



## Stevenage Striders Press Release – 18<sup>th</sup> March 2018

### Hampton Court Half-Marathon

Two striders took part in the Hampton Court half-marathon on Sunday in South-West London where 3092 runners took part. Phil Deaves came in 1623<sup>rd</sup> with a time of 02-07-58 whilst Esperanza Castro came in 2128<sup>st</sup> and finished in a time of 02-17-43.

### 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.

On the road, Steve Wells came 3<sup>rd</sup> at the Letchworth parkrun (out of 81 runners) with a time of 21-12 whilst Danik Bates came 69<sup>th</sup> out of 224 runners at the Cassiobury Parkrun course in Watford with a time of 25-00. At Fairlands Lakes, Stevenage, three striders took on the two-lap course with 149 runners taking part. First home was Frances Levy in 26-07 whilst Anne Miller came in 27-50 (83<sup>rd</sup>) and Helen Harris in 48-53 (149<sup>th</sup>).

### 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 month's 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](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.

Danik Bates

Stevenage Striders Press Officer.