



## Garden City Runners News Release

9<sup>th</sup> February 2020

# UNSTOPPABLE HEAL COMPLETES 55<sup>th</sup> MARATHON Ciara no match for Dave the ultra-running machine

### Phoenix Running PRDNDS 2020

In a week that saw the cancellation of events including the Love Welwyn 10K, the London Winter Run 10K and the Sunday League Cross Country Royston fixture, the small matter of horizontal rain and 60-80mph winds was not enough to deter GCR marathon superhero DAVE HEAL from tackling his 55th marathon and 19th ultra. The event, the mysteriously-named 'PRDNDS 2020', involved running laps of a 3.28 mile muddy trail circuit along the River Thames, starting from the Xcel Centre at Walton-on-Thames. Dave (pictured right, at the finish) reports that "conditions today were really tough, the worst I have encountered in 21 years of running, with gale-force winds, driving torrential rain, and stinging hail that hurt your face as it hit you." Dave's steely determination allowed him to stay focused on finishing another event on his way to full membership of the 100 Marathon Club. Dave completed 29.5 miles in a very six-y (sorry - Ed) time of 6:06:16.



And the mysterious event name? All was revealed when Dave collected his race bib -



the initials PRDNDTS stand for "Phoenix Running Do Not Do T-Shirts", and instead finishers were rewarded with a t-shirt styled medal.

### **GCR Party and Awards Night**

Don't forget to book your tickets for the social event of the decade (so far), the GCR Party and Awards night on Friday 13th March (OBVIOUSLY LUCKY FOR SOME) from 7.30pm at the Fairway Tavern, Old Hens Lane. Tickets, a very reasonable £10.00 per person, are selling fast so don't miss out, book your place by clicking on [this link](#).

### **parkrun roundup**

Sixty-nine GCRs made the most of the calm before the storm and took part in Saturday's parkrun. Parkrun tourists DANIEL PUDNER and STEVE GROUT travelled to Northampton, former home of a shoe industry, goth rock combo Bauhaus, and the Greyfriars Bus Station, once voted one of Britain's ugliest buildings before its [demolition](#) in 2015. Daniel showed the locals a thing or two, finishing third in a brisk 17:15 and Steve ran in 26:17. Over in Canons Park, husband and wife team ROB and CAROLINE HUGHES ran in a fifth place 20:26 and 31:42 respectively. At Panshanger, three GCRs featured in the top ten, with CRAIG BROWN first into the funnel in 18:35; NEIL HUME third in 19:34 and RUSSELL CASEY sixth in 20:00 exactly. Chair BRAD SMITH ran in 22:23, his fastest Panshanger parkrun since 2017, and LAUREN POTTER was third lady in

23:07. At Ellenbrook, PETER JASKO was fourth in 19:51; TERRY FOWLER (22:27) paced RICHARD SIDLIN to a speedy 22:29 finish, and ÅSA MOBERG GROUT, with canine friend MIDAS, ran a 52 second pb to finish in 23:07. Full results from this weekend's parkruns can be viewed [here](#).

## **Club Kit**

A reminder that new club kit is available from Kit-Meister Richard Somerset. All items cost £20, you can pay by cash or bank transfer, either FB message or text Richard on 07790 591868 or email rich.somerset@ntlworld.com to arrange pick-up. Kit available includes:

- Men's vests, from XS to 2XL
- Men's t-shirts from XS to 3XL
- Men's long sleeve tops S to XL (please contact Richard if you want XS or 2XL and he will place an order)
- Women's vest from XS to 2XL
- Women's t-shirts from XS to 2XL
- Women's long sleeve tops, from XS to XL

## **Weekly Training Runs**

Here's a reminder of the different training groups with the distances and paces on offer.

