



Stevenage Striders Press Release – 15th May 2017

Midweek League – Fixture 01

The conditions were very hot and humid in Wednesday night for the second race in the four race series. The race took part on a two lap route around the Fairlands valley grounds.

A total of 35 Stevenage Striders took part in the race. First home in a time of 39:55 was Steve Wells, third in his age category. He was followed by Davie Stafford (40:49) and Jonny Nicholls (41:08). There was very little separating the next group of men as they followed each other in – James Hunter (44:43), Mark Dunn (44:47), Martin Brooks (44:53).

The first lady home was Vicky McIver (50:01). Following her in was Fran Levy in 51:19. Fran was also first in her age category and has maintained that status over the two race series so far. Rose Jennings followed closely (51:35) with Lisa Liversidge (52:11) and Tracy Bullot (52:48) also chasing them down.

The other Striders times were as follows:

Gary Jaques 45:58

Sam Cayton 46:29

Ben Parry 46:59

James French 48:06

Darren Gilbert 48:45

Paul Brown 48:55

Alan Watt 49:43

Liam Kelly 50:47

Robbie Blackham 50:55

James Marshall 51:06

Ian Levy 51:06

Paul Marshall 53:11

Sarah Cousins 54:11

Russ Andrews 54:37

Marc Hagland 55:01

Eilish Hislop 57:27

Dave Sartain 59:02

Robin Hester 59:48

Ken Marshall 60:44

Sandra Howes 60:58

Katy Baker 63:09

Sue Loughran 63:11

Nicola McGuigan 65:38

Liz Small 70:08

On the night the men's team finished third and the ladies were equal second. After two races the club are second overall in their division, in a promotion position. The ladies are in first position both in the open and veteran sections.

The next race in the series is on 14 June 2017 in Hitchin.

Hatfield Broad Oak 10km

Down the A1 near Bishop's Stortford, Martin Brooks finished the course in 44-43, finishing 172nd out of 1222 runners. Sue Loughran also took part finishing in 01-05-24

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 Parkrun:

273 runners took on the two lap course in Fairlands Valley Park on Saturday and first to cross the line was Mark Dunn who finished in 21-14 (17th). Other Striders who took part were: Sarah Cousins 26-24 (80th), Clare Moore 27-06 (92nd), Davie Stafford 27-07 (93rd), Anne Miller 29-11 (127th), Caroline Longfellow 34-16 (209th), Julie Kempson 35-25 (220th) and Tracy Norris 40-58 (257th)

Ellensbrook Fields (Hatfield): Steve Wells finished 3rd out of 163 runners in 18-49

Panshanger Park (Hertford): Ben Parry finished 22nd out of 311 runners in 21-38

Up in the North West, Becki Brunetti took part in the Warrington Parkrun, finishing 219th out 373 runners in 30-58

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.



Stevenage Striders Press Release – 4th June 2017

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 Parkrun:

306 runners took on the two lap course in Fairlands Valley Park on Saturday and first to cross the line was Steve Wells who gained a course personal best by finishing 4th in 19-20. Other runners were: Darren Gilbert 23-32 (58th), Emma Cole 24-23 (73rd), Ian Levy 24-48 (80th), Frances Levy 25-13 (87th), Kirsty Brooks 31-24 (193rd), Caroline Longfellow 34-19 (244th), Julie Kempson 34-20 (245th), Tracy Norris 41-41 (291st) and Lynsey Rouse 47-23 (306th).

Around the courses:

Down the A1(M), Becki Brunetti finished 318th out of 477 runners in St Albans whilst Danik Bates took on the one lap course around Harrow Lodge Park in Hornchurch, Essex finishing 38th out of 113 runners in 25-25. Further field Paul Marshall completed the Rother Valley parkrun in South Yorkshire in 25-07 finishing 94th out of 277 runners. On the South Coast in Bognor Regis, Anne Miller finished their parkrun in 28-25 (106th out of 284 runners) and last of all, Fritton Lake Parkrun in North Suffolk saw Steve Moore finishing 77th out of 123 runners in 29-07.

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.



Stevenage Striders Press Release – 11th June 2017

Stevenage Striders 5km handicap series – round two

On Tuesday (6th June) evening thirteen Striders took part in the second round of the club 5k handicap race series. The 5k is held on a flat, fast 5k out and back route on Gunnels Wood Road. Under the handicap system each runner is given a target time based on their form and the winner of the race is the runner who beats their target by the largest margin.

Full results: (in order of positioning for the handicap series): Clare Wing 24:57 (1st), Davie Stafford 20-08 (2nd), Anne Miller 27-36 (3rd), Gary Jaques 21-12 (4th), Alex Smith 28-00 (5th), Paul Marshall 24-33 (6th), Ben Parry 21-28 (7th), Molly Davis 25-09 (8th), James Hunter 21-28 (9th), Tracy Bullock 24-10 (10th), Nicola McGuigan 30-28 (11th), Russell Andrews 24-37 (12th) and Marc Hagland 24-19 (13th)

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 Parkrun:

255 runners took on the two lap course in Fairlands Valley Park on Saturday and first to cross the line was Jonny Nicholls who gained a course PB by coming in at 18-55 (4th). Other striders: Darren Gilbert 23-53 (43rd), Frances Levy 24-51 (53rd), Steve Moore 26-59 (93rd) and Tracy Norris 42-09 (247th)

Down the A1(M), Becki Brunetti finished 29-25 coming in 237th out of 405 runners in St Albans.

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.