



Garden City Runners

News Release

21 July 2019

GCRs concour the Thunder Run

Conti Thunder Run 2019

3 GCR's were part of a team of 6 runners who battled mud and rain in the Conti Thunder Run, a 24-hour running event. The race involved completing as many 10K laps as possible.

ASA MOBER-GROUT completed 3 laps in 1:04:33, 1:11:13 and 1:14:24.

STEVE GROUT completed 3 laps in 1:04:46, 1:08:59 and 1:07:04.

DANIEL PUNDER completed 4 laps in 45:48, 50:57, 57:08 and 52:03.



Fairlands Valley Challenge



BECCA HAYDEN, REBECCA BARDENR and FLEUR HARVEY-KENNAN (of St Albans Striders) ran the 18 mile route of the Fairlands Valley Challenge. Rebecca reports. It was a beautiful day and we enjoyed stunning views of the Hertfordshire countryside, not to mention friendly support from Fairlands Valley Spartans and the famous bread and butter pudding at checkpoints along the route. Thanks to Becca's excellent navigational skills, we did not go awry until right at the very end, when we got confused trying to find our way back into the school, took a wrong turning and ended up running an extra mile around the park,

approaching the finish line from the wrong direction and having to run past it and come back for a truncated triumphant finish.

Also, SARAH HALLIDAY and SAM MALES ran the 18 mile route in a team with NUALA MILBOURN and WENDY THARANI. NICHOLAS GENEVER took on the marathon distance, as did ELAINE GILES, KATH EVANS, MICHAEL EVANS, ALEX YATES and CHARLOTTE JONES.

St Albans Race for Life

ELEANOR NEWTON took part in the St Albans 10km Race for Life. She completed the course in 45:00 and surprised herself by being the first Lady to cross the finish line.



Eleanor with her friend Sophie at the finish.

Parkrun roundup

Parkrun tourist of the week goes to CHRIS ELAND who ran the Crissy Fields parkrun in San Francisco. Keeping it local, PAUL GUY took first place at Ellenbrook fields and ADAM WADLEY was 3rd. MARTHA HALL was first female at Letchworth and ROB CASSERLEY finished just ahead taking 3rd place. JAMES HUIISH finished in 2nd place at Aldenham.

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

Forthcoming Events

Fairlands Valley 3k relays

Please let team captains SEAN BOWEN or CHARLEE CHAPMAN if you are able to race in a men's, women's or mixed team – details below.

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#). The next Avery race is the Fairlands Valley 3k relays on 25th July – 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 Jersey Farm on 3rd August, which is also an Avery points race. Everyone is welcome to car share, or to meet at the venue. To view the full tourism calendar on the club web site, [click here](#).

Although the weather is likely to improve from now on, there's always a 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 |
|--|-------------------|----------------------------------|----------------|----------------------------|
| 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 | Click here |
| St Albans Stampede | | 31st August | 9:00am | Click here |
| Hatfield 5k series, Race #2 - incorporating County Vets Champs | 18 | 11th September | 7:45pm | Click here |
| 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 | Click here |
| Standalone 10k - incorporating County Senior Champs | 20 | 6th October | 9.30am | Click here |
| 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 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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