



Garden City Runners

News Release

5th January 2020

WHAT AN ACTIVE START TO THE DECADE!

Three parkruns in a week plus the Herts XC Champs – and Whitford goes Arctic

The first week of 2020 saw a record number of events undertaken by Club Members, several of whom took on three parkruns on the 1st and 4th, as well as participating in the Cross-Country Championships at Stevenage on the 5th. Reports on these (and other races) below, together with announcement of a new monthly social gathering, a reminder of the EGM and a call for publicity for the January couch-to-5k Beginners programme.

Herts Cross-Country Championships

15 hardy GCR souls made the trip back to Stevenage, two weeks after the mud-fest of the Sunday League pre-Xmas. Runners were treated to running the course in reverse, as well as some more boggy sections and lots of great support. 4.5 laps made up the distance of approximately 11K. In the men's race, GCR A team finished 8th Overall (St Albans Striders with the win) with GCR B team finishing 16th (out of a total of 21 teams). Full GCR men's results below.

- 26. James Huish (42:12)
- 39. Markus Allen (43:13)
- 56. Bruce Judge (44:40)
- 62. Neil Hume (44:58)
- 63. Andy Holt (45:00)
- 72. Chris Eland (45:54)
- 75. Daniel Pudner (46:02)
- 80. Herbie Hopkins (46:28)
- 82. Rob Casserley (46:33)
- 106. Sean Bowen (49:26)

- 117. Richard Somerset (51:12)
- 140. Paul Gatens (56:10)
- 141. Brad Smith (56:20)
- 151. Steve Edwards (59:32)
- 166. Wayne Aylott (80:04)

There were just two GCR women taking part, with MARTHA HALL finishing in 6th place overall in 32:02 and JULY KEAN in 79th position in 44:48.



GCR Cross-Country Challengers ready to face the mud

Polar Night Half-Marathon

STUART WHITFORD fulfilled a long-held ambition to visit Norway, travelling to Tromso on the island of Tromsoya in Northern Norway, 350km inside the Arctic circle, to take part in this chilly race.

STUART sent in an uplifting report, which may well tempt a few others to add this event to their bucket lists. He says, "Dates were adjusted to allow for direct flights, with a delayed arrival due to snow storms closing Tromso airport. This resulted in a few hours hold in Bodo, Norway. Luckily the snow & ice was cleared enough for us to fly, thus avoiding a 350km road transfer. Phew!"



STUART WHITFORD boldly baring his head in sub-zero Tromsø

Of course, it couldn't all be about the run, so a whale-watching trip was booked, where we saw humpback whales and post-run, I also headed north into the mountains for a snowmobile trip.

The event was well organised (it included a 5km, 10km & half with chip timing), with plenty of emails in the lead up with useful information, a pre- & post-race pasta party, which was an amazing spread in a local hotel.

The event is well supported within the town, with locals supporting along the route. Communication is no problem with English being spoken by almost everybody. We were lucky to have had a few decent snow showers pass through on the morning of the race, giving a great surface to run on. Decent trail shoes were sufficient, although I did carry a set of Kahtoola spikes in a bag if ice became a problem.

Local temps were -3 ish with wind-chill at -8, but normal winter kit with windstopper outers did the trick once warmed up.

The winner was around in 1hr16mins, I completed in 2:04 and if I remember correctly the eldest runner was 77."

The only downside to be factored in is the sheer cost, with food and drink being eye-wateringly expensive (e.g. 2 pizza with soft drinks £50, 2 bottles of coke in a hotel £10).

parkrun roundup

It's been a bumper week for parkrunning, with many members completing 3 events – the New Year's Day double plus an outing on Saturday.

