila's run (any distance)	Wheatham pstead	August	V	http://leilasrun.com/
16	Hatfield 5k Race 1	Hatfield	August	V	Not yet available
17	Hatfield 5k Race 2	Hatfield	Septemb er	V	Not yet available
18	Hatfield 5k Race 3	Hatfield	Septemb er	V	Not yet available
19	WGC Half Marathon	WGC	Septemb er		Not yet available
20	Standalone 10k	Letchworth	October		http://www.nhrr.org.uk/standalone-10k.html
21	Sunday League XC (free)	tbc	October	V	http://www.runherts.com/xc.htm
22	Sunday League XC (free)	Tbc	Novembe r	V	http://www.runherts.com/xc.htm
23	Stevenage Half Marathon	Stevenage	Novembe r		http://www.fvspartans.org.uk/stevenage-half-marathon/
24	ATW Hatfield 5 mile	Hatfield	Novembe r		Not yet available
25	Sunday League XC (free)	Tbc	Decembe r	V	http://www.runherts.com/xc.htm
26	Festive 5 mile	WGC	Decembe r	V	https://www.gardencityrunners.org.uk/races/festive-5/

V – volunteering counts as participation

GCR parkrun tourism

The next parkrun tourism event will be held at Brentwood on Saturday 1st Feb.

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
Watford half marathon		2 nd February	10.30am	Click here
Sunday XC League Race 5 – Royston	3	9 th February		See your captain
Love WGC 10K		9 th February	10am	Click here
Herts Vets XC championship – Stanborough Park, WGC		16 th February		Please contact your captain if you wish to run by 7 th Feb
Harpenden Half marathon		23 rd February	9am	Click here
Hillingdon 20		8 th March	9am	Click here
St Albans 10K		10 th April		Click here

For those interested the London Royal Parks half ballot also opens on Tuesday 28th January.

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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