



Stevenage Striders Press Release – Monday 30th January 2017

Wells, Bates, Marshall & Brunetti on the road

Parkrun Report

A couple of Striders hit the road for this week's round of Parkrun. Ken Marshall travelled north to Bedford which is one of the fastest courses in the local area and completed the two and a half lap circuit in 25-20, finishing 120th out of 387 runners.

Danik Bates travelled to Roding Valley near Chigwell (Essex) to test out one of the newer courses, this being their third week. Despite a hamstring injury, Danik knocked forty-four seconds off this time from the previous weekend when he did a parkrun in Australia and came in 23-32 finishing 21st out of 130 runners.

Steve Wells grabbed a new course PB at Panshanger Park in Hertford, finishing in 20-12 (14th out of 276 runners) whilst Becki Brunetti travelled to St Albans and finished in 29-37 (274th out of 426 runners).

At the local parkrun for the 5km weekly event hosted every Saturday at 9am (and is opened to everyone), a few Striders took on the two lap course at Fairlands Valley Lakes in Stevenage. Ben Parry was first home finishing in 22-13 (29th out of 224 runners). Gaining new course PBs were Russell Andrews (60th) in 24-31, Peter Monk (73rd) in 25-21 and Dave Sartain (120th) in 28-54. Sue Loughran was first in her age category (VW45-49) coming in at 26-24 (84th place overall). Other Striders to finish the course were Julie Kempson (193rd) in 34-29 and Andrew Wilde (217th) in 42-10.

Comet Sports Awards – Friday 27th January

Head coach Chris Leigh was nominated for the 'coach of the year' but just missed out, beaten by Brian Bailey from North Herts Road Runners.

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.