



MOB MATCH BRONZE Challenge Success * Relays in the Park Soon

Fairlands Valley Spartans organised the Fairlands Valley Challenge off road event in Sunday's heat.

Tim Robinson said, "A massive thanks to everyone who has helped to make the Challenge another massive success. As always there's a danger of missing someone important when listing everyone but hey, everyone has done such a great job I'm going to have a go.

Registration lead by Thomas Sauka: John Nelms, Jan Fry, Steve Green, Paul Jennings ran like clockwork.

Checkpoints: Stuart Archer and Claire Pullen; Tracy Pez and Nick Witcombe; The Andrew Patterson family; Trevor Broom and Karen Broom; Andrew Smith and Rosemary Biggs.

Start and finish clerk and photographs and generally being awesome, Chloe Emmerson

Most importantly Sharon Crowley and Mike Crowley who checked the routes and organised the checkpoints again.

Thomas and Rob Shaw for route checking and nettle clearing.

And of course the main people Paul Whyte and Claire Whitchurch for organising the event village, the race permits and medals and practically everything else. Amazing club. It's a pleasure to be part of it."

The next Spartan organised event will be the Relays in the Park at 7.30p.m. on Thursday evening 26th July. All runners race 3K. Men's teams consist of five runners and women's teams will have three, mixed teams consist of two men and two women. This is an inter-club event and the minimum age is 15 years.

All entries to be made at Registration in Marriotts Sports Centre, Brittain Way, SG2 8UT by 7p.m. on the night of the event and payment will be by cheque and/or cash. Fees: £3.00 per runner. Add £2.00 for each non-affiliated male and female club entry team.

The course in Fairlands Valley Park is great for spectators.

More information on <https://www.fvspartans.org.uk/calendar-all/races-events/3k-relays/>

Mob Match

Fifty Spartans ran in the end of mid week series "Mob Match" in Welwyn Garden City on Thursday and DAN McALPINE was third overall out of nearly five hundred runners from clubs in all three divisions with a 10K personal best of 34 minutes 10 seconds. An improvement of seven seconds. YUKO GORDON was first woman 65 plus in 48:52 and ISABEL GREEN fastest female from Fairlands in 47:12.

Milton Keynes

Continuing his recover-ROGER BIGGS ran the Milton Keynes 10K in a careful 1 hour 11 minutes 32 seconds. PAUL HOLGATE finished in 56:45. There were 472 finishers.

Open Mile

DAVID BOWKER ran the Medway and Maidstone Open Mile in Gillingham, Kent on Sunday. He finished in 5 minutes 57 seconds.

Official results are out and JIM BROWN won his 25 lap Hertfordshire County 10K GOLD in 50 minutes 11.8 seconds.

Parkrun Round Up 14th July 18

Out of the 33 Spartans who braved the heat this weekend, two achieved new PBs! Well done to Trevor BROOM and Sally MCBRIDE who both ran their first under 30 mins parkruns in Lowestoft. Trevor knocked 2 mins 26 secs off to achieve 29:25, Sally's PB time was 29:53. They ran with fellow Spartans Tim SABAN 21:07, Karen BROOM 29:47 and Shelbe MOONBEAM 32:32.

Ashley SCHOENWETTER continued her winning streak, achieving first female in Barclay parkrun with a time of 22:36.

Top twenty spots were achieved in Stevenage, Danny SCANLON was 9th in 19:33, Alison SHELLEY was 14th female in 27:01, Verity FISHER 18th female in 27:34 and Susan MCANENY 19th female in a time of 27:42.

Coming Events

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

- Relays in the Park, Fairlands Valley on Thursday evening 26th July.
- EMAC track and field event four at Milton Keynes on Wednesday 1st August.
- Bearbrook 10K on Sunday 5th August.
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- **Peterborough Half Marathon (GER) on Sunday 14th October.**
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- **Brighton Marathon on Sunday 14th April 2019.**
- **London Marathon on Sunday 28th April 2019**
- **Edinburgh Marathon on Sunday 26th May 2019.**

