



Stevenage Striders Press Release – Monday 6th March 2017

Blackham and Saunders take on Milton Keynes

Milton Keynes Half Marathon

Robbie Blackham and Daniel Sanders took part in the half marathon event at the Milton Keynes festival of running on Sunday. With 1287 runners taking part, Sanders was first home for the Striders coming in 250th with a time of 01-44-47 whilst Blackham came in 616th with a time of 02-01-26

Mill Hill Marathon Event

Danik Bates took part in the four lap cross-country course in Mill Hill, north London on Sunday, entering the marathon event. With ground conditions not ideal (falling into a stream and tripping over a tree stump didn't help), a lot of runners were pulling out after the first lap, Danik also decided to pull out on safety grounds and instead of gaining a marathon time, obtained a 10km (6 mile) result instead and finished in 01-09-15.

The Nelson Knee-Knobbler

Sue Loughran took on the 10km event which is competed on sand at Holkham Beach, Norfolk. 01-04-57

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.

Panshanger Parkrun (Hertford): Steve Wells gained a top ten finish by finishing 9th in 20-00.

Stevenage: Ben Parry (16th) 21-50, Ken Marshall (39th) 24-51, Peter Monk (44th) 25-02, Louise Glanvill (134th) 31-48, Julie Kempson (184th) 36-26, Chloe Marshall (191st) 38-06.

Canterbury Parkrun: Becki Brunetti (84th) 32-00.

Bexley Parkrun: Danik Bates (71st) 24-43

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.