



## Stevenage Striders Press Release – 24<sup>th</sup> March 2019

### London Landmarks Half-Marathon

The second biggest half-marathon in the British capital took place on Sunday. Greg Bradbury managed to get a personal best time at the 21km distance and finished in 01-50-12. Men's captain Daniel Sanders finished in 01-40-00 and Carly Wright in 02-30-12.

### Lea Valley Running Festival

Down the A10 a few Striders took on the half-marathon course and the 10km course. In the half-marathon event, Glenn Cuzner finished in 01-36-28 (53<sup>rd</sup> place) and Stuart Cuzner in 01-49-28 (178<sup>th</sup>). Sue Loughran also completed the course and finished in 02-33-58 (500<sup>th</sup>). There were 550 runners in total in the 13.1-mile (21km) event.



In the 10km Charlotte Leigh finished in 01-20-26 and Rachel Hall in 01-30-30

### 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.

**Stevenage:** 396 runners took part in the two-lap course at Fairlands Valley lakes. This week saw some of the runners graduate from the latest 0 to 5km course which the club holds throughout the year where people who haven't run before, come and join us and the club will have the new runners running 5km by the end of the course. Brendon Kelly 20-14 (18<sup>th</sup>), Danik Bates 21-36 (34<sup>th</sup> - Course PB), Karl Sparks 22-25 (51<sup>st</sup>), Liezel Bezuidenhout 25-08 (109<sup>th</sup>), James Williams 25-56 (134<sup>th</sup>) - first Parkrun, Sarah Allen 27-02 (157<sup>th</sup>) - new course PB, Peter Kelly 27-41 (165<sup>th</sup>), Gill Philpotts 29-43 (214<sup>th</sup>), Ally Brown 30-42 (230<sup>th</sup>),

Tony Castro 31-47 (247<sup>th</sup>), Sharon Williams 32-01 (253<sup>rd</sup>), Deirdre Hawes 32-49 (271<sup>st</sup>), Esperanza Castro 32-49 (272<sup>nd</sup>), Colin Fenwick 34-33 (295<sup>th</sup>), Russell Andrews 34-34 (296<sup>th</sup>), Penny Fanthrope 38-26 (347<sup>th</sup>) - first Parkrun, Phil Deaves 38-27 (348<sup>th</sup>), Tracy Norris 44-57 (381<sup>st</sup>).

Away results:

Dunfermline: Jennifer Graham 36-02 (165<sup>th</sup> out of 187 runners).

Hartlepool: Alan Watt 23-08 (42<sup>nd</sup> out of 139 runners).

Great Lines (Chatham, Kent): Darren March 21-47 (21<sup>st</sup> out of 420 runners) and Louise March 34-05 (285<sup>th</sup>).

### **Stevenage 10km**

The Stevenage Striders will host the Stevenage 10km race on 15th September 2019. This is the first 10K race run in Stevenage that has been open to all members of the public for over 30 years. Further details of the event can be seen at [www.stevenagestridersrc.org.uk/stevenage-10k-15-9-2019/](http://www.stevenagestridersrc.org.uk/stevenage-10k-15-9-2019/). All finishers receive a medal and technical t shirt. Entries for the race can be made at <https://www.racesonline.uk/race-entry/stevenage10k/index.php?id=1> or via [www.stevenagestridersrc.org.uk](http://www.stevenagestridersrc.org.uk)

### **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 <http://stevenagestridersrc.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.