



## **MOVING UP CROSS COUNTRY**

### **Next race in Stevenage on 16<sup>th</sup> December**

The Spartan women nudged in front of the men for participation at Sunday morning's cross country league race in Trent Park, Cockfosters. There was a great turnout of 24 FVS women, up six on the Cheshunt Race, and 23 men.

NATALIE LAWRENCE was the highest scoring Spartan completing the wet, undulating 4.8 mile course in 32 minutes 10 seconds for third woman and 67<sup>th</sup> overall out of the 445 female and male finishers. SUZY HAWKINS was eighth woman, and second female 35 plus in 34:25.

Two Spartan men beat thirty minutes. CHRIS WESTCOTT was tenth in 29:16 and DAN McALPINE 15<sup>th</sup> in 29:41.

YUKO GORDON 36:40; ISABEL GREEN 37:42 and CLAIRE EMMERSON 41:03 completed the women's "A" team. They were 26<sup>th</sup>; 36<sup>th</sup> and 65<sup>th</sup> overall.

RHIANNON GRIFFIN says she really enjoyed get thoroughly muddy in her comeback race after about five years away. She led in the women's "B" team with 43:24 minutes for 93<sup>rd</sup> woman with KAREN ELLIS 94<sup>th</sup> six seconds behind. LISA GRAY was also top 100 in 98<sup>th</sup> with 44:02. The other "B" team counters were ZOE JACKSON 104<sup>th</sup> in 44:40 and WENDY THARANI 112<sup>th</sup> in 45:36

The Spartans finished an amazing four complete women's teams and still had some to spare. The "C" team consisted of ALISON SHELLEY 120<sup>th</sup> in 46:07; LIZ SMITH 121<sup>st</sup> in 46:20; HAZEL SMITH 131<sup>st</sup> in 48:40; JENNY GARRETT 132<sup>nd</sup> in 48:41 and PENNY SCHENKEL 140<sup>th</sup> in 50:31.

There were many other great performances by Spartan men including PAUL HEWETT 41<sup>st</sup> overall in 31 minutes exactly; RICK PEARCE 66<sup>th</sup> in 32:08; MARTIN BLACKBURN 82<sup>nd</sup> in 32:47; ADRIAN BUSSOLINI 93<sup>rd</sup> in 33:07; TODD GRAY 105<sup>th</sup> in 33:50 and STEVE GREEN 107<sup>th</sup> in 33:58.

BEN NABUDERE enjoyed his first ever race for the club. After finishing in 48 minutes 30 seconds he said he found the climbs hard and the slippery descents tricky but can see how he can improve next time.

Altogether there were 445 finishers; 171 women and 274 men.

Fairlands Valley Spartans had been in sixth place out of twenty after the first race but hope to move up this time when the team results are announced.

The next league race will be a home fixture; in the south end of Fairlands Valley Park on Sunday morning 16<sup>th</sup> December.

(Times for all 47 Spartans can be found at the end of this release)

### Olympic Park 10K

Sadly not a personal best for JENNY GARRETT on Saturday but 53 minutes 39 seconds was a great time for a very wet and windy but fairly flat three lap 10K course of the Olympic park

### Bedford Harriers Half

783 ran the Bedford Harriers Half Marathon on Sunday. The race started and finished in Wootton with a wonderful descent after passing through Cranfield at about nine miles.

RICHARD SPRINGALL was 39<sup>th</sup> in 1:28:55; EDWARD HARE 517<sup>th</sup> in 2:02:02 and ROGER BIGGS 770<sup>th</sup> in 2:40:30.

