



Garden City Runners

News Release

16th June 2019

GCR's take on Endure 24

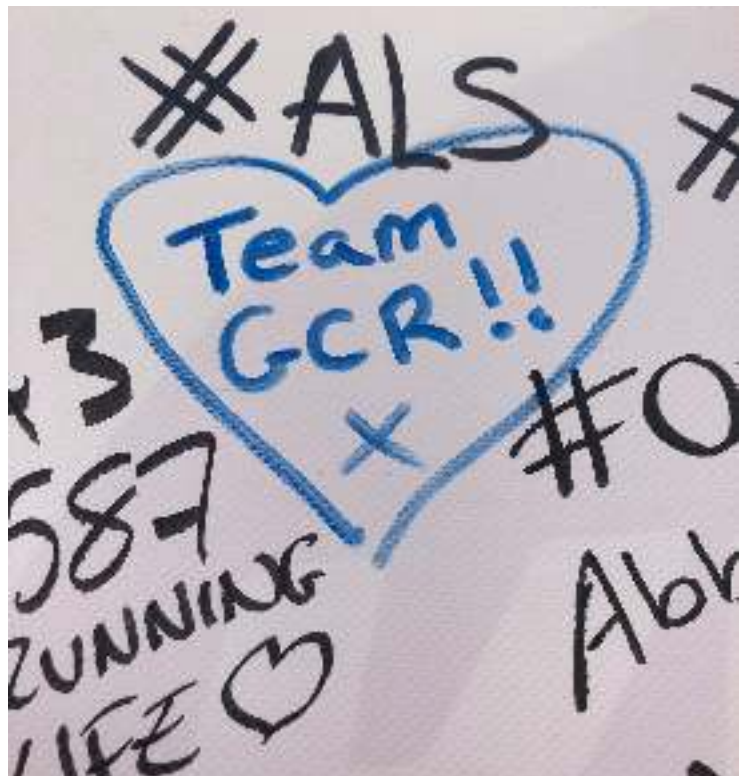
This weekend saw 22 Garden City Runners and two guests take on Endure 24 in Reading, facing tough conditions with interchangeable weather and very muddy terrain. For those less familiar with the event, the race is all about teams continuously running laps of 5 miles over 24 hours. This year GCR had 3 teams of 6-8 runners. The team results were:

Team	Position	Laps	Total Time	Average Lap	Fastest Lap
GCR Trailblazers	13	34	23:54:09	42:11	32:04
GCR Fuddy muckers	57	30	23:44:38	47:30	40:11
GCR Gits & Shiggles	194	23	24:00:22	01:02:38	50:39

Please see below a collection of photos from the weekend.



Dave Heal Medal tribute!





Parkrun roundup

Although lots of parkrun regulars were in Reading, GCR's still put in an excellent show at Parkrun taking on 20 different locations. There were lots of excellent entries for parkrun tourist of the week with PAUL GATENS in Wales, LAURA DOOGAN in Ireland and FREDI GILLBERTI in Milan but this week's winner is MATTIE LABIAK in Florida!

Well done to everyone who got out there and ran, jogged or walked the 3.1 miles. As special mention must go to NEIL HUME finishes second at Ellenbrook and REBECCA BARDEN 3rd female also at Ellenbrook.

Hadleigh	Daniel Pudner	22:31	Stevenage	Thomas Parmley	33:11
	Steve Grout	25:15		Tichaonezvi J. Ruredzo	33:33
	Asa Moberg Grout	28:47	Mile End	Jacky O'Leary	26:08
St Albans	Andrew Holt	20:02	Wimpole Estate	Steven Rivett	29:37
Valentinea	Lynette Stewart	32:56	Blandford	Rob Hughes	20:34
Oak Hill	Tom Casserley			Caroline Hughes	31:03
Falcarragh	Laura Doogan	47:02	Tring	Barbara Kubislabiak	47:57
Ellenbrook	Neil Hume	17:18	Melton Mowbray	Helen Johnson	32:44
	Peter McKenzie	17:21	Barclay	Shaun Kent	27:22
	Peter Harvey	18:24	Panshanger	Robert Casserley	19:23
	Neil Brittain	20:18		Juston Hill	19:25
	Michael Tandy	20:56		Chris Eland	21:07
	Rebecca Barden	22:39		Michael Scutt	26:06
	Veronica Shadbolt	22:42		Matthew Hunt	26:42
Nigel Cavill	23:13	Hannah Frank	27:44		

