



Stevenage Striders Press Release – 18th February 2018

Dirty Running Marathon

Davie Stafford and Clare Wing took on the Dirty Running Marathon in Walton-on-Thames on Sunday. Davie finished 7th overall in 03-48-12 whilst Clare came 21st in 04-40-50. 79 runners took part in this event.



Hampton Court Half Marathon

Gary Jaques took on the 13.1-mile course around Hampton Court, south-west London on Sunday,



finishing in a time of 01-41-22, finishing 884th out of 4066 runners.

Tunbridge Wells Half Marathon

Danik Bates was back in Kent for the second time in a week, this time to take part in the 13-1-mile route around the rolling countryside of Tunbridge Wells. Danik came in at 01-42-10, finishing 339th out of 1,417 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.

On the road: Panshanger (Hertford): Steve Wells 20-11 (14th out of 271 runners). Canon's Park (Stanmore, London): Danik Bates 21-44 (10th out of 120 runners). Letchworth: Oliver Garbas 23-00 (12th out of 135 runners). St Albans: Becki Brunetti 26-24 (205th out of 455 runners).

Stevenage: 275 runners took part on the two-lap course around Fairlands Valley Lakes on Saturday and first home for the striders was Davie Stafford in 19-46 (7th place). Other results: Tom Sclanders 21-58 (22nd), Peter Monk 25-34 (81st), Russell Andrews 25-55 (87th), Phil Deaves 25-55 (88th), Garry Wallace 28-47 (155th), David Mendonca 29-11 (164th), Louise Chancellor 30-27 (187th), Sharon Franklin 31-09 (197th), Tony Castro 33-36 (224th), Esperanza Castro 33-37 (225th), Therese Jones 33-48 (228th) and Julie Kempson 52-13 (275th). This event director was Strider's Tracy Norris for the first time ever.

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

fourth session will be held on Tuesday 20th 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.