Tables

Spartan Parkruns 14th July

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Aldenham	44	38	Michael O'KEEFE	00:27:23	
Barclay	12	1	Ashley SCHOENWETTER	00:22:36	
Brokenhurst	116	78	Darryl STEVENS	00:39:36	
Ellenbrook	24	23	John ROXBOROUGH	00:22:48	
Exeter Riverside	80	72	Andy JAY	00:24:06	
Lowestoft	22	21	Tim SABAN	00:21:07	
Lowestoft	190	128	Trevor BROOM	00:29:25	PB
Lowestoft	199	66	Karen BROOM	00:29:47	
Lowestoft	201	68	Sally MCBRIDE	00:29:53	PB
Lowestoft	242	91	Shelbe MOONBEAM	00:32:32	
Maidenhead	191	142	Paul JENNINGS	00:30:0:	
Stevenage	9	9	Danny SCANLON	00:19:33	
Stevenage	24	24	Thomas SAUKA	00:21:31	
Stevenage	68	65	Jonathan JONES	00:24:22	
Stevenage	83	78	Lee PICKERSGILL	00:24:56	
Stevenage	86	81	Dean CARPENTER	00:25:14	
Stevenage	87	82	Wills JENNINGS	00:25:19	
Stevenage	90	85	Daniel SUTTON	00:25:41	
Stevenage	114	102	Steven DOBNER	00:26:52	
Stevenage	120	14	Alison SHELLEY	00:27:01	
Stevenage	132	18	Verity FISHER	00:27:34	
Stevenage	136	19	Susan MCANENY	00:27:42	
Stevenage	142	121	James SOUTH	00:28:04	
Stevenage	163	135	Paul WHYTE	00:29:21	
Stevenage	170	29	Sofia CARPENTER	00:30:12	

Stevenage	185	148	Peter CARPENTER	00:30:56	
Stevenage	200	44	Chloe EMMERSON	00:31:55	
Stevenage	203	46	Sally PHILLIPS	00:32:10	
Stevenage	241	68	Kerstin WEINER	00:34:57	
Stevenage	242	69	Claire EMMERSON	00:34:57	
Stevenage	247	176	Jim BROWN	00:35:10	
Stevenage	255	178	Roger BIGGS	00:36:03	
Stevenage	275	91	Hazel JONES	00:38:44	

Join The Spartans

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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 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

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



RELAYS IN THE PARK THIS THURSDAY Dan Wins in WGC and Luton

Spartan DAN McALPINE won Thursday's Panshanger Five mixed terrain event in 28 minutes 12 seconds. It was a great evening for the event on the outskirts of Welwyn Garden City.

DANNY SCANLON finished the race in chip time of 34 minutes exactly, a personal best (PB) by 3 seconds from the Woodhall 5 mile a couple of weeks back! He was 24th. Dean said it was great to see a number of Spartans there. They included LIZ CARVELL in 51:42 and SALLY PHILLIPS with 55:30.

DEAN CARPENTER was 29th in 35:09; PAUL WHYTE 48th in 38:07; NEIL ROBINSON 88th in 41:55; ERICA GRAYSON 138th in 46:37 with ROGER BIGGS in 59:33 and NICOLA HATHERLY in 59:40.

As part of her marathon training ERICA GRAYSON was doing three races in three days. No PBs but she said had the best time with old and new friends. In addition to the Panshanger Five and Bedford AAA 10K she did 18 miles at the Punkathon Heavy Half.

Relays in the Park

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All entries to be made at Registration in Marriotts Sports Centre, Brittain Way, SG2 8UT – access via Telford Avenue but please park in the main Fairlands Valley car park off Six

Hills Way - by 7p.m. on the night of the event and payment will be by cheque and/or cash.
Fees: £3.00 per runner. Add £2.00 for each non-affiliated male and female club entry team.

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Grimsby 10K

CAREN THAIN and EMMA POULTER were among more than 3,000 finishers in the Grimsby 10K. Caren finished in 1:18:48 and Emma in 1:20:26.

Thunder Run

Spartans Graham Blackburn, Martin Blackburn and David Bowker took part in the 10th anniversary of the Thunder Run. They were competing as a team of five in the 24 hour endurance event. They finished in 24th place completing 24 laps.

It was a very tiring but enjoyable event.

