



**Garden City Runners
News Release**

23rd February 2020

HAYDENS WINNING AT WINTER WOOLLY And Heal in double delight

Woolhampton Winter Woolly 10k



A happy and muddy Becca with her First Lady award, alongside mum Ann at Woolhampton

BECCA HAYDEN and mum ANN HAYDEN took part in the Winter Woolly 10k in Woolhampton, Berkshire. Becca reported "The race started in the beautiful grounds of Elstree School in Woolhampton village and after exploring the grounds of the school the route took us out into the lovely Berkshire countryside. We definitely needed our trail shoes for this cross-country course; I think this was the muddiest run we have ever done, and one man running by me lost his shoe! This was the first run since I broke my elbow (while running) and it was so worth the drive to get to - the route was lovely, with an amazing atmosphere and great organisation."

BECCA demonstrated the benefit of an enforced layoff by coming in first lady in 50:33, so was at the finishing line to welcome back ANN, who finished in 1:07:32 and 5th in her age category.

PHOENIX - 100 Marathon Club AGM Marathon & Timed Event 2020

GCR's ultra marathon ace DAVE HEAL was back in action for a weekend of racing at the Phoenix 100 Marathon Club weekend in Walton-on-Thames. Dave (*pictured below, with medal*) reports:



"Saturday was The 100 Marathon GBUK event - a challenge to run as many 3.28 mile laps of a circuit beside the River Thames starting from the Weir pub as possible in seven hours. I ran my 56th Marathon and 20th Ultra, completing nine blustery trail laps in 6:04:07, starting at 8.00, which felt like silly o'clock as I had to be up at 5.00am to travel, register and race.

"Sunday was the 100 Half Marathon club GBUK inaugural AGM event also at Walton-on-Thames, once again starting from the Weir pub. I completed four laps of the 3.28 mile circuit and was pleased with my finish time of 2:22:37 in blustery conditions, and to collect the inaugural 100 Half Marathon club GBUK AGM event medal. Both days were a test of true grit and determination to get to the finish line in testing weather conditions - I stayed focused on the medal ceremonies on both days!"

AGMs Harpenden Half Marathon

The onset of Storm Ellen meant a delayed start to this race, much to the delight of PETER HARVEY who did not have to get up at the crack of dawn to cycle there.

The course was described as "very boggy, especially through Rothamsted Park", and involved cross-country sections. PAUL GUY came 3rd overall in 1:27:35 and PETER HARVEY also

collected honours as the 1st MV50, finishing 6th man in 1:30:37. LORENZO FRANCHI timed 1.50.36 and was 76th out of 274, but like many runners took a tumble. All finishers received a slate medal and a well-designed t-shirt.

Baldock Beast

STEVE EDWARDS represented GCR in the Baldock Beast this Sunday, finishing 124th out of 379 in a time of 1:51:25. He writes "I think beast is quite a nice way of describing the course, as I can think of some more choice words! Extremely uphill and driving sideways rain along with a 20mph headwind did not help. The beast certainly delivered!"

parkrun roundup

Sixty GCRs braved the blustery, muddy conditions at 16 different parkruns this week.

There were some impressive podium finishes at Ellenbrook Fields, where there were celebrations for the 200th event on 22/02/20. With all those '2s', it was decided to have a tutu race, so netting was in abundance. ROB LAWRENCE was first finisher in 18:02 and DANIEL PUDNER third in 18:23, with ÅSA MOBERG GROUT (23:32) and REBECCA BARDEN (23:55) 2nd and 3rd female finishers. Congratulations for a course PB of 26:30 to ALEXANDRA FAULKNER, and also to SHERRY PEARSON who pushed on to knock over a minute over her course PB, finishing in 43:34.

Following JACK TANN's first finisher at Ellenbrook Fields last Saturday, he repeated the feat at Panshanger this week in 18:11. Our men's captains were vying with each other virtually, with TOM WACKETT finishing third at Eastbourne in 18:42, and JAMES HUIISH matching his position at York in 17:59.

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

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 13th 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](#).

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

THURSDAY – 6.30 – 7.30 PM

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. There will always be a Social 5k Run Leader at RA. The other groups will be self-organising and self-leading.

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 29th 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 7th 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 . 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
Hawkshead Hobble 5k and 10K		8th March	10.30am	Click here
GCR party and awards night		13 th March	7.30pm	Click here
Woodhall Off-Road Run 5k and 10k		29th March	10.00am	Click here
Hatfield House Half Hatfield House 10K	4	29th March	9.30am	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
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
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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

E N D S