



Garden City Runners

News Release

9 December 2018

Festivities break out in WGC

It's a win for Wackett and Vegas, Baby for the Marchants

Festive 5



Above: A double rainbow greets GCRs gathered at the start of the Festive 5

Over 200 runners gathered on Stanborough Green for this popular Yuletide fixture, with club vests mingling with Santas, snowmen, many elves, a dog and, as is traditional, a baby. The rain helpfully held off and there was even a double rainbow glimpsed just

before the start. It was GCR's young THOMAS WACKETT (*pictured below*) who found the pot of gold, storming to a winning first place just one second ahead of Stevenage and North Herts' AC's Christopher Westcott in a time of 28:15. Next GCR home in fifth place overall was DANIEL FIGG in 29:33, closely followed by PETER MCKENZIE, in seventh place in 30:03. The trio of Wackett, Figg and McKenzie also scooped the men's team prize.

Below: two thirds of the winning GCR men's team: Tom Wackett (l) and Peter McKenzie (r)



Next GCR to finish, and also third lady and first V35, was ZOE STEPHENS, in a fabulous 33:38. Zoe was followed by TREVOR DAVIES in 34:43, then DANIEL PUDNER who clocked a commendable 35:23, despite being dressed in a full Santa suit.



Above: Zoe Stephens on her way to a podium place, and St Albans Striders' Wendy Walsh chasing Santa, aka Daniel Pudner

Next GCR into the finish funnel was JOHAN PREIS in a time of 39:35; ALI RIZ EROGLU's time of 39:47 won him the first V60 prize; STEVE GROUT ran in 40:47; and CATHY WIDDEN in 41:24; TOM ROGERS in 41:59; ANDY SHADBOLT in 42:07, and STUART WHITFORD in 42:20. HELEN STAFFORD ran in 42:27 and completed the women's bronze medal-winning team with Zoe Stephens and Cathy Widden. JENNIFER HILL ran with dad JUSTIN in 43:19 and 43:22 respectively.



Above: Jennifer and Justin Hill made up a family team

JO MATTHEWS finished in 44:17; DAVID SELWOOD in 44:16; RICHARD DARLEY, no doubt gearing up for marathon training after his victory in the GCR VLM ballot, clocked a smooth 44:17; TIM COOKE ran in 45:23; THOMAS PARMLEY in 45:31; NEAL BROWN in 46:15; SHENA LANCASTER in 46:48; NICK ATKINSON in 47:23; JERRY GILBERT in 49:16; MELANIE KING in 49:58; KATH EVANS in 50:15; MICHAEL WISE in 50:53; SANDRA WISE in 50:55; KAREN ATKINSON in 51:12; CHRIS PEASE in 51:13; TRACY BEHR in 51:38 and PETER LAPTHORNE in 54:05. ALEX YATES ran in 54:19; JACQUELINE MCCALLUM in 54:32; TERRY TRISTRAM in 56:07; JANE MOLLOY in 57:21; CHARLOTTE JONES in 1:00:25, MAUREEN STEED in 1:00:27 and DAWN REDWOOD in 1:00:28.

All finishers were rewarded with a chocolate Santa, and for those who stayed for the prize giving, there was the memorable sight of the birth of a new bromance between winner THOMAS WACKETT and PETER HARVEY, the latter resplendent in his leopard print nose warmer.



Above: Wackett and Harvey feel the festive love

A huge thank you to race organisers, marshals and all the volunteers who made the race such a great success, with a special shout out to cake bakers and sellers, who raised £183.00 for Isabel Hospice.

Greenwich Park 10K

GCR's HANNAH FRANK travelled back to her home town to take part in the Greenwich Park 10K. Hannah reports: "the weather was awful, and attempting to warm up in the wind and torrential rain was a challenge.

As the race started the rain stopped. It was a tough two lap course with a number of hills, and passing the naval college and observatory, as well as the start of the London Marathon."

Hannah was the second female and first female senior home in a time of 46:23. As well as a medal and goodie bag, Hannah was rewarded with a pair of socks, which was very welcome after all the puddles.



Above: Hannah celebrating her podium place and a new pair of socks

Rockin Reindeer 10K

GCRs never pass up the opportunity of a race, and SOFIE and PAUL MERCHANT (*pictured below*) were no exception when they came across a festive Rockin Reindeer 10K while on holiday in Las Vegas. Paul came in a triumphant fourth overall and third male in a time of 44:00, and Sofie was twelfth overall in 47:42 and first in her age group.



Parkrun roundup

View all results for GCRs taking part in Saturday's parkruns [here](#).

Avery League 2018

Details of the 2019 Avery League races can be found [here](#).

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 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.

Event	Avery Race #	Date	Time	Online entry
Sunday Cross Country League #3 Fairlands Valley Park, Stevenage <i>*note change of venue*</i>		16th December	10:30am	<i>See your captain</i>
Christmas Day parkruns Panshanger at 9:00am		25th December	various	Click here
Buntingford Year End 10		30th December	10:30am	Click here
New Year's Day parkruns Panshanger at 9:00am Ellenbrook Fields at 10:30am		1st January '19	various	Click here
Sunday Cross Country League #4 Watford	1 Ⓐ	13th January '19	10:30am	<i>See your captain</i>
Fred Hughes 10	2 Ⓐ	20th January '19	10:00am	Click here
SEAA XC Champs "The Southern" - Parliament Hill Fields		26th January '19	TBD	<i>See your captain</i>

Watford Half Marathon		3rd February 2019	10.30am	Click here
Sunday Cross Country League #5 Royston		10th Feb '19	10:30am	<i>See your captain</i>
ECCA XC Champs "The Nationals" - Leeds		23rd Feb '19	TBD	<i>See your captain</i>
Milton Keynes Festival of Running – 5K, 10K, Half, 20 miles		17th March 2019	From 9.50am	Click here

Ⓐ : denotes a 2019 Avery League race

Join Garden City Runners

Do you live in or near Welwyn Garden City? Do you like running? Garden City Runners is your local running club, has over 250 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/.

E N D S