



## Stevenage Striders Press Release – 25<sup>th</sup> November 2018

### Bass Belle 10

Over the rolling hills and just inside the Cambridgeshire border, a few Striders took on the Bass Belle 10-mile race which takes in the small villages of Bassingbourn, Litlington and Abington Piggots. Karl Hudson was first Strider home in 01-18-43 finishing 95<sup>th</sup> out of 369 runners whilst Charlotte and Sue Leigh finished in 02-15-24 (368<sup>th</sup>) and Sue in 02-15-25 (369<sup>th</sup>).

### Hatfield 5

Heading southwards now down the A1(M) to Hatfield, we also had runners taking on the five-mile course in Hatfield. Philip Deaves finished in 40-40 (273<sup>rd</sup>) whilst Esperanza Castro came in at 50-32 (537<sup>th</sup>) and Linda Howell in 50-34 (539<sup>th</sup>). There were 657 runners in the event.



### 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.

Bexley (SE London): Ken Marshall 26-58 (124<sup>th</sup> out of 373 runners).

Panshanger (Hertford): Mark Dunn 24-36 (77<sup>th</sup> out of 299 runners) and Sandra Richardson 29-05 (168<sup>th</sup>).

St Albans: New comers Darren and Louise March got their first parkrun results as Striders members. Darren finished in 22-58 (68<sup>th</sup> out of 390 runners) whilst Louise came in at 35-48 (360<sup>th</sup>).

**Stevenage: 237** runners took part in the two-lap course at Fairlands Valley lakes. Karl Sparks 22-00 (22<sup>nd</sup> & new Parkrun PB), Danik Bates 22-45 (33<sup>rd</sup>), Eillish Hislop 26-20 (86<sup>th</sup>), Tony Castro 29-55 (140<sup>th</sup>), Esperanza Castro 34-03 (190<sup>th</sup>), Paula Sparks 35-06 (202<sup>nd</sup> and a new Parkrun PB), Angela Fastenbauer 35-06 (203<sup>rd</sup>).

## **Stevenage 10km**

It has been announced that the Striders will host their first ever 10km race on 15<sup>th</sup> 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](mailto: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](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.