### **TUESDAY – 6.30 – 7.45 PM**

<b>Social 5-6k</b>	<b>7-8k</b>	<b>9-10k</b>	<b>10-11k</b>	<b>11-12k</b>	<b>Intervals</b>
A sociable, gentler-paced run of about 45 minutes for those who prefer to stick to c5k.	Steady running pace approx. 8-8.5 min Ks / 11-11.30 min miles	Steady running pace approx. 6.5-7 min Ks / 10-10.30 min miles	Steady running pace approx. 5.5-6 min Ks / 9-9.30 min miles	Steady running pace approx. 5-5.5 min Ks / 8-8.30 min miles	All abilities, drills / venue published on Facebook

While Thursdays are traditionally much quieter at RA, there are still options available for a steady run, in addition to the popular weekly track session.

### **THURSDAY – 6.25 – 7.30 PM**

<b>Social 5-6k</b>	<b>8-9k</b>	<b>10-11k</b>	<b>Track Session</b>
A sociable, gentler-paced run for those who prefer to stick to c5k runs.	Steady run – 7-8 min Ks / 10.30-11 min miles	Steady run – 6-6.5 min Ks / 9.30-10 min miles	Gosling Sports Centre

## **Sunday Social Run**

Keep an eye out on the GCR Facebook page on Saturday evening for details of the regular Sunday morning "Social Run". Normally organised by John Davies (the Taller), the numbers taking part in these relaxed, social runs have grown over the past few weeks with the promise of beautiful Hertfordshire countryside, banter and a chance to get a little bit muddy. The off-road routes are usually 8-10 miles but it's not a race and no-one is ever left behind as the group will regularly loop back.

## **Avery League 2020**

Details of the Avery League races and rules are on the GCR website [here](#). The next Avery League race is the **Hatfield House Half on 29<sup>th</sup> March**. See the Forthcoming Events table for more information.

## **GCR parkrun tourism**

Details of the 2020 parkrun tourism calendar are available on the GCR website [here](#) - the next outing is the **Cassiobury parkrun on 7th March**.

## **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 table of future events. If you know of others that you think fellow members would enjoy, please send details to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk). For all 'See your captain' events, you should receive race information from your Captain or Vice Captain:

### **Men's Captains:**

TOM WACKETT Thomas.wackett@hotmail.co.uk 07817 708888

JAMES HUIISH james.huish247@btinternet.com 07835 527027

**Vice Captain:** RICHARD DARLEY Richard\_Darley@hotmail.com 07766 238416

### **Women's Captains:**

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

**Vice Captain:** HELEN PAINE helenpaine@hotmail.co.uk 07817 975916

<b>Event</b>	<b>Avery Race #</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
Queen Elizabeth Park Half		16th February	9.30am	<a href="#">Click here</a>
Harpenden Half Marathon		23rd February	9.00am	<a href="#">Click here</a>
Hawkshead Hobble 5k and 10K		8th March	10.30am	<a href="#">Click here</a>

GCR party and awards night		13 <sup>th</sup> March	7.30pm	<a href="#">Click here</a>
Woodhall Off-Road Run 5k and 10k		29th March	10.00am	<a href="#">Click here</a>
Hatfield House Half Hatfield House 10K	4	29th March	9.30am	<a href="#">Click here</a>

### **Spring Marathon Training Runs and Races**

Here's a list of marathon training runs and races that may be of interest to anyone training for a Spring marathon or ultra. If you know of any others, do let us know by emailing [gcr@gardencityrunners.org.uk](mailto:gcr@gardencityrunners.org.uk)

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
Gade Valley Harriers Marathon Training Runs: 17 miles	23rd February	9.00 or 9.30am	on the day
Hillingdon 20	8th March	9.00 am	<a href="#">Click here</a>
Milton Keynes Festival of Running (includes a 20 mile race)	15th March	9.50am	<a href="#">Click here</a>
Thames Riverside 20	15th March	8.00am	<a href="#">Click here</a>
Oundle 20 mile road race	15th March	9.30am	<a href="#">Click here</a>
Gade Valley Harriers Marathon Training Runs: 20 miles	22nd March	9.00 or 9.30 am	on the day
Oakley 20	29th March	10.00am	<a href="#">Click here</a>
Dorney Lake marathon prep	29th March	9.30am	<a href="#">Click here</a>

Fairlands Valley Spartans 20 mile marathon training run	29th March	tbc	tbc
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## 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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)

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