## **Santa Canta 5K**

**CAROLE SHELDRIK and CAROLINE CROFT ran the NHRR first Saturday of the month 5K at Norton Common, Letchworth, which this month was the Santa Canta 5K raising money for Tracks Autism.**

**They said, “We had so much fun, there were some amazing costumes, hot drinks and mince pies, plus a medal. It was brilliantly organised by NHRR”**

**Sadly for Caroline Croft, No Mr Whippy to be seen. They both ran it in 31 minutes 33 seconds.**

**Lee PICKERSGILL ran the same wet and muddy 5K in 24:38 which was 1 minute 20 seconds faster than last year. He says trail shoes definitely helped.**

## **Serpentine**

**It was bright, mild but breezy and wet underfoot for the Serpentine Last Friday of the Month 5K in Hyde Park. JIM BROWN finished in 24:52, an average pace of just under 8 minutes per mile. There were 290 finishers.**

## **Parkrun Roundup Saturday 1<sup>st</sup> December**

**A wet start to December saw 28 Fairlands Valley Spartans brave the conditions to attend weekly Parkrun events across the country.**

**In Stevenage, JONATHAN PARR ran a time of 18 mins and 15 secs finishing 2nd in the field, quickly followed by DANNY SCANLON in a time of 19 mins and 59 secs, finishing 4th. KERSTIN WEINER was the 5th woman to finish in 24 mins and 41 secs, with CLAIRE PULLEN coming in as the 6th in 25 mins and 14 secs, and ALISON SHELLEY as the 9th in a time of 25 mins and 14 secs. DAVID PATTMAN finished his 40th Parkrun in 26 mins and**

**27 secs, PAUL HOLGATE his 21st in 29 mins and 53 secs, and STEVEN DOBNER his 45th in 30 mins and 13 secs.**

**At the same event, top 100 finishes were recorded for MARTIN DUDLEY in 23 mins and 16 secs, JAMES MCSWEENEY in 23 mins and 31 secs, RYAN DUNNING in 24 mins and 51 secs, NIGEL STRONGITHARM in 25 mins and 5 secs, DAVID SCOTT in 25 mins and 13 secs and THOMAS SAUKA in 28 mins in 35 secs. While finishing in under 40 mins were ROWENA RUTLEDGE in 30 mins and 19 secs, TIM ROBINSON in 30 mins and 48 secs, IRIS HORNSEY in 31 mins and 36 secs, ROGER BIGGS in 32 mins and 21 secs, JONATHAN JONES and HAZEL JONES in 37 mins and 11 secs, HAYLEY PEACH in 37 mins and 41 secs and CALLIE CHAPMAN in 37 mins and 48 secs.**

**Trying out new Parkruns for the first time, JOHN ROXOBOROUGH ran the Northala Fields course in 22 mins and 51 secs, while PAUL MAGUIRE completed Fell Foot at Newby Bridge in 24 mins and 20 secs. The Guildford event was finished by DANIEL SUTTON and VERITY FISHER in 24 mins and 22 secs and 26 mins and 46 secs, respectively, and TRACEY STILES ran in Chester in 31 mins and 42 secs. DARRYL STEVENS finished the Marlborough Common course in 38 mins and 25 secs.**

**(See the end of this release for all Saturday's Spartan Parkrun results).**

### **Coming Events**

**Many Spartans will be enjoying a busy programme of races, social and training events over the next few weeks:**

- Third Cross Country League race in Fairlands Valley Park on Sunday 16<sup>th</sup> December.**
- Witham Boxing Day Five on Wednesday 26<sup>th</sup> December.**
- Serpentine Last Friday of the Month 5K in Hyde Park on Friday 28<sup>th</sup> December.**
- Buntingford End of Year ten miles races on Sunday 30<sup>th</sup> December.**
- New Year 10K in Hyde Park on Tuesday 1<sup>st</sup> January 2019.**

