



## Stevenage Striders Press Release – 23<sup>rd</sup> July 2018

**Emma Sclanders** did an Olympic distance at the Box End Park triathlon. She came in 3<sup>rd</sup> woman overall (still awaiting result from the event).

Mark Blease completed the five-mile race at Panshanger Park, Hertford on Thursday 19<sup>th</sup> July known as the 'Midsummer Series'. Mark completed the course in 46-55, finishing 139<sup>th</sup> out of 244 runners.

### **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.

At the local Parkrun course at Fairlands Lakes, Stevenage, where 331 runners took part on another hot Saturday morning. First home was Greg Bradbury in 23-28 (50<sup>th</sup>), Alan Watt 23-38 (53<sup>rd</sup>), Ben Parry 24-06 (59<sup>th</sup>), Steve Moore 25-48 (105<sup>th</sup>), Sarah Allen 27-07 (132<sup>nd</sup>) - Parkrun PB, Tony Castro 27-48 (153<sup>rd</sup>), Garry Wallace 31-19 (229<sup>th</sup>), Louise Chancellor 31-25 (231<sup>st</sup>) and Chrissie Parry 32-15 (245<sup>th</sup>).

On the road and down the A1(M) at Peterborough, Steve 'the machine' Wells was at Ellenbrook Fields, Hatfield and completed the course in 19-00, finishing 9<sup>th</sup> out of 210 runners. Danik Bates was at Peacehaven Parkrun near Newhaven Ferry Port in East Sussex. Whilst everyone was scrambling to get on the Newhaven to Dieppe ferry for the first full day of the school holidays, Danik finished the three-lap course in 23-26, finishing 17<sup>th</sup> out of 114 runners. At Panshanger, Hertford, Peter Monk finished the one lap cross-country course in 26-11, finishing 105 out of 341 runners.

### **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](mailto:stevenagestriders@mail.com) or visit the website [www.stevenage-striders.org.uk](http://www.stevenage-striders.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](mailto: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.