



## Stevenage Striders Press Release – 9<sup>th</sup> April 2018

### Manchester Marathon

Gary Jaques managed to get under the four-hour mark in the 26.2 miles (42km) race in Manchester on Sunday morning, finishing the course in 03-54-17. Gary finished in 3817 out of 930 runners.



### **White Horse Half-Marathon**

Ollie Garbas completed the 13.1 miles (21km) course in Oxfordshire in 01-35-26. Ollie finished 72<sup>nd</sup> out of 457 runners.



### **The Rutland Spring Half Marathon**

Richard Bates travelled to the smallest county in the UK (Rutland) to race in the Rutland Spring half marathon. Richard completed the course in 02-08-53 finishing 272th out of 542 runners.



## **Decathlon 5k running series**

The Decathlon 5km series came to Stevenage on Sunday, starting and finishing outside the store in the centre of town. A few striders were out in force to take on the course which runs up Six Hills Way with a lap of Fairlands Lakes before returning to the Decathlon store. Results: Greg Bradbury 23-20 (PB), Tony Castro: 29-46. Ashton Reeves: TBC, Steve Hawes: TBC.

## **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 also travelled to the smallest county in the UK (Rutland) to take part in the Rutland Water parkrun and managed to finished 15<sup>th</sup> out of 364 runners in 19-10. Danik Bates was at Cassiobury Park, Watford and managed to grab 22-12 (40<sup>th</sup> out of 387 runners) and Ken Marshall was at Ellenbrook Fields near Hatfield where the hosts were celebrating their 100<sup>th</sup> run. Ken finished in 27-42 (91<sup>st</sup> out of 213 runners).

Back home at Fairlands Lakes, Stevenage, home to the Stevenage Parkrun, the Striders were out in force again. Here are the times of all the striders taken part in the run where 230 runners took part. Results: Robbie Blackham 25-01 (72<sup>nd</sup>), Russell Andrews 25-18 (78<sup>th</sup>), Esperanza Castro 25-30 (80<sup>th</sup>), Frances Levy 25-33 (81<sup>st</sup>), Harrison Lovelock 30-10 (143<sup>rd</sup>), Garry Wallace 30-15 (144<sup>th</sup>), Tony Castro 30-47 (148<sup>th</sup>), Brenda Smith 35-15 (194<sup>th</sup>) and Tracy Norris 41-25 (218<sup>th</sup>).

## **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.