- **County Cross Country Championships in Verulam Park, St Albans. - Sunday 6<sup>th</sup> January 2019.**
- **Fourth Cross Country League race in Watford on Sunday 13<sup>th</sup> January 2019.**
- **Fred Hughes 10 miles (inc. county veterans) in St Albans on Sunday 20<sup>th</sup> January.**
- **Southern Cross Country Championships at Parliament Hill Fields on Saturday 26<sup>th</sup> January.**
- **Watford Half Marathon on Sunday 3<sup>rd</sup> February 2019.**
- **Fifth Cross Country League race in Royston On Sunday 10<sup>th</sup> February 2019.**
- **Bramley 20 on Sunday 17<sup>th</sup> February 2019.**
- **National Cross Country Championships at Harewood House, Leeds on Saturday 23<sup>rd</sup> February.**
- **County Veteran Cross Country Championships (with Middlesex) in Trent Park. Sunday 3 March 2019.**
- **Finchley 20 on Sunday 10<sup>th</sup> March 2019 (includes Hertfordshire Championships).**
- **Welwyn Half Marathon on Sunday 17<sup>th</sup> March 2019.**
- **Oakley 20 on Sunday 24<sup>th</sup> March 2019.**
- **Orion 15 in Epping Forest on Saturday 30<sup>th</sup> March (TBC).**
- **Victoria Park Open Five Miles on Saturday 6<sup>th</sup> April (provisional).**
- **Brighton Marathon on Sunday 14<sup>th</sup> April 2019.**
- **London Marathon on Sunday 28<sup>th</sup> April 2019.**
- **Stirling Marathon (and half marathon) on 28<sup>th</sup> April 2019.**
- **Pednor Five including senior county championships at 7p.m. on Monday 6<sup>th</sup> May 2019.**
- **Edinburgh Marathon on Sunday 26<sup>th</sup> May 2019.**

## Tables

**Cross Country times for all 24 Spartan women:**

<b>Overall Position</b>	<b>Name</b>	<b>Time</b>	<b>Comments</b>
<b>67</b>	<b>NATALIE LAWRENCE</b>	<b>32:10</b>	<b>3<sup>rd</sup> woman. "A" team.</b>
<b>118</b>	<b>SUZY HAWKINS</b>	<b>34:25</b>	<b>8<sup>th</sup> woman (2FV35). "A" team.</b>
<b>186</b>	<b>YUKO GORDON</b>	<b>36:40</b>	<b>26<sup>th</sup> woman (1FV65). "A" team.</b>
<b>209</b>	<b>ISABEL GREEN</b>	<b>37:42</b>	<b>"A" team</b>

271	CLAIRE EMMERSON	41:03	“A” team
334	RHIANNON GRIFFIN	43:24	“B” team. Comeback
336	KAREN ELLIS	43:30	“B” team
345	LISA GRAY	44:02	“B” team
351	ZOE JACKSON	44:40	“B” team
361	WENDY THARANI	45:36	“B” team”
376	LIZ SMITH	46:20	“C” team
377	ALISON SHELLEY	46:07	“C” team
394	HAZEL SMITH	48:40	“C” team
395	JENNY GARRETT	48:41	“C” team
407	PENNY SCHENKEL	50:31	“C” team
414	SOPHIE COWAN	51:09	“D” team
416	HAYLEY YENDELL	51:19	“D” team
417	LIZ CARVELL	51:25	“D” team
418	SUE HAMER	51:56	“D” team
420	SHARON CROWLEY	52:33	“D” team
424	SALLY PHILLIPS	52:53	
428	CATHY CRAIG	53:31	
436	PETA WILSON	54:59	
437	CALLIE CHAPMAN	55:00	

**Cross Country times for all 23 Spartan men:**

Position	Name	Time	Comments
10	CHRIS WESTCOTT	29:16	“A” team
15	DAN McALPINE	29:41	“A” team
41	PAUL HEWETT	31:00	“A” team
66	RICK PEARCE	32:08	“A” team
82	MARTIN BLACKBURN	32:47	“A” team
93	ADRIAN BUSSOLINI	33:07	“A” team
105	TODD GRAY	33:50	“A” team
107	STEVE GREEN	33:58	“A” team
116	NICK GILL	34:20	“B” team
123	PAUL SHELLEY	34:51	“B” team
212	DARREN EMMERSON	38:30	“B” team
224	MARK GOODWIN	39:12	“B” team
263	JAMES McSWEENEY	40:39	“B” team
273	DAVID PATTMAN	41:20	“B” team
285	TOM SAUKA	41:38	“B” team
320	TIM ROBINSON	43:13	“B” team
325	JONATHAN JONES	43:19	
342	ANDY JAY	43:48	
374	STEPHEN DOBNER	46:18	
391	BEN NABUDERE	48:30	
393	KEN JUDE	48:36	
410	PAUL HOLGATE	50:50	

426	TAHIR (TY) THARANI	53:26	
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Men's teams consist of eight runners; women's of five.

