



## Stevenage Striders Press Release – 10<sup>th</sup> December 2017

**With all the heavy wintry weather at the weekend, there is only Parkrun's to report on.**

The weekly dose of Parkruns had a few Striders out in force. Parkrun is a free 5km (3.2mile) run for every one of all abilities which are hosted around the country at 9am every Saturday. Check the Parkrun website to find out the nearest course to you.



**Danik Bates took on the Crissy Fields parkrun course underneath the world's famous Golden Gate Bridge and views of Alcatraz prison in San Francisco, USA. Danik finished 21<sup>st</sup> out of 107 runners in a time of 22-13.**

Back home, Davie Stafford was first strider home in the Stevenage Parkrun, finishing in 20-36 (13<sup>th</sup> out of 173 runners), whilst Clare Wing came in at 24-06 (39<sup>th</sup>) whilst Tracy Norris came in at 55-06 (169<sup>th</sup>). Down the A1(M) Becki Brunetti did the St Albans Parkrun finishing in 29-41 (206<sup>th</sup> out of 284 runners).

### **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 [www.stevenage-striders.org.uk](http://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](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.