Bedford 10K

On Friday evening four Spartans ran the Bedford AAA 10km race. TIM SABAN was 70th in 40 minutes 55 seconds; PAUL HOLGATE 158th in 56:08; ERICA GRAYSON 160th in 56:15 and ROGER BIGGS 186th in 1:09:48.

Parkrun Round up 21 July 2018

In what was a bumper week for Spartans at Parkrun events, a 39 strong team had a lot to celebrate in Stevenage. PB times were recorded by MARIE COLUCCI in 21 mins and 59 secs, JONATHAN JONES in 24 mins, and SHERYL HANN in 27 mins and 37 secs. TANYA BRAZIER completed her first ever Parkrun event in 25 mins and 27 secs, alongside ANDY JAY who finished his 80th outing in 30 mins and 16 secs, JAMES SOUTH

his 70th run in 33 mins and 34 secs, and CLAIRE EMMERSON her 50th in 30 mins and 13 secs. ROGER BIGGS ran for the 30th time in 35 mins and 38 secs, and both LIZ CARVELL and HAZEL JONES for the 20th in 29 mins and 34 secs and 36 mins and 54 secs, respectively.

Top 10 finishes were achieved by DANNY SCANLON in 5th place in 19 mins and 33 secs and DEAN CARPENTER in 10th place in 20 mins and 48 secs. In the first 100 runners were CRAIG BACON in 23 mins and 16 secs, MARTIN DUDLEY in 23 mins and 17 secs, RYAN DUNNINGS in 24 mins and 21 secs, WILLS JENNINGS in 24 mins and 23 secs, and MARK BEASLEY in 24 mins and 36 secs. While in the top 200 were CLAIRE PULLEN, NICK GILL, ALISON SHELLEY, MICHEAL O'KEEFE, KEN JUDE, MONICA SMITHSON and STEPHEN SMITHSON in times of 25 mins and 45 secs, 25 mins and 54 secs, 27 mins and 01 secs, 27 mins and 32 secs, 27 mins and 34 secs, 29 mins and 14 secs, and 29 mins and 25 secs, respectively. Finishing in 30 mins were SALLY PHILLIPS in 30 mins and 12 secs, DAVID SCOTT in 30 mins and 13 secs, HAZEL SMITH and SEAN MILLWOOD in 30 mins and 14 secs, JULIE SHADBOLT and DARREN EMMERSON in 30 mins and 15 secs, KAREN PALMER in 30 mins and 16 secs, CALLIE CHAPMAN in 30 mins and 17 secs, CATHERINE CRAIG in 30 mins and 55 secs, and YUKO GORDON in 30 mins and 57 secs. JIM BROWN completed the course in 31 mins and 40 secs, PAUL JENNINGS in 31 mins and 42 secs, BERNADETTE MILLWOOD in 33 mins and 15 secs, CHLOE EMMERSON in 34 mins and 57 secs, and JUDY KING in 35 mins and 19 secs.

Among travelling Spartans, DAN McALPINE was the first man home at the Luton Wardown event in 16 mins and 51 secs. While back at the Modena I.O.W course for the fourth time, PAUL WHYTE was rewarded with a PB time of 30 mins and 17 secs. First outings at new venues were recorded for JOHN ROXBOROUGH at the Valentines event in 22 mins and 28 secs; VERITY FISHER and DANIEL SUTTON in Halifax with times 25 mins and 36 secs and 25 mins and 58 secs respectively; DARRYL STEVENS on the Swindon course in 41 mins and 58 secs; STEVEN DOBNER visiting Weymouth in 28 mins and 19 secs; and, NEIL ROBINSON and NICK WITCOMBE completing the Wimpole Estate run in 27 mins and 17 secs and 37 mins and 42 secs respectively. Joined by BARRY KING, who ran in 27 mins and 48 secs. ANDREW JORDAN was 30th to finish the Aldenham course in a time of 25 mins and 22 secs. In addition, ROWENA RUTLEDGE

ran the Gunpowder course in 28 mins and 41 secs and GRAHAM HILL 38 mins and 19 secs.

