

# Stevenage Striders - Press Report 21st January 2019

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## Finsbury Park 10km

Two striders took on the 10km (6.2 mile) course in Finsbury Park, London on Sunday. Alex Smith finished in 01-09-09 and Clare Bowen in 01-09-15.

## Parkruns

The 5km (3.1 mile) free-event for all takes place every Saturday morning at 9am. Here are the results of the Striders who were out in force.

### **Steve Wells grabs a new PARKRUN PB at Stevenage**

Steve Wells broke his all-time Parkrun 5km time on Saturday at Fairlands Valley Lakes by finishing in 18-40, finishing 3rd out of 401 runners.

**Stevenage:** Karl Sparks 21-44 (25th), Esperanza Castro 25-29 (100th), Robbie Blackham 25-31 (102nd), Steve Moore 28-08 (179th), Garry Wallace 31-11 (254th), Louise Chancellor 31-12 (255th), Tony Castro 31-34 (261st), Hayley Stenning 32-32 (278th), Sarah Goodyear 34-57 (325th - a new course PB) and Rachel Hall 01-03-40 (401st - tailwalker).

A big thank you to Chris Leigh, Rachel Hall, Chloe Marshall, Ken Marshall, James Marshall, Paula Sparks and Russell Andrews and all the other volunteers for making this event possible.

### **Cross-country fun continues...**

Danik Bates took on the one-lap off-road course at Wendover Woods which is also the highest point in the Chiltern Hills. First half of the route was all down hill into the valley but the remaining second half of the route was all steep uphill. This course is not for the faint-hearted and very good if anyone needs a good leg strengthening session. Danik finished in 24-27, finishing 27th out of 132 runners.

### **Other Parkrun results**

The March's were down in North London for the very fast course at Oak Hill between Barnet and Southgate. 348 runners took part and Darren March finished in 22-40 (51st) whilst Louise came in at 35-28 (306th). Tracy Norris was on the south coast at Eastbourne and finished the course in 42-50, finishing 394th out of 405 runners.

## 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>

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