	Richard Brown	24:54		Tom Rogers	28:57
	Paul Cottrell	27:00		Lauren Potter	30:11
	Delphine Gibbs	27:21		Eleanor Draper	45:45
	Tony Harden	27:49	Poolsbrook	Sandra Wise	31:38
	Robert Cartwright	28:29	Milano Nord	Fredi Giliberti	25:01
	Peter Lapthorne	30:40	Jersey Farm	Tom Weatherhead	25:28
	Mark Boyce	30:56		Maggie Wright	28:12
	Alison Cartwright	31:00	Rec Plex North	Mattie Labiak	26:41
	Dean Cartwright	32:38	Groe	Paul Gatens	23:07
	Joy Allen	34:05	Brueton	Cassandra Belcher	24:43
	Rick Hole	34:27		Bernadette Byrne	31:25
	Matthew Greenwood	34:35			

For a full list see: <https://www.parkrun.com/results/consolidatedclub/?clubNum=1430>

Forthcoming Events

Midweek League Reminder Provisional Guidance

A reminder that the next Mid-Week League race will be at Orion on Thursday. Please keep a look out for the final confirmed details through email and on the Garden City Runners facebook page.

Date: Thursday 20th June 2017

Time: 7.45pm

Race HQ: Jubilee Retreat, Bury Road, E4 7QJ

Parking:

Note that there is **no parking at race HQ**, and it's not safe to pause there and drop off passengers.

Please park in the car park on Bury Road between clubhouse and Chingford.

The walk from the car park to the start takes 4-5 minutes.

Directions by train:

Liverpool Street to Chingford, then a 10 minute walk - turn right out of station, left along Bury Road, and the clubhouse is 300m on the left.

Directions by car:

From J26 of M25 take A121 (west) - Dowding Way toward Waltham Cross.

Go left at the first roundabout onto A112.

Take 3rd left onto Daws Hill, which Becomes Bury Road.

Race Distance: 10k

Terrain: If it's the same course as in 2017, then the first and last miles are on packed gravel trails, and the middle four miles are on asphalt. Road shoes should suffice, but if the weather turns bad then it can result in muddy puddles on the trail section, in which case you might prefer not to wear your prettiest newest shoes.

Course Markings:

Sawdust trail with marshals at junctions.

Please keep to the left and obey the marshals' instructions.

Facilities: Toilets, showers and changing for men and women at the clubhouse.

Water: at the finish

Food: will be available at the clubhouse.

No course map or parking map is available.

Trophy update!

SEAN BOWEN says: following last week's appeal as to the whereabouts of the Midweek League Division 2 Vet Women's team trophy, the mystery was solved on Thursday when I went to give my apologies to league sec Karen Dodsworth. There is no such thing! There is only a Div 2 COMBINED vets team shield, which we won, and which I returned before the race. I'd had it in my possession since last July under the mistaken assumption that it was just for the vet men's team.

To everyone who I asked "have you got it?", may I offer my most sincere apologies for any unnecessary concern and/or timewasting.

(blushes with embarrassment!)

Lost Jacket

A jacket was left in the shelter after the Royston Race. Please contact Brad Smith if it is yours.



Track 1-Mile Time Trail

By popular request, we're including another time trial as part of the GCR Track training session at the Gosling on Thursday 27th June. This time, you have the chance to test yourself over the classic one mile distance. That's four laps of the 400m track plus 9.3metres.

