



Stevenage Striders Press Release – 31st March 2019

Running Grand Prix

A variety of events were taking place at the Bedford Autodrome on Sunday from Marathon, Half-Marathon, twenty-mile distances to name a few and a few Striders took the short journey into Bedfordshire, to race around a car racing track (and did a few laps in the process). Starting off with the 20-mile (32km) event, Peter Monk was in his final preparations for the London Marathon at the end of April and finished the course in 03-20-24, finishing 84th out of 174 runners. Also running was Alex Smith who finished in 04-00-01 (151st position).

In the half-marathon event, Sue Loughran: 02-41-22 (152nd out of 164 runners).

In the 10km (6.2 mile) event, Clare Bowen: 01-09-35 (251st out of 319 runners).

Daffodil Dawdle

Davie Stafford, Clare Wing, Sue Leigh and Chris Leigh took a break from Mother's Day to take on the Daffodil Dawdle off road marathon. With this type of run, the runner has to negotiate the course using a series of instructions only. The course started in Stradbroke near Ipswich and took in the villages of Weybread, Brockdish, Hoxne, Denham and Horham over beautiful countryside.



This was Chris's 51st marathon and Sue's 31st. The pair finished in 6hrs 7mins 53 secs, a full 34 minutes quicker than last year. Davie and Clare finished together also in 04-52-25.

Thetford Night Run

Sue Loughran was also in race action on Friday night in Thetford, Norfolk as she did the 10km course there. Sue finished in 01-14-00.

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: 353 runners took part in the two-lap course at Fairlands Valley lakes. Brendon Kelly 20-42 (9th), Stuart Cuzner 22-28 (26th), Alan Watt 23-45 (48th), Liezel Buzuidenhout 25-08 (82nd), Anne Miller 26-41 (124th), Vicky Walker-Nolan 26-58 (131st), Peter Kelly 27-53 (146th), Tony Castro 29-16 (188th), Jennifer Graham 36-53 (289th), Julie Kempson 37-56 (300th), Paras Shah 38-56 (308th).

Away results:

Millennium Country (Beds): Daniel Bates 21-10 (24th out of 179), Ken Marshall 25-29 (67th).

Rutland Water (Rutland): Darren March 21-38 (45th out of 417 runners), Louise March 33-34 (317th).

Westmill (Ware, Herts): 22-45 (5th out of 74 runners).

Watermeadows (Towcester): Ian McClements: 30-35 (74th out of 107 runners).

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/ . 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

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 <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 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.