



Garden City Runners

News Release

16 September 2019

Run Norfolk Run

GCRs enjoy the September sunshine

Round Norfolk Relay

17 brave runners travelled to Norfolk this weekend to represent the club at the Round Norfolk Relay; the club's 15th appearance. The 198 mile route mirrors the county boundary, providing a unique route with some challenging terrain, including sand, shingle and fen.



BECCA HAYDEN started for GCR at Kings Lynn at 08.30 Saturday morning, with captain SEAN BOWEN crossing the finish line some 25 hours later. The relay is made up of 17 unequal stages; a test of both physical prowess and organisation skills!



The GCR team was made up of BECCA HAYDEN, ROB DILLEY, BRAD SMITH, ROB CASSERLEY, DAN PUDNER, STEVE GROUT, RICHARD SIDLIN, JOHN DAVIS, NEIL HUME, PAUL GUY, RICHARD SOMERSET, JOHAN PREIS, GARY O'LEARY, JACKY O'LEARY, MICK WISE and SEAN BOWEN. And supported by escort cyclists MICHAEL TANDY, TIM COOK and SANDRA WISE; night drivers BOB CARTWRIGHT and HELEN HARRISON, and 25 hour timekeepers JOHN and MAUREEN DICKERSON.



The team finished in a total of 25:21:06, 22nd place out of a strong field of 59 teams, with an average pace of 07:40 per mile.

Riverside Runners took first place with an impressive total time of 20:40:10.

Purbeck Marathon

NICHOLAS GENEVER took on this trail marathon along the Jurassic Coast and through the Purbeck Hills. From Swanage, the route went along the South West Coast path to the Lulworth firing ranges and the deserted village of Tyneham, then returned along the ridge of Purbeck Hills passing Corfe Castle. Nicholas finished the 26.7 mile course in 04:57, with a total ascent of 860m.

Royston Harvest Trail Half and Quarter Marathons

A small but perfectly formed contingent of GCRs headed to the Heath Sports Club, Royston for this low-key event, organised by Royston Runners.



JAMES HUIISH triumphed at the half marathon distance, completing the challenging course in 01:27:17, first across the line despite some poor route signalling leading James and the first pack of runners off course.

In the quarter marathon distance, RACHAEL EVERARD finished in 01:06:07 with RICHARD DARLEY hot on the heels at 01:06:58.

Hatfield 5k series

The second instalment of the popular Hatfield 5K series took place on Wednesday night.



Congratulations to the women's team who took third place in the Vets County Championship. ADAM WADLEY also reported an unexpected PB of 17:26.

Particular thanks also to the marshals who received very positive feedback – "all the marshals are amazing and so encouraging".

The next race takes place on 25 September.

Parkrun roundup

A full round up this weekend's parkrun results is available [here](#).

A few special mentions for MARTHA HALL, who took first female at Jersey Farm parkrun in 20:40, JAMES HUIISH who finished 2nd at Rickmansworth in 17:50; and BRUCE JUDGE who finished 2nd at Gadebridge in 18:13.

In parkrun tourism, DANIEL PUDNER finished 2nd at Clare Castle as a warm up for his leg of the Round Norfolk Relay in 20:23; and, RYAN KEAN finished in the top 20 at the Exeter Riverside parkrun in 19:27. This week's furthest flung parkrun result goes to KERRY HENDERSON, who completed the Lebone parkrun (South Africa according to Google Maps!) in 32:38.

Special mention also goes to JENNIFER WILLIAMS, who graduated from the summer beginners group, and ran a PB time of 27:37 at Ellenbrook fields this Saturday.

Forthcoming Events

Avery League 2019

Details of the 2019 Avery League are published on the GCR web site [here](#). The next Avery race is the Hatfield 5K series, race 3 on 25th September – 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.

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
St Paul's Walden Bury Runs 10K, 5K, 2K & Family Fun Day. In aid of Autism Angels		22nd September	11:30am	Click here
Welwyn Autumn Half Marathon		22nd September		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
Willow 10k		6th October	11.00am	Click Here
Hatfield House Half marathon and 10k		13th October	10.00am	Click Here
Love Luton Half Marathon and 10K		27th October	9.00am	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
Hertfordshire Half Marathon		24th November	09.30am	Click Here
GCR Festive 5		15th December	09.30am	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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