



Stevenage Striders Press Release – Sunday 12th March 2017

Long distance action for the Striders

North London Half Marathon

Four Striders took on the North London half marathon on Sunday which started and finished at the National Stadium, Wembley. Jonny Nicholls was first home for the reds in 01-33-51 coming in 328th out of 5782 runners and Jo Holmes who completed her first ever half marathon came in 5699th 02-58-34 Other results: Ian Levy (3449th) 01-58-48, Frances Levy (3629th) 02-01-20

Silverstone Half Marathon

At the home of British Formula One racing, 6690 runners took part in the Silverstone Half Marathon in Northamptonshire. Three Striders took part in this race and first home was Karl Hudson in 01-47-00 (1410th) then Sam Cayton 01-48-27 (1566th) and Marc Hagland 01-57-33 (2619th)

Surrey Half Marathon

Down in Woking, Danik Bates took part in the Surrey Half Marathon. Completing the scenic route and finishing next to Woking's Kingfield Stadium (not quite Wembley), Danik finished in 01-50-09 positioning 1365 out of 3669 runners.

Running Miles Marathon event

At Dorney Lake in Berkshire, two Striders took on the 10 lap course to complete the marathon distance of 26.2 miles. John Wilden in 05-24-21 and Liz Small in 06-19-42 which means she has ticked off 93 marathons and is close to doing 100.

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.

Steve Wells took on the Peterborough Parkrun and came in 13th place with a time of 19-11 gaining a course PB at the same time.

At the local course at Fairlands Valley Lakes, Stevenage saw 277 runners take on the two lap course. First home for the Striders was Davie Stafford in 19-13 (6th), then Alan Watt 24-26 (61st), Russel Andrews 25-13 (75th), Danik Bates 26-18 (92nd and pushing a buggy with Amelie Bates making her first appearance in it), Dave Sartain 28-44 (139th), Sue Loughran 30-28 (169th but no appearance with her trusty dog Shylo this week) and Chloe Marshall in 36-11 (240th).

St Albans Parkrun: Becki Brunetti in 29-56 (324 out of 466 runners)

Panshanger Parkun (Hertford): Ben Parry in 21-48 (21st out of 292 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.