



## Garden City Runners

### News Release

2<sup>nd</sup> February 2020

## HILL CONQUERING AT WATFORD AND BRENTWOOD

Hills were the order of the day this weekend with several comments about the challenges to those undertaking the Watford Half on Sunday, as well as the previous day's parkrun tourism jaunt to Brentwood. Reports below of both these events, together with Dave Heal's weekly endurance race, along with reminders of upcoming races and social occasions.

### Watford Half Marathon



*Sean Bowen tearing through the field at the Watford Half*

A strong contingent of GCR's travelled the short distance to Watford for this popular half-marathon, followed by several comments on how challenging the hills were. RACHAEL EVERARD sent in this report "I finished in 02:10 which I'm pretty happy with given the hills - thanks to RICHARD DARLEY for the heads up on those, as well as the encouragement about mile 10! Naturally I started too quickly, underestimated the hills and was flagging by then. Generally a very friendly course, well marshalled and particularly well attended by the St John's ambulance guys - probably due to the hills!" Congratulations to STEVE ELLERD-ELLIOTT (1:30:12) and PETER JASKO (1:33:35) who both picked up Half Marathon PB's despite the hills!

Full Results below.

Pos'n	Name	Chip Time
88	RUSSELL CASEY	01:25:49
123	SEAN BOWEN	01:28:25
158	STEVE ELLERD-ELLIOTT	01:30:12
222	PETER JASKO	01:33:35
486	BRAD SMITH	01:44:58
526	PAUL GATENS	01:45:21
573	STEVEN EDWARDS	01:48:01
915	MARK ASHWORTH	02:00:54
1018	RICHARD DARLEY ("that second makes all the difference")	02:04:59
1022	ADRIAN DUDLEY	02:06:09
1076	RACHAEL EVERARD	02:10:32
1183	ELAINE GILES	02:17:52
1216	KATH EVANS	02:20:31



*Steve Ellerd-Elliott (PB), Peter Jasko (PB) and Russell Casey happy to put those hills behind them*

## **Bohemian 7-Hour Event at Lee Valley**

DAVE HEAL ran his 54th Marathon/18th Ultra on Saturday, at Lee Valley Park near Waltham Cross. The event involved running as many 4.37 mile laps as possible in 7 hrs. Dave ran 50k/31 miles/7.2 laps in 6:23:40. He was joined at the event by CHARLOTTE JONES, who completed the marathon distance in 6:30:18.

There were two start times of 8.30am & 9.30am where a handful of runners (including Charlotte) set off at 8.30am, with the main field (including Dave) starting at 9.30am, and all runners needing to complete their laps by 4.30pm. Runners were rewarded with a very cool Bohemian Rhapsody/Queen themed medal, with the members of the band on the centre medal spinner.



*CHARLOTTE JONES and DAVE HEAL*



*The cool spinning Queen-themed medal*

## **parkrun roundup**

February's first Saturday tourism took 9 GCR members to "The Beast of Brentwood", described as 'a muddy, off-road, out 'n' back parkrun course with lots of ups and downs!' JAMES HUIISH (19:02) and TOM WACKETT (19:53) flew our invaders' flag proudly by coming home second and third respectively. They were joined on the virtual tour bus by RICHARD SOMERSET (20:53), BRAD SMITH (24:37), ANNA LILLIE (27:16), RICHARD DARLEY (29:27), KAREN ATKINSON (33:01), NICK ATKINSON (33:04) and PETER LAPTHORNE (33:18). Post-run refuelling was provided by some excellent rocky road cake at the end.



*Richard Darley, Tom Wackett, Brad Smith, Nick Atkinson, Peter Laphorne, Richard Somerset, Anna Lillie, James Huish and Karen Atkinson – all ready to take on Brentwood parkrun*

In all, GCR was represented by 75 members at 15 different parkruns, all in the UK, on Saturday morning. Special mentions and congratulations to JACK TANN and DANIEL PUDNER as first finishers and both achieving course PB's at Ellenbrook Fields in 17:30 and 18:14 respectively. Well done too to ROB CASSERLEY with a third place finish at Panshanger, and to LEE WOOD who ran a course PB at Burnham & Highbridge in 24:59.

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

### **Sunday XC 9<sup>th</sup> February – Royston**

**YOUR CLUB**



The 5<sup>th</sup> and final race is next weekend and every member should have received an email with full race information. After all the hill practice this weekend, we should be in fine form to storm this on. GCR are currently in 3<sup>rd</sup> position overall and it would be great to hold on to that. Every person counts and contributes towards the overall scores, so another big turnout would certainly help us!

## **First Monday Social Get-Together**

If you are free on a Monday afternoon, GCR's have a very informal get together at the Stanborough pub at 2pm on the **1st Monday of the month**. This is an opportunity to have a coffee and a catch-up with other members that, for whatever reason, can't get to training nights etc.

## **GCR Awards Night / Gala Evening 13<sup>th</sup> March**



The event of the year will take place on 13<sup>th</sup> March at The Fairway Function Suite, Welwyn Golf Complex, Old Herts Lane, AL7 2ED. This is a lovely occasion to celebrate and honour achievements and contributions over the last year. It is also an opportunity to shed the running gear and don the party wear for an evening of fun, glamour, eating, drinking and dancing. Subsidised tickets for just £10 per head are available [here](#) We had a record crowd last year, so don't miss out as the capacity is limited!

## **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 – 6.30 – 7.30 PM**

<b>Social 5-6k</b>	<b>8-9k</b>	<b>10-11k</b>	<b>Track Session</b>
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

### **GCR parkrun tourism**

Details of the next few 2020 parkrun tourism events have now been confirmed. The next date for your diary is a trip to Cassiobury (Watford) on 7<sup>th</sup> March. A full list for the year is available on the GCR website [here](#). Keep an eye out for reminder mails during the week prior to the scheduled event and please use Facebook *et al* to maximise lift-sharing.

### **Avery League 2020**

Details of the Avery League races and rules are on the GCR website [here](#). The next Avery League race is the final **Cross-Country Sunday Fixture on 9th February**. 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.

### **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](mailto:charlotte.chapman27@live.co.uk) 07986 326518

**Vice Captain:** HELEN PAINE [helenpaine@hotmail.co.uk](mailto:helenpaine@hotmail.co.uk) 07817 975916

<b>Event</b>	<b>Avery Race #</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
Sunday XC League Race 5 - Royston	3	9th February		See your captain

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 Annual Awards Gala Evening		13 <sup>th</sup> March	7.30pm	<a href="#">Click here</a>
Hatfield House Half/10k	4	29 <sup>th</sup> March	9.30am	<a href="#">Click here</a>
Panshanger parkrun	5	4 <sup>th</sup> April	9.00am	Free
parkrun tourism Ally Pally		11 <sup>th</sup> April	9.00am	Free

### **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)

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
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	<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

Fairland Valley Spartans 20-mile training run	29 <sup>th</sup> March	tbc	tbc
Oakley 20	29th March	10.00am	<a href="#">Click here</a>
Dorney Lake marathon prep	29th March	9.30am	<a href="#">Click here</a>

## 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/)

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