



Stevenage Striders Press Release – 28th May 2018

Midweek League Division Two – Round One

The second season of Stevenage Striders competing in the Midweek League began on Wednesday 23rd May. After gaining promotion from division three last year, the striders had a difficult start to life despite being co-hosts for the opening fixture, held in Willian, south of Letchworth. With a few Striders out due to injury, the reds still sent out a strong side and did the town proud but the other teams in league, Garden City Runners (Welwyn), Royston Runners, Bishop Stortford, Harlow and last year's Division Three Champions, Harpenden Arrows proved a bit too strong for the reds on the evening. The race was 6 miles (just under 10km) in distance.

For the Men's team, first home was Darren Lovelock finishing in 68th position in a time of 38-54, followed by Steve ('the machine') Wells in 78th position finishing in 39-20. Third home was James Hunter in 42-42 in 141st position. The team was led by Daniel Sanders who was fourth home for the Striders in 42-38 (147th position). Other runners were: Tom Sclanders: 43-00 (89th), Sam Cayton 43-40 (169th), Karl Hudson 46-09 (222nd), Gary Jaques 46-11 (224th), Aston Reeves 47-30 (251st), Greg Bradbury 47-36 (253rd), James French 47-49 (264th), Marc Hagland 48-22 (271st), Russell Andrews 50-28 (157th), Ian Levy 51-42 (326th), Mark Blease 53-57 (378th), Phil Deavves 54-04 (379th), Richard Bates 57-20 (438th), Alan Watt 57-37 (443rd) and Dave Sartain 1-01-04 (466th).

In the woman's team led out by Tracy Bulloot, Emma Sclanders was first home in 47-11 (242nd). Esperanza Castro was 2nd home in 51-55 (335th) and Molly Davis in 52-20 (349th). Other results: Eilish Hislop 52-23 (350th), Lisa Liversidge 53-44 (370th), Frances Levy 53-50 (374th), Tracy Bulloot 53-50 (375th), Anne Miller 54-12 (383rd), and Sandra Howes 57-30 (440th).

Hertfordshire Spring Triathlon

Emma Sclanders competed in the swim, bike and run event at Stanborough lakes, Welwyn Garden City. She was 7th woman to finish and 3rd in her age category (Female 30-39). She completed the event in 01-22-13.

Edinburgh Marathon

Victoria McIver headed up the A1 and crossed the border into Scotland to compete in the Edinburgh marathon. She completed the 26.2-mile course in 03-50-33 gaining a personal best in the progress. After the event Victoria reflecting on this incredible moment in her life spoke to the Striders press office and said: *SO pleased!!! Would never have been able to do that without all the support, advice and encouragement you and all the Striders have given me. A big thank you to you and everyone else involved in running the club.* Head coach Chris Leigh also spoke to the press and said: *What a great time. Regular training, rest, looking after the long sensible runs and this is what you can do!*

London Vitality 10k

On Bank Holiday Monday, a few Striders hit the capital to do the 10k (6.2 mile) course which started on the Mall, out to St Paul's Cathedral before turning back to Westminster and finishing near Buckingham Palace, where sadly the Queen wasn't there to greet the reds who crossed the line and done the club proud. The Striders who finished were: Greg Bradbury 46-54 (PB), James French 47-14, Marc Hagland 50-20, Mark Blease 58-23 (PB), Russell Andrews 01-06-00 and Colin Fenwick 01-06-00.

Westminster Mile

There was a one-mile event in London on Saturday and Peter Monk on his tour around the country to compete in many events this month, finished his tour in Westminster, finishing the mile in 00-07-12.

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 Steve 'the machine' Wells was on the South Coast at Bournemouth and completed the run in 19-27, finishing 16th out of 432 runners. In Northampton, Ken Marshall still making his comeback from injury finished the course in 27-06, finishing 173rd out of 455 runners.

At the local Parkrun course at Fairlands Lakes, Stevenage, it was time to celebrate Stevenage Parkrun's second birthday where 338 runners took part. The first strider home was Aston Reeves who is starting to make a big impact within the club after joining recently, came in at 22-08 (30th). However, Ollie Garbas managed to get another Parkrun PB, this time with a buggy and finished in 22-14 (34th). Other runners were Greg Bradbury 25-45 (91st), Steve Moore 25-55 (99th), Tony Castro 27-57 (151st), Richard Bates 29-09 (176th) and Harrison Lovelock 29-43 (190th).

