



## Stevenage Striders Press Release – 7<sup>th</sup> January 2018

### Marshall takes on the Goofy Challenge

Paul Marshall took on the Goofy Challenge at Walt Disney World in Florida, USA over the weekend which consisted off taking on the half marathon on the Saturday and the full marathon (26.2 miles/42km) on the Sunday. Paul finished the half marathon in 2-03-35 and the full marathon in 5-17-56.



*Paul Marshall after the Goofy Half Marathon in Florida*

## **Stansted Stagger**

Three Striders took on the off road challenge known as the Stansted Stagger over the county border in Essex. There was plenty of walking involved as well due to the muddy and cold conditions to which in some places were bog-like conditions. Davie Stafford was first Strider home in 5h25 whilst Chris Leigh and John Wilden completed the course in 6h12. For Davie this was a warm up for his next marathon in a few weeks time whilst Chris Leigh marathon count stands now at 43 whilst John, we lost count but its over 100.



*Davie Stafford (with Clare Wing) at Stansted Stagger*

## 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.



*Striders at Stevenage Parkrun*

Stevenage: 299 runners took part. Davie Stafford (with a buggy) was first strider home in 21-48 (13<sup>th</sup>). Other striders were: Kelly Bedford 26-48 (71<sup>st</sup>), Emma Cole 27-03 (80<sup>th</sup>), Clare Wing 27-03 (81<sup>st</sup>), Esperanza Castro 28-48 (119<sup>th</sup>), Garry Wallace 28-49 (120<sup>th</sup>), Louise Chancellor 30-50 (164<sup>th</sup>), Russell Andrews 34-23 (224<sup>th</sup>), Colin Fenwick 34-28 (226<sup>th</sup>), Therese Jones 35-45 (243<sup>rd</sup>), Chloe Marshall 41-31 (282<sup>nd</sup>), Phil Deaves 44-32 (288<sup>th</sup>), Tracy Norris 49-21 (296<sup>th</sup>)

Panshanger (Hertford): Louise Glanvill 34-57 (256<sup>th</sup> out of 318<sup>th</sup>)

St Albans: Becki Brunetti 28-54 (313<sup>th</sup> out of 543 runners)

### **Zero to 5km training starts this January**

On 16<sup>th</sup> January and every week for ten weeks, Stevenage Striders will be hosting a free beginners course and will be held in Shephalbury Park. The first course will be on the 16<sup>th</sup> January starting at 19:15. Any enquires please contact Chris Leigh via the website (details below).

### **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)



*Danik Bates continues marathon training in Svalbard, Norway*

### **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.