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

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Tables

Panshanger Five

Pos	Race No	Fav	Name	Net Time	Category	Cat Pos	Gender	Gen Pos
1	334		DAN MCALPINE	00:28:12	Senior	1	Male	1
24	471		DANNY SCANLON	00:34:00			Male	
29	49		Dean Carpenter	00:35:09	M40	6	Male	26
48	516		Paul Whyte	00:38:07	M40	14	Male	42
88	466		NEIL ROBINSON	00:41:55	Senior	28	Male	68
138	273		ERICA GRAYSON	00:46:37	W40	11	Female	39
178	52		LIZ CARVELL	00:51:42	W50	17	Female	60
206	367		SALLY PHILLIPS	00:55:30	Lady	35	Female	83
225	188		ROGER BIGGS	00:59:33	M60	12	Male	125
226	288		NICOLA HATHERLY	00:59:49	W40	30	Female	101

Parkruns

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Luton Wardown	1	1	Dan MCALPINE	00:16:51	first!
			-		
Swindon	405	257	Darryl STEVENS	00:41:58	
			-		
Milton Keynes	471	303	Graham HILL	00:38:19	
			-		
Halifax	53	7	Verity FISHER	00:25:36	
	56	49	Daniel SUTTON	00:25:58	
			-		
Valentines	18	17	John ROXBOROUGH	00:22:28	
			-		
Medina I.O.W.	130	95	Paul WHYTE	00:30:17	PB
			-		
Stevenage	5	5	Danny SCANLON	00:19:33	
	10	9	Dean CARPENTER	00:20:48	
	21	3	Marie COLUCCI	00:21:59	PB
	47	43	Craig BACON	00:23:16	
	48	44	Martin DUDLEY	00:23:17	
	58	51	Jonathan JONES	00:24:00	PB
	65	57	Ryan DUNNING	00:24:21	
	67	59	Wills JENNINGS	00:24:23	
	73	64	Mark BEASLEY	00:24:36	
	93	14	Tanya BRAZIER	00:25:27	first ever parkrun
	102	17	Claire PULLEN	00:25:45	
	108	90	Nick GILL	00:25:54	

	129	25	Alison SHELLEY	00:27:01	
	144	115	Michael O'KEEFE	00:27:32	
	146	116	Ken JUDE	00:27:34	
	147	31	Sheryl HANN	00:27:37	PB
	179	41	Monica SMITHSON	00:29:14	
	184	140	Stephen SMITHSON	00:29:25	
	189	46	Liz CARVELL	00:29:34	20th parkrun
	204	55	Sally PHILLIPS	00:30:12	
	206	150	David SCOTT	00:30:13	
	207	57	Claire EMMERSON	00:30:13	50th parkrun
	208	58	Hazel SMITH	00:30:14	
	209	151	Sean MILLWOOD	00:30:14	
	210	59	Julie SHADBOLT	00:30:15	
	211	152	Darren EMMERSON	00:30:15	
	212	60	Karen PALMER	00:30:16	
	213	153	Andy JAY	00:30:16	80th parkrun
	214	61	Callie CHAPMAN	00:30:17	
	219	65	Catherine CRAIG	00:30:55	
	220	66	Yuko GORDON	00:30:57	
	234	160	Jim BROWN	00:31:40	
	235	161	Paul JENNINGS	00:31:42	
	254	90	Bernadette MILLWOOD	00:33:15	
	264	167	James SOUTH	00:33:34	70th parkrun
	282	107	Chloe EMMERSON	00:34:57	
	283	108	Judy KING	00:35:19	
	289	179	Roger BIGGS	00:35:38	30th parkrun
	296	116	Hazel JONES	00:36:54	20th parkrun
Gunpowder	76	24	Rowena RUTLEDGE	00:28:41	
Wimpole Estate	151	127	Neil ROBINSON	00:27:17	
	167	139	Barry KING	00:27:48	
	301	205	Nick WITCOMBE	00:37:42	
Weymouth	162	124	Steven DOBNER	00:28:19	
Aldenham	30	30	Andrew JORDAN	00:25:22	

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**Fairlands Valley Spartans
Running Club**

Affiliated to UK Athletics and the Association of Running Clubs

News Release

29th July 2018

RELAYS IN THE PARK 497 Lee Valley * Hot Hyde Park

Wow. 497 hot runners ran round Fairlands Valley Park in Fairlands Valley Spartans “Relays in the Park” on Thursday evening.



Teams came from all around Hertfordshire and Bedfordshire.