All members welcome, free of charge, just sign in at the kiosk on the right as you enter the track.

Our own Craig Stephenson of RacesOnline has once again kindly agreed to provide Timing - another dry run for their new chips.

We'll do it in two waves, with the over six mins athletes in the first heat, and the sub-sixers in the second. So the latter get longer to warm up, and the former get a rest before the rest of the session. That will consist of 1200, 800 and 400m reps and a fun finish. Three laps, two laps, one man and his dog.

Session starts 6:30pm with warmup and drills for all. Wave 1 Mile start around 6:50pm, Wave 2 just before 7pm.

This doesn't affect the main GCR steady group at Ridgeway Academy, which will go ahead as normal.

Welwyn 10k we need more Marshals and Water Station Personnel

Our flagship race is on 23rd June and we have many marshal points to fill plus two water stations to fully staff. Do consider helping out and email: fletchsue@yahoo.co.uk

We are offering refreshments to the runners and do bring a cake or savoury (whether running or not) advising asamgrout@yahoo.co.uk thanks.

Avery League 2019

Details of the 2019 Avery League are published on the GCR website [here](#). The next Avery race is the second MWL at Royston on 13th June – see the Forthcoming Events table for information.

GCR Strava Group

If you'd like to join the GCR Strava community, click here for details of the group.

GCR parkrun Tourist Series

The next meetup in the series will be at Roding Valley on 6th July. Everyone is welcome to care share, or to meet at the venue. To view the full tourism calendar on the club website, [click here](#).

Although the weather is likely to improve from now on, there's always risk of cancellation, so please always check the relevant event page before you travel on the day.

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.

For all "club members only" events, you should receive race information from your captain:

SEAN BOWEN | sean.bowen.gcr@hotmail.co.uk | 07802 382596

CHARLEE CHAPMAN | charlotte.chapman27@live.co.uk | 07986 326518

Event	Avery 2019 Race #	Date	Time	Online entry
MWRRL Race 3 Orion	9	20th June	7:45pm	<i>See your captain</i>
Summer Solstice 10K, St Albans		21st June	8pm	Click here
Welwyn 10k - incorporating County Vets Champs	10	23rd June	11:10am	Click here
MWRRL Race 4 Trent Park	11	4th July	7:45pm	<i>See your captain</i>
Ware 10s	12	7th July	10:00am	Click here
MWRRL Race 5 – "Mob Match" WGC	13	11th July	7:45pm	<i>See your captain</i>
Fairlands Valley Challenge		21st July	8:00am	Click here

Fairlands Valley Spartans 3k Relays - incorporating County Vets and Senior Champs	14	25th July	7:30pm	<i>See your captain</i>
Jersey Farm parkrun	15	3rd August	9:00am	Click here
St Albans 10k		4th August		Click here
Leila's Run	16	18th August	9:00am	Click here
Hatfield 5k series, Race #1 - incorporating County Senior Champs	17	28th August	7:45pm	<i>Not open yet.</i>
St Albans Stampede		31st August	9:00am	Click here
Hatfield 5k series, Race #2 - incorporating County Vets Champs	18	11th September	7:45pm	<i>Not open yet.</i>
Stevenage 10K		15th September	10.30am	Click here
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	11:30am	Click here
Hatfield 5k series, Race #3	19	25th September	7:45pm	<i>Not open yet.</i>
Standalone 10k - incorporating County Senior Champs	20	6th October	TBD	<i>Not open yet.</i>
Stevenage Half Marathon - incorporating County Vets Champs	23	3rd November	10:00am	Click here
Hatfield 5 - incorporating County Vets Champs	24	24th November	10:00am	Click here

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 over 200 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. 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, visit our website www.gardencityrunners.org.uk or our Facebook page at www.facebook.com/groups/gardencityrunners/.

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