



Garden City Runners

News Release

11 August 2019

Hayden Triumphs At Forrest Run Half GCR Head to Burnham Beeches

Burnham Beeches 10k & Half Marathon

On Sunday morning, a small but perfectly formed group of Garden City Runners headed round the M25 to tackle the ever-popular Burnham Beeches 10k and Half Marathon. This closed-road race takes participants round two laps (one for 10km) of the Burnham Beeches National Nature Reserve with a plentiful supply of ups and downs along the way. Luckily the high winds of the previous day had subsided, and a cool breeze made for near perfect conditions.

Finishers were presented with a t-shirt and medal and a variety of snacks; never was a Coco Pops breakfast bar been more welcome! The brave could even cool down in the open-air pool attached to the host school.

RYAN KEAN and JEAN COLE both tackled the 10k route finishing in times of 0:39:59 and 1:07:56 respectively.

SEAN BOWEN was first GCR over the line (and 5th in his age category) in a time of 1:29:48, followed by JUSTIN KEAN (1:57:14), JULY KEAN (1:57:57), JACKIE O'LEARY (2:00:09 and 3rd in her age category), ANNE HENSON (2:02:21) and finally RICHARD DARLEY (2:04:39).



Above: GCR crew after Burnham Beeches. We suspect Sean Bowen was in the pool

Forrest Run Half

Also on Sunday, SAM MALES and BECCA HAYDEN ran the Forrest Run Half Marathon in Reading. Starting at Wokingham Waterside centre the four-loop route around the nature reserve followed the Thames path to Sonning Lock before heading back.

Becca was first lady across the line in a time of 1:37:45 with Sam sneaking under the two-hour mark at 1:59:00.

Becca describes the event as very well organised with a very friendly atmosphere: a great event for anyone training for marathon distance or further. The medal was amazing, based on Forrest Gump and his suitcase with the box of chocolates!



Above: Sam Males and Becca Hayden show off their Forrest Gump themed bling

“One Run To Find Them” Ultra

DAVE HEAL completed yet another ultra-distance this weekend. This Lord of the Rings-themed event was based at the Denbies Wine Estate near Dorking. With a target to complete as many 3.28-mile circuits as possible before a six-hour cut off, Dave completed 29.5 miles of this hilly laps in 6:23:09. Dave is well on the way to finishing the 12-month Global Marathon Challenge with 9 of 12 races completed.

Battersea 5k

JAMES HUIISH travelled to Battersea Park on Monday to run the Sri Chinmoy Hasty Hare 5k. The “blisteringly fast” course attracts top club runners from around London and James crossed the line 41st place, in a season’s best time of 17:20. All top six spots were under 16 minutes which gives an idea of the strength of the field.

PRIDE 10k

Another day, another London park, this time Victoria in Hackney where at Saturday morning’s Pride 10k race, RICHARD DARLEY and CLAIR EMMS tackled the ever-popular three lap circuit

which this year was accompanied by a bracing 40 mph crosswind for much of the route. Organised by London Frontrunners, the race raises money for LGBTI-focused charities and is always a fun, colourful and fully inclusive affair with a post-run party to die for! Richard completed the course one second under 55 minutes while Clair finished in 1:24:29.



Above: Richard Darley flies the rainbow and GCR flags at the ever-popular Pride 10k at Victoria Park

parkrun roundup

This week's prize for most far-flung parkrun location goes to ROB and CAROLINE HUGHES who ventured to Perrigo, Washington State to run at the 9th parkrun at that location. Rob powered across the line in 20:02, taking the third spot while Caroline completed the multi-lap course in 32:32.

Newly appointed men's co-captain JAMES HUIISH also took a third-place spot at Brockwell, Herne Hill in a time of 17:43. RYAN and JULY KEAN, limbered up for Sunday's Burnham Beeches Half Marathon with a trip to Stevenage and crossed the line in 19:56 and 27:10 respectively. THOMAS WACKETT avoided a co-captain run-off with Mr HUIISH by travelling to Gunpowder where he took the second position in a time of 18:32. At Ellenbrooke Fields BRUCE JUDGE was first to the coffee van in a time of 17:32, while DANIEL PUDNER celebrated his 100th Parkrun with a time 20:52. Also at Ellenbrooke Fields, both VERONICA SHADBOLT and MICHAEL PAINE achieved a time of 24:05; reports of a fight over who got the #48 & #49 barcodes are without foundation.



Above: DANIEL PUDNER channels his inner Peter Harvey at his 100th parkrun at Ellenbrooke Fields

Finally, at Panshanger eighteen GCR members gave their all. CRAIG BROWN was first male GCR over the line (18:11) and HELEN STAFFORD was first lady (23:57). Congratulations also go to MATTHEW HUNT, DEBORAH KIRBY and ZUZANA GHOUSE who all set course records for themselves on Saturday.

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

Forthcoming Events

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#). The next Avery race is Leila's Run on Sunday 18th August – 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 Rickmansworth on 7th September. 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:

JAMES HUISH | james.huish247@btinternet.com |
 TOM WACKETT | thomas.wackett@hotmail.co.uk |
 CHARLEE CHAPMAN | charlotte.chapman27@live.co.uk | 07986 326518

Event	Avery 2019 Race #	Date	Time	Online entry
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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