All runners ran 3K. Men’s teams consisted of five runners, women’s teams had three, and mixed teams consisted of two men and two women. This is an inter-club event and included the county championships. Not only did FVS organise the event and provide dozens of

marshals but their mixed team of **DANNY SUTTON (12:44); VERITY FISHER (13:49); CHRIS HOLLAND (12:48) and SUZY HAWKINS (12:18)** were third.

The Spartans fastest woman was **ASHLEY SCHOENWETTER** with 11:46 and **SIMON JACKSON** fastest man with 10:00 exactly. 39 Spartans ran. There were some amazing times from some of the visitors. **LOTTIE ROWEDDER** from Herts Phoenix finished in 10:46 and **ALEX LEPERTE** from Barnet and District came in with 8:50.

There was a very tiring event for some in the heat with some saying they were dry by 1500 metres but enjoyable, a great atmosphere and fantastic for spectators who could see each leg several times by walking across the bridge between the top two lakes. Another Fairlands Valley Spartans success.

Lee Valley Ten Fest

Spartan **STUART HAYCROFT** took a massive 14 minutes off his personal best at the Lee Valley 10 mile race. He was first veteran in 64 minutes 36 seconds.

SALLY McBRIDE ran at the Lee Valley 10 Fest with 10 other Spartans on Sunday and managed to pick myself up a new non stop 10 mile personal best (PB) of 1:44:56 shaving off a huge 11 minutes 47 seconds of her previous 10 mile time. It was the longest distance she has run this year. She said the course is a beautiful place to run and even though the weather was a bit wet the temperature was just perfect and the event was well planned.

SUSAN McANENY ran the 10 miles in 1:27:51 and was 19th female out of 96. She was sixth in her category.

The other Spartans were **JAMES KAY 1:12:10; TIM ROBINSON 1:25:16; LEE PICKERSGILL 1:26:47; SAM SIMMONS, 1:36:50; LINDA NOLAN 1:40:53; KAREN BROOM 1:43:53 and TREVOR BROOM 1:44:47.**

In the 10K event **MONICA SMITHSON** finished in 58 minutes 42 seconds.

Hot Hyde Park

31 degree temperatures defeated many runners but Spartans DAVID BOWKER and JIM BROWN completed a scorching Serpentine 5K on Friday lunch-time. David came in with 21 minutes 31 seconds and Jim with 24 minutes 40 seconds and third in his category. Jim is up to twelfth in the year long Last Friday of the Month series. Jim said the race was unique in that it was run in reverse direction to usual, it was seriously hot for the second kilometre of each of the two laps where there was no cover. The conditions contributed to there being only 169 finishers this month.

Dynamic

Other Spartans helped at the finish of Ride London, rode Ride London or rode the Dunwich Dynamo, an amazing 188 kilometre cycle ride by about 3,000 people that started in Hackney at 8p.m. on Saturday evening and went through the night to get to Dunwich, on the Suffolk Coast, in time for breakfast. No rain and lots of moonlight helped to make the Dynamo enjoyable. BRIAN WHITE completed the Ride London 100 in a very wet 5:20:59 and CAROL PAUL came in at 7:23:04.

Parkrun Round up 28 July 2018

The reduced temperatures of the last weekend in July saw 26 Fairland Valley Spartans' head out to take part in the weekly Parkrun Events. Parkrun personal best (PB) times were achieved by ALISON SHELLEY at Stevenage in 25 mins and 52 secs and NEIL ROBINSON at Letchworth in 26 mins. While landmark runs took place at Stevenage for BARRY OSBORNE who ran his 40th event in 24 mins and 6 secs, CHRIS HOLLAND who finished for the 65th time in 27 mins and 47 secs, and DANNY SCANLON who completed the course 10th overall in his 95th run in 19 mins and 28 secs.

