



## **Stevenage Striders Press Release – Monday 20<sup>th</sup> March 2017**

### **Striders in Welwyn and Reading action**

#### **Reading Half Marathon**

Peter Monk and Liz Small took on the Reading Half Marathon (13.1 miles/21km) on Sunday which starts near the football stadium, goes through the centre where crowds of people line the route before the crossing the line inside the football stadium. 9720 runners took part and Monk came in 5261 place finishing in 02-03-08. Small came in 02-43-56 finishing 9106<sup>th</sup>.

#### **Welwyn Garden City Half Marathon**

Down the A1 a few Striders took on the half marathon at Welwyn Garden City which starts and finishes at Gosling Sports Stadium, goes through the suburbs and takes on the beautiful rolling hills of the East Hertfordshire countryside towards Hertford and back. 613 runners took part and Clare Bowen took part in her very first half marathon finishing 02-41-46 (594<sup>th</sup>). Davie Stafford was first home for the reds coming in 01-28-56 (56<sup>th</sup>) and Darren Gilbert finished in 02-03-25 (406<sup>th</sup>).

#### **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 Fairlands Valley Lakes, home of the Stevenage Parkrun, a lot of Striders were out in force as the Parkrun was the final part of the 0 to 5km course which has been taking part the last few months to get people who do not run to complete a 5km course by week 10. With the aid of fellow Striders running with them, a lot of fun with determined faces was to be had. 228 runners took part in this course, here are the full Strider results:

Steve Wells – 7<sup>th</sup> - 19:26 (new course PB)

Ben Parry – 16<sup>th</sup> - 21:32 (new course PB)

Davie Stafford – 17<sup>th</sup> - 21-34

Alan Watt – 37<sup>th</sup> - 23-49 (new course PB)

Phil Deaves – 64<sup>th</sup> - 25-39 (new course PB)

Molly Davis – 70<sup>th</sup> - 26-07

Emma Cole – 73<sup>rd</sup> - 26-15 (new course PB)

Esperanza Castro – 76<sup>th</sup> - 26-24 (new course PB)

Richard Bates – 93<sup>rd</sup> - 27-31 (new Parkrun pb)

Russell Andrews – 98<sup>th</sup> - 27-46

Ken Marshall – 102<sup>nd</sup> - 28-07

James Marshall – 184<sup>th</sup> - 33-56

Chrissie Parry – 196<sup>th</sup> - 35-46 (First timer)

Sue Leigh – 197<sup>th</sup> - 35-46

Chris Leigh – 198<sup>th</sup> - 35-51

Amy Rawlings – 204<sup>th</sup> - 36-43 (First timer)

Sandra Howes – 205<sup>th</sup> - 36-59

Chloe Marshall – 215<sup>th</sup> - 37-59

At Lullingstone Country Park near Eynsford, Kent, Danik took part in the two lap very hilly cross country course in the grounds of the Lullingstone Castle where the rules of lawn tennis was first drawn up and riverside walks along the River Darent are to be had. With 44 runners taking part, Danik (who just recovered from a bout of flu), jogged around the course in 26-21 finishing 14<sup>th</sup>.

At the home of where it all began for Parkrun at Bushy, South-West London, Andrew Wilde finished in 31-06, coming in 842<sup>nd</sup> out of 1127 runners. Down the A1 at St Albans, Becki Brunetti finished the three lap course around the lake in 30-02 coming in 289<sup>th</sup> out of 460 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)

### **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.