



## Stevenage Striders Press Release – 18<sup>th</sup> June 2017

### Midweek League Fixture 3

The third round of the Midweek League fixture took place on Wednesday 14<sup>th</sup> June in Preston, Herts in very hot conditions. The 10km (6 mile) course took in the villages of Ley Green and Kings Walden and was quite tough for the Striders tackling the rolling Hertfordshire hills. After the race, Stevenage Striders sit pretty in second place and are now looking for promotion in the final fixture which will be in Stevenage on 28<sup>th</sup> June. Leading the charge for the Reds was Steve Wells (first for the mens team in 40-54) and Victoria McIver (for the womans in 51-02).

Full womans results: Victoria McIver 51-02, Frances Levy 52-58, Lisa Liversidge 53-04, Tracy Bullot 53-33, Emma Cole 53-56, Rose Jennings 55-02, Sarah Cousins 55-51, Claire Wing 57-53, Molly Davis 58-01, Karen Wallis 58-23, Katy Baker 1-03-18, Sue Leigh 1-03-48.

Full mens results: Steve Wells 40-54, Davie Stafford 41-32, Jonny Nicholls 42-28, Martin Brooks 44-14, Mark Dunn 46-35, Gary Jaques 47-34, James Hunter 47-42, Daniel Sanders 48-10, Ben Parry 48-21, Sam Cayton 49-23, Daarren Gilbert 50-16, Karl Hudson 50-21, Alan Watt 50-53, Simon Wallis 51-10, James French 51-20, Robbie Blackham 52-08, Paul Marshall 53-13, Marc Hagland 53-55, Russel Andrews 54-19, Liam Kelly 54-56, Sean Grant 59-38, Robin Hester 1-03-00

### 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:

285 runners took on the two lap course in Fairlands Valley Park on Saturday and first to cross the line was Steve Wells in 19-05 (8<sup>th</sup>). Other runners were Daniel Sanders 21-47 (27<sup>th</sup>), Emma Cole 23-55 (60<sup>th</sup>), Russel Andrews 25-34 (80<sup>th</sup>), Steve Moore 27-46 (116<sup>th</sup>), Anne Miller 27-58 (137<sup>th</sup>), Danik Bates 29-09 (137<sup>th</sup> and pushing a buggy), Caroline Longfellow 35-17 (231<sup>st</sup>), Julie Kempson 35-22 (233<sup>rd</sup>) and Tracy Norris 46-16 (279<sup>th</sup>).

Other courses:

Hartlepool Parkrun: Alan Watt finished in 26-41 (56<sup>th</sup> out of 114 runners)

Panshanger (Hertford) Parkrun: Louise Glanvill finished in 33-52 (299<sup>th</sup> out of 391 runners)

### **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.