



Stevenage Striders Press Release – 29th April 2018

This week's dose of Parkruns.

The 5km (3.1 mile) free-event for all took place on Saturday morning and a few Striders were out in force. First off on the road, Steve Wells was at Panshanger in Hertford where he finished in 19-43 (7th out of 257 runners). Up north at Albert Park, Middlesbrough, Emma Sclanders finished in 23-47 (67th out of 312 runners). At Aldenham near Watford, Danik Bates finished in 27-05 (42nd out of 141 runners) whilst Ken Marshall was on the east coast at Mersea Island in Essex and came in 27-41 (49th out of 117 runners).



At the local Parkrun course at Fairlands Lakes, Stevenage, where 265 runners took part, the first strider home was Ben Parry in 23-06 (47th), which was his 50th overall Parkrun done (go and get that red t-shirt!). Other results: Frances Levy 25-55 (97th), Richard Bates 26-51 (117th), Sarah Allen 29-27 (161st), Kirsten Jarvis 32-43 (207th), Jessica Wright (making her Parkrun debut) in 38-57 (248th), Tracy Norris 39-17 (250th), Tony Castro 39-21 (251st), Esperanza Castro 39-36 (254th).

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.

Photos: Peter Monk and Daniel Sanders at Southampton Half Marathon, Paul Marshall and the Longhorn Finisher's medal, Danik Bates at Aylesbury Parkrun