



Stevenage Striders Press Release – 22nd January 2018



Farnborough Half Marathon: Emma Sclanders took on the half marathon (13.1 miles – 21km) course around the home of British aviation, Farnborough in Hampshire. Starting and finishing near the hanger, Emma recorded a time of 01-45-20, finishing 480th out of 1608 runners. This a new PB for Emma of around twenty-seven minutes from her previous best.

Essendon 10KM: Danik Bates completed the two-lap circuit around Essendon Golf Club near Hatfield and completed the 10km (6.2 mile) race in 49-38, coming in 16th out of 128 runners in very cold and snowy conditions.

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.

Stevenage: 279 runners took part on the two-lap course around Fairlands Valley Lakes on Saturday. Steve Wells was first home in 20-19 (11th) followed by Tom Sclanders in 21-38 (22nd). Davie Stafford was third Strider home as he ran with a buggy to finish in 21-49 (23rd). Clare Wing was second female to finish the event overall in 23-59 (48th) and Kelly Jackson was third female to finish the event overall in 25-02 (60th). Other results: Russell Andrews 26-02 (84th), Frances Levy 28-25 (130th), Garry Wallace 30-42 (168th), Louise Chancellor 30-44 (171st), Louise Glanvill 33-35 (219th) and Tracy Norris 56-11 (278th).

Heartwood Forest: Danik Bates completed the two-lap, hilly cross-country course in Sandridge, north of St Albans in 26-17, finishing 32nd out of 96 runners. This will also be the last time Heartwood Forest will host an event until the Spring due to the land being damaged. This will give the chance for the land to recover and let the grass recovered. Please check their Facebook page for news when this event will return.

Zero to 5km training starts this January

On 16th January saw the start of the zero to 5km group which saw forty people turn up. This course runs every week for ten weeks, which is free to beginners and will be held in Shephalbury Park. The second course will be held on Tuesday 23rd January. Any enquires please contact Chris Leigh via the website (details below).

Membership

Membership for 2018 The club committee are pleased to announce that membership for 2018 will be free again! For current members to renew, we will require a renewal membership form to be completed. The good news is this can be done in line this year. The membership year runs from 1/3/2018 to 28/2/2019. Renewals need to be made by 31/3/2018 at the very latest (we are giving existing members a months grace). If members do not renew by 31/3/2018 then regretfully we will assume they do not want to rejoin the club and their membership will lapse. They will no longer be able to attend our free training sessions and will be removed from the club's members only Facebook page. Please get your renewal completed by going to the club's website and clicking on the link/post. Here it is: <http://www.stevenage-striders.org.uk/membership-renewal-201819/>

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.