New Year's Day saw a record showing with GCRs completing a total of 143 events at 32 different locations. Alongside many doubles locally, we had members doing the double in South Africa (KERRY HENDERSON), on the South Coast (SEAN BOWEN), and over the border in Wales (KATH EVANS), among other places. The highest number of GCRs met at the 10.30 am event at Ellenbrook Fields at 50, many of whom had hot-footed it there after the 9.00 am run at Panshanger, where 48 GCRs ran. Celebrations were in order for CAROLINE HALE who was first female at Ellenbrook Fields in 21:10, as well as the following people who secured course PBs:

Panshanger – JACK TANN 17:55, DANIEL PUDNER 19:10

Ellenbrook Fields – SCOTT BURRELL 21:24, JENNIFER WILLIAMS 27:15, PETER SAWKO 29:18, DAWN ROYALL 33:28, SHERRY PEARSON 46:11.

Bushy – GARY O'LEARY 20:50, JACKY O'LEARY 25:22

On Saturday, we had the first event in the club's 2020 tourism calendar, with 11 members travelling one junction up the A1 to Stevenage parkrun. Congratulations to the 4 GCR men who finished in the top 10 – JAMES HUIISH 4TH 18:17, PAUL GUY 5TH 18:36, ANDREW HOLT 6TH 18:55 (course PB), and DANIEL PUDNER 9TH 19:06 (course PB), and also to ASA MOBERG-GROUT, 1st VW45-49 with a course PB of 24:41.



GCR Tourists await the start of Stevenage parkrun

At other locations, there were more causes for celebration

Bushy – second course PB of the week for GARY O'LEARY 20:47

Plymvalley – STEVE WILLIAMS 1st VM60-64 in 23:20

Ellenbrook Fields – course PBs for CAROLINE SIDLIN 31:58, and SHERRY PEARSON 46:00

Westmill – HELEN STAFFORD course PB 25:04

Panshanger – DEBORAH KIRBY course PB 27:56, NEIL HUME 2nd male in 18:10 and CAROLINE HALE 2nd female in 21:28.

Jersey Farm – REBECCA BARDEN 3rd female in 24:58.

In all, 76 members ran on Saturday at 17 different locations. Undoubtedly the most exotic location was Burswood Peninsula in Perth, Australia where ROB HUGHES was 3rd home in 19:55 with CAROLINE HUGHES 2nd VW45-49 in 32:01.

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

Club & Social News

Monday Social

Are you missing social interaction with other runners at the moment? If you are, and free on Monday 6th at 2.00 p.m., why not join other likeminded members, and a few club stalwarts, for coffee and a chat at the Stanborough pub?

If this little get-together works, it will become a monthly feature in the club diary – so no members will feel excluded if they can't take part in other ways.

EGM

An Extraordinary General Meeting of the Garden City Runners will be held on **Monday 13th January 2020** at 7.30pm at The Ridgeway Academy, 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 - 31 March. Looking forward to seeing you there.

Instagram

There is a new club Instagram account being trialled currently, set up By HANNAH FRANK. If you are on Instagram, please add garden_city_runners. When you post any club related pictures on your personal Instagram account, please tag @garden_city_runners into it. Also add the hashtag #gardencityrunners #gcr Any questions about this can be sent to Hannah at hannahahmet@hotmail.com

Training

Beginners Programme

Our next couch to 5k programme starts on 14th January, to be led by SANDRA WISE. If the record crowds at NYD parkruns are anything to go by, then it could be very popular. Many graduates from past programmes have gone on to be regular competitors for the club at MWL

and XC, with several also taking up run leading duties. Please do publicise the programme to friends, family and workmates.

Regular Training Groups

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 2020

Details of the Avery League races and rules are on the GCR website [here](#). The next Avery League race is the **Sunday League XC at Watford on 12th January**. See the Forthcoming Events table for more information.

GCR parkrun tourism

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

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
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	10.30am	Click here
Sunday XC League Race 5 – Royston	3	9 th February		See your captain
Panshanger parkrun	4	22 nd February	9.00am	
Hawkshead Hobble 5k and 10K		8th March	10.30am	Click here
Cambridge Half Marathon		8 th March	9.00am	Click here

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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