



Stevenage Striders Press Release – 7th October 2018

Victoria rewrites the club record books

Victoria McIver rewrote the club record books as she broke one of the female records and then in another twist, the club found out today she broke one back in May. On Sunday 7th October at Standalone Farm, Letchworth, she broke the 10km record with a time of 46-48. Back in May, she broke the marathon record at Edinburgh, Scotland with a time of 03-50-33.

Standalone 10km

The Striders were out in force on Sunday when they took on the 10km (6.2 mile) course in nearby Letchworth Garden City which started and finish at Standalone Farm. Tom Sclanders was first home for the Striders gaining a PB at the same time in 42-23 (131st), followed by Karl Hudson in 45-19 (241st), and Victoria McIver in 46-48 (287th). Other results: Danik Bates 47-45 (310th), Marc Hagland 50-21 (465th), Emma Sclanders 51-36 (474th), Russell Andrews 56-45 (745th), Mark Blease 57-08 (747th), Linda Howell 57-09(764th), Chris Leigh 01-04-00 (1027th), Hayley Stenning 01-04-01 (PB – 1028th), Jessica Wright 01-03-29 (1022nd), Tracy Norris 01-25-19 (PB – 1245th). There were 1248 runners in the race.

5k handicap series 2018

There were good running conditions on Wednesday evening when Stevenage Striders hosted their 6th and last handicap 5k race of the 2018 series. Runners took full advantage and posted strong finishing times. Under a handicap race each runner is given a target time and runners are started in reverse order of those times. The winner of the race is the runner who beats their target by the largest margin.

Chrissie Parry (30:02) won the race by beating her target by a massive 6 minutes 13 seconds. She was closely followed by Charlotte Leigh (37:22), Brenda Smith (32:24) and Jessica Wright (35:59). The quickest lady on the night was Vicky McIver in 22:15 and the quickest man James French (21:38).

In the overall series standings had been very tight throughout with positions chopping and changing race by race. Both Jessica Wright and Chrissie Parry finished with the same aggregate score but Jessica won on fourth race countback. Chrissie finished second. The third place winner was Brenda

Smith, closely followed by Charlotte Leigh and Tracy Norris. It was a complete ladies lock out! Tom Sclanders was the leading man. All the five ladies at the top of the leaderboard were graduates of the clubs zero to 5k training programme.

Chris Leigh, head coach of Stevenage Striders said 'it has been a really exciting race series in 2018. 58 different runners have taken part and it has been particularly pleasing to see our faster runners thrive as well as the many who have graduated from our successful Zero to 5k programme. Many of the runners competing had only completed their first 5k at the start of the year.'

Oxford Half-Marathon

Peter Monk headed to the famous university city of Oxford to take on the half marathon (13.1 miles – 21km) course. Peter finished in 1-55-12 which is also a personal best time.

Willow 5km

Rachel Hall completed the 5km (3.1 miles) course at Hatfield House. Rachel gained a new personal best by finishing the course in 38-32.

Nelson Knee Knobler Cannicross

Sue Loughran took on the 3.6-mile course at Sea Palling on the East Coast in 44:17

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.

Maidstone (Kent): Steve Wells finished 4th out 316 runners in 18-43.

Higginson Park (Marlow, Bucks), Danik Bates finished 42nd out of 203 runners in 23-42.

Mersea Island (Essex): Ken Marshall finished 40th out of 94 runners in 27-09.

Stevenage: 232 runners took part in the two-lap course at Fairlands Valley lakes. James Hunter 22-37 (26th), Frances Levy 26-29 (87th), Gary Wallace 28-57 (116th), Tony Castro 28-59 (117th), Sandra Shirley 28-59 (119th), Ally Brown 32-00 (155th), Caroline Longfellow 32-38 (162nd), Katie Mead 36-47 (201st), Paula Sparks 36-47 (202nd), Angela Fastenbauer 36-47 (203rd) and Rachel Hall 38-48 (214th).

Stevenage 10km

It has been announced that the Striders will host their first ever 10km race on September 2019. Full 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.