



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

### Striders have a county medal winner in Esperanza

**A few Striders were out in force in Hatfield for the latest round of the 5km series. The most noticeable result is** that Esperanza Castro has become the club's first ever County medallist! She came third in her age group. Well done Esperanza on this achievement by grabbing the bronze medal and gaining a place in the history books of the club.

Results: Steve Wells 18-47 (45<sup>th</sup>), Tom Sclanders 19-43 (76<sup>th</sup>), Karl Hudson 22-17 (116<sup>th</sup>), Emma Sclanders 23-24 (139<sup>th</sup>), Marc Hagland 23-44 (146<sup>th</sup>), Esperanza Castro 23-58 (152<sup>nd</sup>), Philip Deaves 25-20 (173<sup>rd</sup>).

### Great East Run

Mark Forsdyke took on the Great East Run in Ipswich, Suffolk on Sunday at half-marathon distance (13.1 miles – 21km). Mark finished the course in 02-00-52.

Give your town the run around.

Two striders took part in the 8km (around 5 miles) event in Hoddesdon, Herts on Sunday. Dave Mendonca did the course in 52-30 whilst Rachel Hall in 01-09-44.

### 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.

Castle Park (Bishop's Stotford): Steve Wells 19-05 (6<sup>th</sup> out of 348 runners).

Dunfermline (Scotland): Peter Monk 25-17 (60<sup>th</sup> out of 159 runners).

Gorleston Cliffs (Norfolk): Ken Marshall 26-48 (174<sup>th</sup> out of 360 runners).

**Stevenage: 281** runners took part in the two-lap course at Fairlands Valley lakes.

Steve Moore 24-50 (74<sup>th</sup>), Kealan Hislop 25-41 (91<sup>st</sup>), Russell Andrews 26-20 (107<sup>th</sup>), Tony Castro 27-12 (127<sup>th</sup>), Anne Miller 27-53 (139<sup>th</sup>), Richard Bates 27-53 (140<sup>th</sup>), Sandra Shirley 30-50 (170<sup>th</sup>), Garry Wallace 31-11 (174<sup>th</sup>), Louise Chancellor 31-14 (175<sup>th</sup>), Louise Glanvill 32-21 (187<sup>th</sup>), Hayley Stenning 33-26 (201<sup>st</sup>), Caroline Longfellow 35-25 (229<sup>th</sup>), Esperanza Castro 36-01 (236<sup>th</sup>), Suzanne Davidson 36-58 (243<sup>rd</sup>), Julie Kempson 38-11 (250<sup>th</sup>), Tracy Norris 39-08 (261<sup>st</sup>), Rachel Hall 57-00 (281<sup>st</sup>). There were Parkrun PB's for Tony Castro, Kealan Hislop, Suzanna Davidson and Steve Moore.

### **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.