



Stevenage Striders Press Release – Easter Weekend - April 2018

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.

We start off with the Striders on the road on this Easter Weekend. Steve Wells just managed to get a sub-20-minute time on the south coast at Bournemouth finishing 19-59, coming 8th out of 382 runners. Down the road at Cassiobury (Watford), Danik Bates got his fastest Parkrun time since December 2015 by coming in at 21-36 (34th out of 361 runners) and also gained a course PB, by beating his previous time here by three minutes and twenty-four seconds. Up the A1 in Doncaster, Emma Sclanders came in at 24-06 (29th out of 151 runners) and was 3rd female to finish. Back to the south coast at the other end of Dorset and two striders took on the Weymouth course. Phil Deaves came in at 25-33 (133rd out of 449 runners) and Esperanza Castro in 26-28 (156th). Still on the south coast but in the other direction, Anne Miller took on the Bognor Regis course and finished in 27-07 (109th out of 343 runners). Finally, on the Essex coastline at Clacton-on-Sea, Ken Marshall still coming back from injury finished the course on the seafront in 29-10 (65th out of 123 runners).

Back home at Fairlands Lakes, Stevenage, home to the Stevenage Parkrun, the Striders were out in force again. Here are the times of all the striders taken part in the run where 247 runners took part.

Frances Levy 26-13 (68th), Russell Andrews 27-32 (98th), Steve Moore 28-30 (114th), Harrison Lovelock 29-40 (139th), Tony Castro 30-36 (153rd), Sharon Franklin 32-18 (169th), Colin Fenwick 36-17 (209th) and Tracy Norris 49-29 (244th).

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.

Danik Bates

Stevenage Striders Press Officer.