



## **Garden City Runners News Release**

**16<sup>th</sup> February 2020**

### **HUSH CHASES THE MOON Boyce escapes Denis in Barcelona**

#### **Chase the Moon 10k – Olympic Park**



[Captain] JAMES HUSH clearly had his eye on the weather forecast and sensibly got his racing in mid-week rather than wait for the inevitable Saturday night cancellation e-mail. On Wednesday evening James sped round ten kilometres of the Queen Elizabeth Olympic Park in a time of 35:42 finishing fifth from a field of 565 at the RunThrough Chase the Moon race.

#### **Barcelona Half Marathon**

MARK BOYCE had to go further afield on Sunday to escape the clutches of Storm Denis; all the way to south-eastern Spain. Mark, who described the Barcelona Half Marathon as a great event on a beautiful course, scored his first sub-2-hour half in a time of 1:58:08

#### **GCR Party and Awards Night**

Don't forget to book your tickets for the social event of the decade (so far), the GCR Party and Awards night on Friday 13<sup>th</sup> March (OBVIOUSLY LUCKY FOR SOME) from 7.30pm at the Fairway Tavern, Old Hens Lane. Tickets, a very reasonable £10.00 per person, are selling fast so don't miss out, book your place by clicking on [this link](#).

#### **parkrun roundup**

Fifty-six GCRs made sure of a weekend run before Sunday's Storm Denis arrived. After last week's trip to Northampton, Parkrun tourists DANIEL PUDNER and STEVE GROUT were joined by ÅSA MOBERG GROUT as they moved on to Basildon, described by Wikipedia as "a Human Settlement in Essex, England", but also known as the town that gave us Depeche Mode and Yazoo. Daniel finished in 21:18, Åsa in 25:10 and Steve in 25:23.

Elsewhere JACK TANN was first to the barcode scanners at Ellenbrook Fields in 18:22, with THOMAS WACKETT just a couple of places behind in 18:44. RICHARD SOMERSET was second across the finish line at Westmill in 21:56. HANNAH FRANK continued her return running in Bexley in a time of 28:51.

There was a tie for "globetrotter of the week" award with LYNETTE STEWART taking 32:04 to finish the Puarenga parkrun, on the North Island of New Zealand, and KERRY HENDERSON running Clarens in South Africa in a time of 36:07.

Full results from this weekend's parkruns can be viewed [here](#).

### **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**

<b>Social 5-6k</b>	<b>7-8k</b>	<b>9-10k</b>	<b>10-11k</b>	<b>11-12k</b>	<b>Intervals</b>
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

<b>Social 5-6k</b>  A sociable, gentler-paced run for those who prefer to stick to c5k runs.	<b>8-9k</b>  Steady run – 7-8 min Ks / 10.30-11 min miles	<b>10-11k</b>  Steady run – 6-6.5 min Ks / 9.30-10 min miles	<b>Track Session</b>  Gosling Sports Centre
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### **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 **Hatfield House Half on 29<sup>th</sup> March**. See the Forthcoming Events table for more information.

### **GCR parkrun tourism**

Details of the 2020 parkrun tourism calendar are available on the GCR website [here](#) - the next outing is the **Cassiobury parkrun on 7<sup>th</sup> March**.

### **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](mailto: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](mailto:Thomas.wackett@hotmail.co.uk) 07817 708888

JAMES HUIISH [james.huish247@btinternet.com](mailto:james.huish247@btinternet.com) 07835 527027

**Vice Captain:** RICHARD DARLEY [Richard\\_Darley@hotmail.com](mailto: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
Harpenden Half Marathon		23rd February	9.00am	<a href="#">Click here</a>
Hawkshead Hobble 5k and 10K		8th March	10.30am	<a href="#">Click here</a>
GCR party and awards night		13 <sup>th</sup> March	7.30pm	<a href="#">Click here</a>
Woodhall Off-Road Run 5k and 10k		29th March	10.00am	<a href="#">Click here</a>
Hatfield House Half Hatfield House 10K	4	29th March	9.30am	<a href="#">Click here</a>

**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](mailto:gcr@gardencityrunners.org.uk)

Event	Date	Time	Online entry
Gade Valley Harriers Marathon Training Runs: 17 miles	2 3 r d February	9.00 or 9.30am	on the day
Hillingdon 20	8th March	9.00 am	<a href="#">Click here</a>
Milton Keynes Festival of Running (includes a 20 mile race)	15th March	9.50am	<a href="#">Click here</a>
Thames Riverside 20	15th March	8.00am	<a href="#">Click here</a>
Oundle 20 mile road race	15th March	9.30am	<a href="#">Click here</a>
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	<a href="#">Click here</a>

Dorney Lake marathon prep	29th March	9.30am	<a href="#">Click here</a>
Fairlands Valley Spartans 20 mile marathon training run	29th 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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)

**ENDS**