



Stevenage Striders Press Release – 11th February 2018

Devils Punchbowl Marathon

Head coach Chris Leigh completed the 50km (30 mile) off-road course around the natural landmark known as the Devil's Punchbowl in Hampshire, completing it in a time of 6-27-00. Runners for this event had to navigate the course using a set of written instructions. Despite the hills and the toughness of the course, conditions were good but in parts the ground was extremely muddy and sloppy. This was Chris 44th marathon of his running career.

Bramley 20

Karl Hudson and Marc Hagland took on the 32km (20 mile) course in Bramley (near Reading). Karl finished in 03-01-37, positioning in 456th out of 684 runners whilst Marc came in at 03-11-08 (531st). This was Marc's first attempt at a 20-mile race.

Deal Half Marathon

Danik Bates took in a very hilly course between Deal and Dover taking in beautiful Kentish villages. Finished with his fastest half marathon (13.1 miles – 21km) time in nearly two years, coming in 01-48-10, positioning in 109th out of 352 runners.

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.



Ollie Garbas at Letchworth Parkrun

On the road: Ollie Garbas made his Strider debut at Letchworth and came in 22-28, finishing 10th out of 151 runners. Danik Bates was at the three-lap course in Harrow, north-west London and came in at 24-00 (39th out of 182 runners). Becki Brunetti was at St Albans and finished in 28-12 (299th out of 476 runners).



Danik Bates at Harrow Parkrun

Stevenage: 244 runners took part on the two-lap course around Fairlands Valley Lakes on Saturday and first home for the striders was Davie Stafford in 19-58 (9th place). Other results: Garry Wallace 28-19 (112nd), Steve Moore 28-20 (113th), Sharon Franklin 32-08 (175th), Russell Andrews 32-11 (176th), Colin Fenwick 32-12 (177th), Therese Jones 34-21 (204th) and Tracy Norris 38-33 (226th).

Zero to 5km training

On 16th January saw the start of the zero to 5km group which saw forty people turn up. This course runs every week for ten weeks, which is free to beginners and will be held in Shephalbury Park. The third session will be held on Tuesday 13th February. Any enquires please contact Chris Leigh via the website (details below).

Membership

Membership for 2018 The club committee are pleased to announce that membership for 2018 will be free again! For current members to renew, we will require a renewal membership form to be completed. The good news is this can be done in line this year. The membership year runs from 1/3/2018 to 28/2/2019. Renewals need to be made by 31/3/2018 at the very latest (we are giving existing members a months grace). If members do not renew by 31/3/2018 then regretfully we will assume they do not want to rejoin the club and their membership will lapse. They will no longer be able to attend our free training sessions and will be removed from the club's members only Facebook page. Please get your renewal completed by going to the club's website and clicking on the link/post. Here it is: <http://www.stevenage-striders.org.uk/membership-renewal-201819/>

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.

Danik Bates

Stevenage Striders Press Officer.