



Stevenage Striders Press Release – 12th March 2018

Marathon training is in full swing now and this was the main weekend for runners to do a twenty mile (32km) run in preparation for the April marathons like Brighton and London. Danik Bates did the Lydd 20 in deepest Kent and gained a personal best time (plus a course personal best time) of 02-52-06, beating his previous best by three minutes and seventeen seconds. Danik finished 224th out of 699 runners.



At the Milton Keynes festival of running, Marc Hagland took part in the twenty-mile event and gained a time of 03-15-51, finishing 594th out of 939 runners. In the half marathon event, Eilish Hislop gained a personal best time in the half marathon (13.1 miles – 21km) event and finished in 02-01-37, finishing in 730th out of 1435 runners.

Davie Stafford and Clare Wing took part in the Cambridge Boundary marathon, a hilly off-road course surrounding the city. They both ran together and finished in 04-29-25.



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.

With Stevenage Parkrun been cancelled again this week, a few striders took to the road to compete in other Parkrun courses. Steve Wells took on Panshanger (Hertford) finishing 11th out of 242 runners in 20-18. Danik Bates was at Rickmansworth's parkrun 1st birthday celebrations and did a gentle jog around the revised two-lap course finishing 24-42, 117th out of 428 runners. At St Albans where 411 runners took part, Lynsey Mendonca finished 28-45 (218th) and David Mendonca came in at 29-34 (242nd). And last off was Sue Loughran who ran the Blicking parkrun in Norfolk, completing the course in 35-01, finishing 156th out of 181 runners.



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 month's 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.