



**Garden City Runners**

**News Release**

**24 February 2019**

## **PBs TUMBLE IN THE SUNSHINE GCRs Triumph on Track, Tarmac and Trail**

### **Hillingdon Half**



SAM MALES and KATY HEALY (*above, left, at the start and right, Sam on the course*) took part in the Hillingdon Half, which starts and finishes on the campus of Brunel University. It was a gorgeous sunny day which justified shorts, sunglasses and even a visor. The half marathon route was two loops, generally flat but with a couple of little hills, which proved not to be too much of a challenge for Katy, who finished in a redoubtable 1:45:13, or Sam, who ran a smashing new pb of 1:55:47.

## **England Masters Indoor Inter-Area Challenge**

Having warmed up with an indoor 800m last weekend in the South of England championship, GCR's MALCOLM DOWN managed to improve his time by 4 seconds competing for the Eastern Masters AC at the national Inter-Area competition at Lea Valley Athletic Centre. Malcolm finished 4<sup>th</sup> in the M50 800m race, in an impressive time of 2 minutes 26.8 seconds. Malcolm also competed in the 3000m race and was 5<sup>th</sup> in a time of 11:08.

## **New Forest Challenge**

GCR's marathon ace NICHOLAS GENEVER took on the LDWA New Forest Challenge, a trail race with navigation by map and GPS. Unmanned checkpoints had to be located and a number on a card recorded to show that runners successfully navigated the course. One of the cards had been taken which led to a lot of confused runners searching for it. On the plus side, the sunny and dry conditions were perfect and the scenery was beautiful. Nick completed the 26 mile route in 4:41.

## **Tarpley 20**

GCR's Men's Captain SEAN BOWEN took part in the Tarpley 20, a 20 mile race which Sean reports was run in "fantastic conditions". Sean was 2<sup>nd</sup> in his age category M50 in a time of 2:14:34.

## **Parkrun roundup**

A foggy Saturday morning saw GCRs taking part in parkruns across Herts and taking advantage of half term holiday trips to try some events further afield. DANIEL PUDNER and STEVE GROUT enjoyed a spot of parkrun tourism at Belfast Waterworks parkrun, finishing in 20:14 and 25:28 respectively. PAUL GUY was 4<sup>th</sup> at Sedgefield parkrun in 18:08. There was a big turnout at Panshanger parkrun, scene of the latest race in the Avery league, with 32 GCRs taking part. Meanwhile, over at Ellenbrook Fields, NEIL HUME was first in 16:54 and VERONICA SHADBOLT was second lady in 22:01. View all results for GCRs taking part in Saturday's parkruns [here](#).

## **GCR Social and Awards Evening**

Mark your calendars for **the social event of the year**: the GCR Social and Awards evening is set for 7.30pm on Friday 8<sup>th</sup> March at the Fairway Function Suite, Welwyn Golf Complex, Old Hens Lane, AL7 2ED. Tickets are selling fast: get yours for a highly bargainous £10 before it's too late by [clicking here](#).

## **Avery League 2018**

Details of the 2019 Avery League races can be found [here](#).

## **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 list of future events. If you know of any others that you think your fellow members would enjoy, please send details to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk).

Event	Avery Race #	Date	Time	Online entry
<b>parkrun tourism - Aldenham</b>		<b>2nd March</b>	<b>9:00am</b>	<i>See updates on Facebook</i>
<b>Cambridge Half marathon</b>		<b>3rd March</b>		<a href="#">Click here</a>
<b>Berkhamsted Half marathon and 5 mile fun run</b>		<b>3rd March</b>	<b>10.00am</b>	<a href="#">Click here</a>
<b>GCR Social and Awards Evening</b>		<b>3th March</b>	<b>7.30pm</b>	<a href="#">Click here</a>
<b>Harpenden Half marathon</b>		<b>10th March</b>	<b>9.00 am</b>	Sold out
<b>The Big Half</b>		<b>10th March</b>	<b>9.00 am</b>	
<b>Welwyn Half Marathon</b>	<b>5</b> Ⓐ	<b>17th March</b>	<b>9.00am</b>	<a href="#">Click here</a>
<b>Milton Keynes Festival of Running – 5K, 10K, Half, 20 miles</b>		<b>17th March</b>	<b>From 9.50am</b>	<a href="#">Click here</a>
<b>Oakley 20</b>		<b>24th March</b>	<b>10.00am</b>	<a href="#">Click here</a>
<b>Gade Valley 20 mile marathon training run</b>		<b>24th March</b>	<b>9.00am</b>	<a href="#">Click here</a>
<b>Dorney Lake marathon prep 20 miles</b>		<b>31st March</b>	<b>9.30am</b>	<a href="#">Click here</a>
<b>Ellenbrook Fields parkrun</b>	<b>6</b> Ⓐ	<b>5th April</b>	<b>9.00 am</b>	

Ⓐ : denotes a 2019 Avery League race

## **Join Garden City Runners**

Do you live in or near Welwyn Garden City? Do you like running? Garden City Runners is your local running club, has over 250 members, and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres and right through to full marathons.

Try a few sessions before joining. Membership is only £20 per year. Membership forms are available on the GCR website [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk). Please ask if you would like a paper copy.

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 [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk) or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/).

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