On the Parkrun marshalling front, a huge thank you goes to Tracy Norris for being the run director at Stevenage and Chloe Marshall, David Mendonca, Helen Harris, James Marshall and Russell Andrews for offering their free time to make sure the event runs smoothly. Also Danik Bates marshalled/photograph the South Oxhey parkrun course near Watford.

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

Danik Bates

Stevenage Striders Press Officer.



Stevenage Striders Press Release – 21st May 2018

Riga Marathon

Ollie Garbas and Danik Bates took on the Riga Marathon in Latvia. As regulars to the country, Ollie was hoping to do something special without any training due to injury and Danik was making his marathon comeback after a year due to fitness and injury. For Ollie it was a great day finishing with a time of 03-33-52 whilst Danik recent injury with the calf muscle saw him pulled out of the marathon but finished at the finishing line for the half marathon event (which was held at the same time/course), with a time of 01-50-06

Rock and Roll Liverpool weekend of running

Peter Monk was up in Liverpool to take on three different running events. On Saturday he took on the one-mile race and finished in 8:34. Later on he did the 5km event which was completed in 25-28, finishing 551st out of 3771 runners. On Sunday Peter raced in the half marathon and finished with a time of 02-05-32, finishing in 3129 out of 8975 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. In Peterborough, Steve Wells finished in 19-23 (10th out of 578 runners). In Cambridgeshire at the Wimpole Estate, Alan Watt finished in 25-10 (130th out of 411 runners). In Wales at the Dolgellau Parkrun, Mark Blease finished in 28-03 (27th out of 46 runners). Down the road at Panshanger (Hertford), Louise Glanvill came in at 32-32 (237th out of 309 runners).

At the local Parkrun course at Fairlands Lakes, Stevenage, where 300 runners took part, the first strider home was Greg Bradbury who gained a new Parkrun PB of 23-07 finishing in 51st. Other results: Esperanza Castro: 24-43 (78th), Frances Levy: 24-56 (83rd), Clare Wing: 24-56 (84th), Anne Miller: 25-59 (108th), Steve Moore: 26-23 (119th), Tony Castro: 33-04 (244th) and Tracy Norris: 39-42 (287th).

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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.



Stevenage Striders Press Release – 14th May 2018

Milton Keynes

Davie Stafford and Clare Wing travelled to Warwickshire for the Shakespeare Marathon, their 5th marathon in the 2018 calendar year. Davie Stafford finished in 169th with a time of 03-54-22 whilst Clare came in 288th position with a time of 04-20-14. There were 486 runners.

Marlow 5

The Striders took on the five-mile course in Marlow, Buckinghamshire on Sunday. Steve Wells was first home for the reds in 31-45 finishing in 5th out of 1070 runners. Ben Parry: 38-31 (248th), Russell Andrews: 40-56 (393rd), Esperanza Castro: 41-30 (397th), Frances Levy 41-42 (415th), Molly Davis 42-30 (458th), Ian Levy 42-31 (460th), Peter Monk 42-22 (471st), Philip Deaves 43-17 (493rd), Steven Hawes 43-43 (559th), Holly Parry 48-42 (796th), Chris Leigh 48-43 (797th), Sue Leigh 48-43 (798th) and Chrissie Parry 49-47 (835th).

Hitchin 10km

Two striders took on the 10km course which started and finished in nearby Hitchin, taking on the beautiful Hertfordshire countryside south of the historic market town. Greg Bradbury, despite injury came in at 52-11, finishing 143rd out of 402 runners whilst Anne Miller came in with a time of 57-07 finishing 217th.

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. Alan Watt took on the Westmill course near Ware and finished in 25-12 (20th out of 52 runners). Tracy Norris was at Eastbourne and gained a course PB with a time of 38-05 (295th out of 308 runners) whilst Danik Bates walked the Aldenham course and came in 52-52 (137th out of 138 runners).

At the local Parkrun course at Fairlands Lakes, Stevenage, where 290 runners took part, the first strider home was Tony Castro in 28-32 (130th). Other results: Garry Wallace 29-12 (141st), Russell

Andrews 30-52 (172nd), Colin Fenwick 30-56 (175th), Sharon Franklin 31-13 (179th) and Sue Loughran (232nd).

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