



Stevenage Striders Press Release – Monday 20th February 2017

Bates in Kentish half-marathon action whilst the Striders take on the Bramley 10 in Hampshire

Bramley 10 mile

Several Striders took on the 10 mile race in Bramley (near Basingstoke, Hampshire) on Sunday. There were personal bests for Daniel Sanders, Marc Hagland and Robbie Blackham. Results in full: Dan Sanders 01-14-01, Karl Hudson 01-14-34, Marc Hagland 01-23-29, Chris Leigh 01-26-24, Robbie Blackham 01-26-27, Lisa Liversidge 01-30-48, Sue Loughran 01-41-26, Sue Leigh 01-43-17 and Lorraine Wyatt 01-51-25. In the 20 mile event Jonny Nicholls was on form and completed the course in 02-35-09



Danik Bates travelled to Royal Tunbridge Wells for the half-marathon. Coming back from injury and regaining fitness, Danik completed the 13.1 mile (21km) course around the beautiful Kentish countryside in 01-56-06 but had hamstring problems again at mile 6.

Davie Stafford took part in the Test Track 10 mile event In Basildon, Essex and finished 21st in 1:06.54.

Parkrun Report

The weekly dose of Parkruns had a few Striders out in force. Parkrun is a free 5km (3.2mile) run for everyone 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.

At the local course at Fairlands Valley Lakes, Stevenage saw 229 runners take on the two lap course. First home for the Striders was Ian Levy who gained a new Parkrun PB by coming in at 24-33 (54th). Other results – Russell Andrews in 24-40 (57th), Ken Marshall in 25-12 (65th), Frances Levy in 25-57 (77th), Molly Davis in 26-24 (83rd), Steve Moore in 26-33 (87th), Dave Sartain in 26-44 (89th and gained a new Parkrun PB), Kelly Baston in 27-52 (102nd), and Andrew Wilde in 34-29 (185th).

Danik Bates tour of different parkrun courses around the world continued this week with a trip to Northlands Park in Basildon, Essex. Danik finished the three-lap course in 23-24 (26th out of 161 runners), gaining his fastest 5km parkrun time since October 2016.

At St Albans, Becki Brunetti finished the three laps of the lake next to the cathedral in 30-23, finishing 297th out of 419 runners.

Midweek League

Stevenage Striders are now preparing for their first season in the new look midweek league this summer, five 10km (6 mile) events against other teams in Hertfordshire, Essex and north-east London which will include the likes of Fairlands Valley Spartans (Stevenage), Hitchin and North Herts Road Runners (Letchworth). If you are a member of the Striders, then please do turn up and support the club to get a result in the new Division Three. Full details of our fixtures can be found on our website www.stevenage-striders.org.uk

Club Programmes

The Stevenage Striders award winning Zero to 5km training for beginners will commence on Wednesday 11th January 2017 for ten weeks. The programme will meet and finish in Shephalbury Park just off Broadhall Way at 19:15.

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.