



Stevenage Striders Press Release – 8th May 2018

Milton Keynes

The first weekend in May is one of the biggest running event weekends in the British calendar as runners from every point of the UK and beyond descend to Milton Keynes for a variety of races at all sort of distances, to which a few Striders took part. In the Marathon event, James Palmer finished in 04-39-15, crossing the line in 918th place (out of 2028 runners).



James Palmer

In the half marathon: Frances Levy 2-17-28, Ian Levy 2-21-33, Peter Monk 02-23-56, David Sartain 2-35-04 and on the day before the main races, Peter Monk took part in the 'Rocket' 5km event finishing in 24-26.



Peter Monk

Stevenage Striders 5km handicap series round one

Last Tuesday (1st May), the 5km handicap series kicked off on Gunnels Wood Road, Stevenage with an amazing 39 runners turning out. In the handicap event, Linda Howell takes the lead into round two in June with Sharon Franklin and Tony Castro not too far behind. Regarding the fastest runners on the night, Ollie Garbas gained a personal best time on his Striders debut crossing the line in 18-39 with Steve Wells in 19-16 (2nd) and Tom Sclanders in 20-31 (3rd).

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. First off on the road and all the way down in Devon at the Exmouth course, Steve Wells finished in 19-02 (7th out of 378 runners). At Black Park near Slough, Danik Bates finished in 23-46 (98th out of 732 runners). Whilst the marathon weekend was taking place in Milton Keynes, two striders check out the parkrun course around Willem Lake. Esperanza Castro in 26-52 (170th out of

581 runners) and Phil Deaves in 27-55 (223rd). In Sittingbourne, Kent, Ken Marshall continues his comeback with a time of 27-06 (61st out of 212 runners) whilst Louise Glanvill took on Panshanger (Hertford) and came in at 32-32 (259th out of 259 runners) and finally Helen Harris was at Medina Parkrun on the Isle of Wight, finishing in 44-00 (299 out of 307 runners).



Esperanza Castro

At the local Parkrun course at Fairlands Lakes, Stevenage, where 272 runners took part, the first strider home was Tony Castro in 29-48 (145th). Other results: Mark Blease 30-00 (149th), Russell Andrews 32-22 (181st), Colin Fenwick 32-23 (182nd), Julie Kempson 37-42 (230th).

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 www.stevenage-striders.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.