



Garden City Runners

News Release

30th December 2019

FINAL NEWSLETTER OF THE DECADE!

Featuring final Avery results, Christmas Day parkruns, Dave Heal's 50th marathon and Buntingford 10

But first, on behalf of the GCR editorial team, I'd like to wish all GCRs a very happy new year and all the best for 2020 – thank you for everyone who has taken time to share their racing results, stories and finish-line selfies over the year! Happy running!

Avery league results for 2019

Congratulations to WAYNE AYLOTT and CHARLOTTE JONES, winners of the 2019 Avery League – particularly to Charlotte who collected points at every one of the 25 events. For full results please see the email send by Richard earlier in the week, or the GCR website.

Details of the Avery League are published on the GCR web site [here](#), the 2020 Avery league events are listed in the upcoming events section.

Buntingford 10

Six committed GCRs completed this local year-end ten-miler on Sunday 29th December, an excellent opportunity to burn off some turkey and mince pies before the Hogmanay festivities begin. Described as “quite uphill” but also a “lovely run in great conditions and no mud”, GCR runners times were STEVE EDWARDS 01:19:07; NICK ATKINSON 01:32:37; KATHRYN ALFORD 01:32:37; KAREN ATKINSON 01:40:37; SALLY LAFIN 01:55:45; and CHARLOTTE JONES 01:59:10.

Christmas Cracker marathon

DAVE HEAL rounded off his 2019 in style, completing his 50th marathon and setting a PB for the year in 04:46:06. This was Dave's 27th marathon in 52 weeks – he will be resting his trainers for the rest of 2019 at least but plans many more marathons in 2020.

Dave completed this at the Christmas Cracker marathon, held on Christmas Eve, at Caldecott Lakes near Milton Keynes – in what he describes as “washing machine like” conditions, with conditions changing between cold wind and rain, and sunny blue skies every few laps.

Dave is pictured with his medal, presented by race director David Bailey.



parkrun roundup

A busy weekend of parkruns on Sunday 28th December, with 80 GCRs completing in events near and far. Fast finishers include JACK TANN finishing first (00:18:13) and ROBERT CASSERLEY (00:19:26) third at Panshanger Park; CAROLINE HALE finishing third female (00:21:36) at Ellenbrook Fields.

GCRs who completed events further away from home include: REBECCA BARDEN finishing second female (00:23:15) at Armeley (near Leeds); MICHAEL TANDY (00:22:41) running at Ashton Park (near Bristol); JAMES HUIISH (00:17:19) finished fourth at Chipping Sodbury (also near Bristol); SAM SMITH (00:25:35) at Mallards Pike, Gloucestershire; KATH EVANS (00:30:57) at Llanelli Coast (Wales); NICK PORTALSKI (00:21:14) at Swansea Bay; LOUISE O'DONNELL (00:38:51) at Conkers (near Burton-on-Trent); and BRAD SMITH (00:23:08) finishing 97th in a very fast field at Millhouses, Sheffield.

KERRY HENDERSON ran at Franschoek parkrun, South Africa in 00:29:24 but this week's furthest flung goes to three GCRs ROB (00:20:06) and CAROLINE HUGHES (00:31:48), who by *complete coincidence* ran the same event as fellow GCR LOUISE BEALE (00:27:46) – Claisebrook Cove, Perth, Australia. The three GCRs bumped into each other at the event whilst visiting family down under and posed for a photo.



Christmas Day parkrun results are not available online, but if anyone is feeling inspired do check out which locations are running New Years day events on the parkrun website – Panshanger Park (9am start), Ellenbrook Fields (10.30am start), Stevenage (10.30am start) and St Albans (10.30am start) are all running.

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 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

Please keep an eye out on the GCR Facebook page for details of the next parkrun tourism event. 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
Sunday XC League Race 4 – Watford	1	12th January		See your captain
Fred Hughes 10 – St Albans	2	19th January	10.00am	Click here

Harpenden 10K		26 th January	10.30am	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

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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