

Stevenage Striders Press Release – 6th January 2019

On the trails at East Hanningfield

On Sunday Davie Stafford and Claire Wing took a trip to East Hanningfield near Chelmsford for their first marathon of 2019. This was a trail marathon off road where the participants follow a set of instructions to stay on the route. They ran together and finished in a personal best time for a trail marathon of 5 hours 6 minutes.



New Year's Day Parkrun special

The 5km (3.1 mile) free-event for all took place on Tuesday morning for the 'Double-Whammy New Year Parkrun' events, where if possible, runners had a chance not to do one course but to do two courses. Parkruns were starting at 9am and 10.30am. Here are the results of the Striders who were out in force.

Tracy Norris hits 100 park run

Yes, Strider's Tracy Norris hit the 100 milestone today and completed this at the local Fairlands Valley Lakes course in Stevenage. Tracy completed the course in 42-01 finishing 408th out of 441 runners. Well done Tracy. There was also a new Parkrun PB for Kirsten Jarvis.

Stevenage: 441 runners took part in the run. Oliver Garbas 20-16 (15th), Greg Bradbury 23-17 (60th), Jenny Ingram-Tedd 24-25 (84th), Esperanza Castro 25-11 (910th), Russell Andrews 26-05 (142nd), Clare Wing 26-10 (143th), Davie Stafford 26-11 (144th) - with a buggy, Richard Bates 27-11 (175th), Kirsten Jarvis 28-14 (203th), Tony Castro 28-25 (210th), Frances Levy 28-42 (216th), Ian Levy 28-43 (217th), Steve Moore 29-36 (239th), Garry Wallace 29-39 (241st), Linda Howell 31-11 (269th), Louise Chancellor 31-28 (276th), Paul Ingram-Tedd 31-37 (279th),

Brenda Smith 32-52 (309th), Ally Brown 33-52 (322nd), Angela Fastenbauer 35-01 (356th), Emma Tozer 41-29 (407th), Tracy Norris 42-01 (408th), Julie Kempson 42-04 (409th) and Phil Deaves 48-18 (432nd).

Striders Hit Bedford

There were two Parkruns in Bedford taking place (at different times of course) and four Striders descended on the town.

First up was one of the newer courses in the area, Great Denham, on the western side of town in a new built housing estate. A very flat two lap course with 50% tarmac, 50% hard mud (so because there has been no rain recently, the ground was great for running on). Ken Marshall and Danik Bates were the first Striders to take on the course. Danik Bates managed to grab his fastest Parkrun time since March 2018, finishing in 21-49 (31st out of 260 runners) and Ken Marshall in 25-13 (106th).

Later on across town at Bedford's County Park, there were four Striders who took on the very fast two and a half lap course, all on tarmac. Danik Bates couldn't match the pace fully from ninety minutes earlier but managed to grab a time of 22-47 (64th out of 497 runners). Chris Leigh grabbed on of his fastest 5km times for some time and finished in 26-24 (160th) and not far behind was Ken Marshall in 26-29 (162nd). Charlotte Leigh also got a Parkrun PB by finishing in 37-03, beating her time by 14 seconds and finishing 438th.

Steve Wells on form again at Panshanger

Panshanger (Hertford): There were 521 runners completing the one lap cross country course. Steve Wells finished in 19-04 (11th). Jenny Ingram-Tedd 24-31 (124th) - a course PB, Ally Brown 34-32 (427th), and Emma Tozer 39-11 (485th).

Striders in north london

Darren and Louise March returned from their 'Parkrun tour of Kent' over the Christmas period and were in North London to complete in two courses. First up was Grovelands in Southgate where 339 runners took part. Darren came in 23-57 (121st) and Louise in 35-17 (315th). Afterwards they completed the Oak Hill Parkrun in Barnet where 428 runners took part. Darren finished in 24-29 (121st) and Louise in 37-46 (401st).

Letchworth

Up the A1 at Letchworth, Ollie Garbas missed out on a course PB by two seconds by finishing 20-52 finishing 11th out of 167 runners.

Parkruns 5th January 2019

On Saturdays there were Striders running the 5Km ParkRun at a variety of locations.

Stevenage: There was another high turnout at Fairlands Valley Park with 408 runners taking part. First Strider home and 6th overall was Tom SCLANDERS in a pb of 19:37. Karl SPARKS followed in 29th in a pb of 21:56. The rest of the Striders finishing were:

63rd Darren MARCH 23:45, 95th Esperanza CASTRO 25:22, 121st Robbie BLACKHAM 26:50, 130th Russ ANDREWS 27:15, 198th Tony CASTRO 29:19,

209th Steve MOORE 30:01, 210th Mark BLEASE 30:02, 214th Garry WALLACE 30:15, 216th Linda HOWELL 30:20, 223rd Louise CHANCELLOR 30:36, 233rd Sandra RICHARDSON 31:00, 250th Ally BROWN 31:38, 351st Emma TOZER 36:56, 368th Julie KEMPSON 37:52, 375th Louise MARCH 38:52

Poole: Steve WELLS was one of 821 runners taking part. Steve had a very strong run clocking a ParkRun pb of 18:20 and finishing 12th overall.

Winchester: Ollie GARBAS travelled to Winchester and finished 34th out of 448 runners in a time of 20:16.

Stevenage 10km

Stevenage Striders are hosting their first ever 10km race on 15th September 2019.

Further details of the event and entries can be found at:

<https://www.racesonline.uk/race-entry/stevenage10k/>