



Stevenage Striders Press Release – 2nd December 2018

Hertfordshire Sports Partnerships Awards

On Tuesday evening the Herts Sports Partnerships 2018 awards were held at the University of Hertfordshire, Hatfield. Robin Hester had been nominated in the male community coach of the year category. Robin was shortlisted to twelve out of many nominations and then reached the final shortlist of 3. He was very pleased to be given the runners up trophy. Chris Leigh, the club's head coach, was at the awards to congratulate Robin. Chris said 'Robin has been an ever-present force at the club since its inception in 2013. He has supported all of the Zero to 5K beginners groups and has a keen interest in new runners, encouraging them to take on new challenges and really enjoy their running.'



Robin at Sports Awards

This week's dose of Parkruns.

The 5km (3.1 mile) free-event for all took place on Saturday morning and a few Striders were out in force.

Luton Wardown: At Wardown Park, Luton, Steve Wells came FIRST in this run by coming in at 19-01. There were 192 runners. Well done Steve.

Ellensbrook Fields (Hatfield). Tom Sclanders 20-17 (11th), Emma Sclanders 23-54 (36th) and Ken Marshall 26-06 (55th). There were 152 runners.

Heaton (north of Manchester): Greg Bradbury 22-55 (85th out of 522 runners).

And a little bit further afield, Sandra Howes took part in the Western Springs Parkrun near Auckland, New Zealand. Sandra came in 28-32 finishing 73rd out of 120 runners.



Sandra in New Zealand

Stevenage: 177 runners took part in the two-lap course at Fairlands Valley lakes. Darren March 23-19 (24th), Tony Castro 30-15 (112nd), Esperanza Castro 30-15 (113th), Sandra Shirley 31-08 (122nd), Brenda Smith 34-07 (151st), Diane Cawthorn 34-08 (152nd) - also Diane's first ever Parkrun, Louise March 35-27 (156th) - new Parkrun PB and Course PB, Julie Kempson 38-57 (169th).

Stevenage 10km

It has been announced that the Striders will host their first ever 10km race on 15th September 2019. Further details of the event will be online shortly but if anyone wishes to enter the race, then please do so here:

<https://www.racesonline.uk/race-entry/stevenage10k/>

About Stevenage Striders

The club was formed back in 2013 and has lots of runners from the local area joined since then and is open to all abilities. To find out more information about the club, how to join or what sort of training we can offer, please contact via the club or head coach Chris Leigh on stevenagestriders@mail.com or visit the website

<http://stevenagestridersrc.org.uk>

Results

If any members from the club have taken part in any running event or a parkrun, then please send your results to Stevenagestriders@mail.com or get in contact with Danik Bates. Please make sure they are in by 21:00 on the Sunday evening so we can get it into the following weeks press release.

Danik Bates

Stevenage Striders Press Officer.