



Stevenage Striders Press Release – 25th June 2018

Marathon Action.

Danik Bates took on his hardest marathon ever when he travelled across the world to take on the course at Kona on the island of Big Hawaii in Hawaii, USA. 18 miles of the course was in the desert and along the island's main highway. Despite starting before sunrise, temperatures rose to around +32-+37 in places. The other 8 miles was along the ocean coastal road and had to deal with very strong winds. Danik managed to come home at 05-02-37, finishing 128th out of 255 runners. Also, Danik was the only runner from the United Kingdom/Latvia in the event.



Danik in Hawaii after the marathon

On Saturday Dave Stafford and Clare Wing ran their 7th marathon of 2018 when they ran the Malvern Hills marathon in Worcestershire. The conditions were warm and very hilly. Over 4800 feet of climbing off road and self-navigating.



Davie Stafford/Clare Wing after the Herts Hobble marathon

On Sunday four Striders took on the Herts Hobble marathon. This was another off-road run where the runners had to self-navigate around the course. The conditions were very dry and very hot. Clare Wing and Dave Stafford took part to make it their 8th marathon of the year and their third in eight days! Club coach Chris Leigh and his wife Sue also joined in. It was Chris's 47th marathon and Sues 27th. The dry conditions made the ground very hard and many of the fields were ploughed without marked pathways, making the going tough and giving feet a pounding!

Welwyn 10km

Down the A1 at Welwyn village, a few striders took on the beautiful but somewhat hilly 10km course in hot conditions. Marc Hagland; 52.33, Richard Bates 1-04-50,

Triffic Trail 10km

Mark Blease took on the 10km at Trent Park in Enfield, North London. Mark completed the course in 01-03-37.

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.

On the road at Ellensbrook Fields, Hatfield, Karl Hudson finished the one lap course in 21-39, finishing 28th out of 210 runners. Sue Loughran also finished the course in 31-41 146th). At Panshanger, Hertford, Greg Bradbury finished the one lap off-road course in 23-16, finishing in 23-16, 54th out of 326 runners. Peter Monk also completed the course in 24-49 (75th).

At the local Parkrun course at Fairlands Lakes, Stevenage, where 279 runners took part, the first strider home was Steve 'the machine' Wells in 19-18, finishing 8th. Other striders were Tom Sclanders 21-08 (19th), Tony Castro 28-47 (135th), Kirsten Jarvis 29-48 (150th) -Parkun PB, Garry Wallace 30-11 (161st), Helen Harris 40-16 (269th) and Tracy Norris 49-13 (278th).

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 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 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.