



## **Stevenage Striders Press Release – Monday 27<sup>th</sup> February 2017**

### **Nicholls takes on the Beast**

#### **Baldock Beast Half Marathon**

Jonny Nicholls took on the Baldock Beast Half Marathon which the 13.1 mile course takes on many hills and beautiful villages of Wallington and Sandon. Jonny came in 50<sup>th</sup> place out of 382 runners in a time of 01-36-41.

#### **Parkrun Report**

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.

At the local course at Fairlands Valley Lakes, Stevenage saw 261 runners take on the two lap course. First home for the Striders was Ben Parry in 22-03 (30<sup>th</sup>) then Ian Levy who gained at Parkrun PB in 23-47 (57<sup>th</sup>). Other results: Russell Andrews 24:33 (73<sup>rd</sup>), Ken Marshall 25:50 (76<sup>th</sup>), Frances Levy 25-21 (82<sup>nd</sup>), Molly Davis 26-35 (100<sup>th</sup>), Kelly Baston 27-02 (106<sup>th</sup>), Dave Sartain 27-57 (119<sup>th</sup>), Richard Bates 29-16 (149<sup>th</sup>), Andrew Wilde 32-49 (194<sup>th</sup>)



*Striders at the Stevenage Parkrun*

Danik Bates tour of different parkrun courses around the world continued this week with a trip to Central Park. Not the one in New York, USA but the one in Dartford, Kent. Danik finished the two and a half-lap course in 24:48 (41<sup>st</sup> out of 196 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](http://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](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.