445 finishers; 171 women and 274 men.

**Parkruns Saturday 1<sup>st</sup> December**

Parkrun	Pos	Gen	Parkrunner	Times	Notes
Guildford	43	39	Daniel SUTTON	0:24:22	
	89	17	Verity FISHER	0:26:46	
Chester	178	51	Tracy STILES	0:31:42	
Stevenage	2	2	Jonathan PARR	0:18:15	
	4	4	Danny SCANLON	0:19:59	
	23	21	Martin DUDLEY	0:23:16	
	25	23	James MCSWEENEY	0:23:31	
	34	5	Kerstin WEINER	0:24:41	
	36	31	Ryan DUNNING	0:24:51	
	40	35	Nigel STRONGITHARM	0:25:05	
	43	38	David SCOTT	0:25:13	
	44	6	Claire PULLEN	0:25:14	
	56	50	David PATTMAN	0:26:27	40th run
	76	9	Alison SHELLEY	0:28:12	
	82	72	Thomas SAUKA	0:28:35	
	108	87	Paul HOLGATE	0:29:53	21st run
	111	89	Steven DOBNER	0:30:13	45th run
	115	25	Rowena RUTLEDGE	0:30:19	
120	91	Tim ROBINSON	0:30:48		
129	33	Iris HORNSEY	0:31:36		
133	99	Roger BIGGS	0:32:21		
161	108	Jonathan JONES	0:37:11		
162	54	Hazel JONES	0:37:11		
165	56	Hayley PEACH	0:37:41		
166	57	Callie CHAPMAN	0:37:48		
Northala Fields	25	24	John ROXBOROUGH	0:22:51	
Fell Foot	37	33	Paul MAGUIRE	0:24:20	
Marlborough Common	59	40	Darryl STEVENS	0:38:25	

## **Join The Spartans**

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! The club was voted the UK's Best Running Club in 2010. It now has hundreds of members and encourages participation by all. The Spartans have a varied training programme to suit those who want to run 5 kilometres through to full marathons. It puts back into the sport by organising events such as the Stevenage Half Marathon, Fairlands Valley Challenge, the Relays in the Park and events for the Mid Week and Cross Country Leagues.

The Spartans weekday training sessions are on Tuesday and Thursday evenings. Go along to the new sports centre at Marriotts School – a Sports College, Telford Avenue, Stevenage (SG2 8UT) at 7p.m. Up to five running groups go out on training nights – there will be one to suit you!

The Spartan Starter group starts from Marriotts at 7.30p.m. every Monday (except public holidays) and 7p.m. every Thursday.

Most long Sunday morning training sessions start 9a.m. sharp. Spartan track training sessions are held at Ridlins Athletics Track, Woodcock Road, Stevenage most Saturdays from 9.15a.m. There are events to enter every Sunday. Newcomers are very welcome – those who have not yet done very much running might prefer to start with a Thursday, Saturday or Monday session.

Try a few sessions before joining. Membership is only £41 per year which includes UKA affiliation. Concessions are available. Membership forms are available on the Spartans website [www.fvspartans.org.uk](http://www.fvspartans.org.uk) Please ask if you would like a paper copy. You can also join online.

If you want to know more about the Spartans please contact Jim Brown (0793 968 7509); Ken Jude (07783 597182); Claire Pullen 0790 001 6094 or visit their website [www.fvspartans.org.uk](http://www.fvspartans.org.uk)

**E N D S**



**More from Jim Brown (Press Officer) 0793 968 7509; Ken Jude 07783 597182 and 01438 816889 or Claire Pullen (Secretary) 0790 001 6094.**

**[www.fvspartans.org.uk](http://www.fvspartans.org.uk)**