



Garden City Runners News Release

8th March 2020

A SPRING IN GCRs FOOTSTEPS Dreams come true amidst the dreaming spires

Cambridge Half

A sturdy contingent of GCRs travelled east to take on this popular spring half. JANE MOLLOY, who ran in 2:51:14, reports that runners enjoyed “great conditions and a brilliantly-organised race, with water and gels at the fuelling stations, and loads of cheery marshals all the way round. I loved the first couple of miles running through the beautiful sights of the city’s dreaming spires. Given my training has been down the pan over the last few months, I was just quite pleased to finish.”



Fellow News Editrix RACHAEL EVERARD and her fiancé MARK ASHWORTH (*pictured left*) both notched up pbs for the distance – Mark in 1:48:47 and Rachael in 2:06:58. Rachael writes: “Course highlights for me were running through the private grounds of King’s College and the fact there were no hills - The only incline being the bridge over the River Cam!

New member LEE WOOD (*pictured, below*) was very pleased to run his best time since 2016, coming in well under his two hour goal in 1:51:57. Running his first half marathon, SHAUN KENT finished in 2:02:18, and reports that he found the event very enjoyable, and was

kind enough to call out encouragement to fellow GCRs as he ran. Other GCRs finishing were ROB LAWRENCE (first GCR home and 86th overall) in a time of 1:16:55; JOE PRICE in 1:35:00; JUSTIN KEAN in 1:46:17; SALLY LAFLIN in 1:56:48; JULY KEAN in 1:57:57, and CAROL REID in 2:04:22.



Herts Vets XC Champs

Champing at the bit after a winter season dogged by cancellations, GCR fielded a strong team for the Herts Vets cross country champs, held on home turf at Stanborough Lakes. MARKUS ALLEN and MIKE RUSSELL won silver medals in the MV40 and MV60 races respectively and there was a team gold for Markus, CHRIS JONES, ROB CASSERLEY and HERBIE HOPKINS in the MV40 event. In the MV60 team event, Mike Russell, KEITH MCLELLAN and DAVE EDWARDS won silver, and ANDY HOLT, PETER HARVEY, SEAN BOWEN and RICHARD SOMERSET won the bronze award. Special mention also goes to YVONNE JONES who was our sole female entrant.

Dorney Lake 6 Hour Challenge

If it's the weekend you can be sure that GCR marathon machine DAVE HEAL will be competing in another extreme endurance event. This weekend, Dave (*pictured below, with well-deserved*



medal) ran his 58th marathon and 22nd ultra at the Running Miles Dorney Lake 6 hrs challenge. In his third 50K event this year, Dave ran twelve laps of a 2.62 mile circuit around the lake in 6:26:49. Dave reports: "We had a mixture of weather – sun, torrential rain, and winds, providing an extra test of resilience to the day!"

Hillingdon 20

Two GCRs took on this road race, a spring marathon warm-up for many entrants (else why would you? – Ed). Runners complete four laps of an undulating route round leafy suburban streets, discovering why there's a 'hill' in the race's title, before a downhill last leg to a finish, in the somewhat worrying words of the race briefing, "by the ambulance". REBECCA BARDEN finished in 2:50:15, and supervet ANNE HENSON breezed over the line in 3:16:27 and was 2nd in her age group FV60.

Hawkshead Hobble

Results for this offroad 5k and 10k were not available at the time of going to press, but GCR's STEVE EDWARDS completed the 10k course in an unofficial time was 54:45. Steve writes: "After the nice flat road running of last week's Vitality Half, I didn't enjoy the boggy, uneven terrain, and my legs weren't co-operating on the first lap, but I managed to get round the course, albeit slower than I would have liked!"

Amersham Ultra

Declaring a mere 5k parkrun an insufficient test of their mettle, ultra champion trio KATH EVANS, ALEX YATES and ELAINE GILES (*pictured below*) took on the Amersham Ultra, a 50k challenge for a great



cause, Humanity Direct, which funds life-saving operations for children in Uganda. Kath reports that it was “a superbly-organised event, with great views, fabulous check point aid stations and outstanding

encouragement. @ExtremeEnergyUK rocked it, we can't wait to run another ultra with them again!”

London Marathon Coach

ÅSA MOBERG GROUT is very nobly organising the GCR London Marathon coach for a second year running (running!). Åsa writes: “For any of you who are running or supporting at the VMLM on April 26th: I've organised a coach to the start at Blackheath and the cost is £12 per person. As long as we have space this is also open to non-club runners so if you know anyone else who'd like a seat please let me know.

The coach will leave from the carpark at Premier Inn, Stanborough Road, WGC, AL8 6DQ at 06.30 on Sunday 26th April.

To reserve a seat please contact me via messenger or email at asamgrout@yahoo.co.uk and either BACS the money to account number 48529376, sort code 07 01 16, Mrs A M Grout, Nationwide Building Society or cash to either me, my husband Steve Grout or Daniel Pudner at a Tuesday interval session or a Thursday at track. I will also be at the GCR Spring Party and Awards Night on Friday!”

Greenbelt Relay – Runners Needed!

SEAN BOWEN has sent out an urgent appeal for runners to join the GCR team at this year's Greenbelt Relay. Sean writes: “After a number of reluctant dropouts, our relay team for the GCR debut at the G.B.R. has been left desperately short of runners.

So if you were tentatively interested but hadn't come forward, please think again!

More details are available on the relay website: <http://www.greenbeltrelay.org.uk/> - contact Sean if you're interested in running, or would just like to find out more. sean.bowen.gcr@hotmail.co.uk / 07802 382596

Club Member of the Year

Don't forget to vote for your choice of club member of the year – you have two votes, and the choice is entirely yours – whether it's someone who's inspired you by their determination, a GCR who's encouraged you to push yourself further, or your best running buddy whose strong running chat makes the miles speed by. Vote by clicking [this link](#). Results will be announced at the GCR Awards Night this Friday.

parkrun roundup

Seventy four GCRs were up bright and early for Saturday's parkrunning, thirteen of them travelling in the GCR charabanc to Cassiobury, where THOMAS WACKETT did the club proud finishing first in 17:28. JAMES HUIISH ran at Pomphrey Hill in Bristol and was sixth in 19:37. In a brace of fives, ROB HUGHES was fifth at Ellenbrook Fields in 20:33, and VERONICA SHADBOLT was fifth lady in 24:01. Over at Panshanger, NEIL HUME was fifth in 20:04, and it was nice to see DENNIS DRAPER running in 41:16. Running legend encounter of the week kudos goes to BRAD SMITH who ran at Exmouth in 22:43, not all that far behind the amazing JO PAVEY who was first lady and fourth overall in 16:57. Full results from this weekend's parkruns can be viewed [here](#). In other parkrunning news, TERRY WOLFE TRISTRAM was inspired to get the most out of the beautiful Panshanger course by completing two freedom parkruns on Monday.

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
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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
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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 A sociable, gentler-paced run for those who prefer to stick to c5k runs.	8-9k Steady run – 7-8 min Ks / 10.30-11 min miles	10-11k Steady run – 6-6.5 min Ks / 9.30-10 min miles	Track Session 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 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 **Ally Pally parkrun on 11th April**.

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 HUISH 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
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
St Albans Half Marathon		14 th June	10.00am	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
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, Marriots, Stevenage	29th March	8.15am for 8.30am start	Email sophiecowan@outlook.com

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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