



## Stevenage Striders Press Release – 25<sup>th</sup> February 2018

### Brighton Half Marathon

Jenny Ingram-Tedd raced the 13.1 mile (21km) course on the South Coast on Sunday and gained a new personal best time, finishing in 01-48-29 who came in 1945 out of 7811 runners.

### Baldock Beast Half Marathon

A few miles north up the A1(M), a few Striders took on the hilly course which started in Baldock and taking in the beautiful villages of Wallington, Sandon and Redhill before finishing in Baldock. Despite the strong icy-cold headwind for the first half of the race, the first strider home was Danik Bates in 01-52-48, finishing 186 out of 381 runners. Lisa Liversidge: 02-02-02 (258<sup>th</sup>) and Lorraine Wyatt: 02-36-00 (371<sup>st</sup>) were the other two Striders to cross the finishing line.



## **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: Danik Bates managed a third-place finish (out of 33 runners) at South Oxhey (near Watford), taking in three laps of playing fields with the whole run on grass. Danik finished the course in 22-24. Slightly north in Gadebridge (Hemel Hempstead), Becki Brunetti finished the two-lap hilly course in 27-34 (63<sup>rd</sup> out of 143 runners). Louise Glanvill was at Panshanger (Hertford) and finished the one lap off-road course in 36-19 (265 out of 297 runners).

Stevenage: 294 runners took part on the two-lap course around Fairlands Valley Lakes on Saturday and first home for the striders was Steve Wells in 19-45 (8<sup>th</sup>). Other results: Oliver Garbas 20-31 (14<sup>th</sup>), Steve Moore 27-54 (133<sup>rd</sup>), David Mendonca 29-04 (162<sup>nd</sup>), Louise Chancellor 30-36 (190<sup>th</sup>), Garry Wallace 31-32 (204<sup>th</sup>), Therese Jones 31-36 (208<sup>th</sup>), Russell Andrews 31-49 (211th), Esperanza Castro 45-12 (288<sup>th</sup>).

## **Zero to 5km training**

On 16<sup>th</sup> 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 fifth session will be held on Tuesday 27<sup>th</sup> 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](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.