Top 50 finishes saw THOMAS SAUKA and MARTIN DUDLEY complete the Stevenage event in 20 mins and 40 secs and 22 mins and 59 secs, respectively. Finishing the same course in under 30 mins, JONATHAN JONES ran in a time of 24 mins and 27 secs, KAREN PALMER in a time of 25 mins and 57 secs, MICHAEL O'KEEFE in 26 mins and

53 secs, DAVID SCOTT in 26 mins and 59 secs, and JENNY GARRET in 27 mins and 27 secs. Closely followed by CLAIRE EMMERSON in 27 mins and 28 secs, VERITY FISHER in 27 mins and 45 secs, JULIE SHADBOLT in 27 mins and 52 secs, PAUL HOLGATE in 28 mins and 47 secs, and CATHERINE CRAIG in 29 mins and 23 secs. Fewer than 40 mins was achieved by ROWENA RUTLEDGE, CALLEI CHAPMAN, SALLY PHILIPS, CLAIRE EMMERSON and HAZEL JONES in 30 mins and 17 secs, 30 mins and 31 secs, 30 mins and 39 secs, 24 mins and 6 secs, and 37 mins and 13 secs respectively.

First time attendance at new events resulted in DARYL STEVENS finishing the Bicester event in 39 mins and 52 secs, and PAUL JENNINGS the Westmill event in 28 mins and 33 secs, who was joined by ANDY JAY in a time of 25 mins and 10 secs. TIM ROBINSON, the lone Spartan at the Ellenbrook Fields event, finished the course in 28 mins and 13 secs. (See the end of this release for all Saturday's Spartan Parkrun results).

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Tables

FVS 3K RELAYS : THURSDAY 26th JULY 2018 - INDIVIDUAL TIMES							
Pos	F	Name	Surname	M/F	Time	2017	comp
21		Simon	Jackson	M	10:00	9:50	(0:10)
45		Stuart	Haycroft	M	10:38		
82		James	Kay	M	11:07		
89		Chris	Tillbrook	M	11:11	10:51	(0:20)
102		Stuart	Archer	M	11:19		
112		Todd	Gray	M	11:28	10:57	(0:31)
128		Thomas	Sauka	M	11:38		
143		Tim	Saban	M	11:45	11:41	(0:04)
146	12	Ashley	Schoenwetter	F	11:46		
156		Barry	Osborne	M	11:55		
174	21	Suzy	Hawkins	F	12:08		
182	25	Michelle	Reeves	F	12:16		
185	27	Suzy	Hawkins (2)	F	12:18		
188		Tim	Saban	M	12:20		
206		Paul	Jennings	M	12:34		
209	34	Marie	Colucci	F	12:37		
220		Danny	Sutton	M	12:44		
227		Chris	Holland	M	12:48		
232		Pete	Smith	M	12:53	12:24	(0:29)
238		Reece	McCullagh	M	12:58		
246		Mark	Goodwin	M	13:05	12:40	(0:25)
249		Darren	Emmerson	M	13:09	12:31	(0:38)
276	55	Yuko	Gordon	F	13:30	13:30	0:00
283		Lee	Pickersgill	M	13:36	14:14	0:38
288		Martin	Dudley	M	13:39	13:14	(0:25)
294	63	Verity	Fisher	F	13:49		
302		Reece	McCullagh (2)	M	13:57		
303	69	Jo	Bowdery	F	13:58	13:05	(0:53)
314		Simon	Sypula	M	14:12		
341	90	Jackie	Downes	F	14:42		
342		Vishal	Shah	M	14:42	13:48	(0:54)

343		Jim	Brown	M	14:43	14:42	(0:01)
345	91	Jenny	Garrett	F	14:45		
382	115	Sarah	Pike	F	15:32	14:36	(0:56)
386		Paul	Holgate	M	15:38	15:42	0:04
392		Michael	O'Keefe	M	15:44		
393	121	Julie	Shadbolt	F	15:45	15:06	(0:39)
402		Sophocles	Georgiou	M	15:57		
421	145	Cathy	Craig	F	16:19		
422	146	Callie	Chapman	F	16:19		
446	169	Sarah	Sapstead	F	17:19		

Parkruns

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Westmill	38	34	Andy JAY	00:25:10	
	82	66	Paul JENNINGS	00:28:33	first time here
Stevenage	10	10	Danny SCANLON	00:19:28	95th event
	16	16	Thomas SAUKA	00:20:40	
	49	47	Martin DUDLEY	00:22:59	
	77	73	Barry OSBORNE	00:24:06	40th event
	83	78	Jonathan JONES	00:24:27	
	108	10	Alison SHELLEY	00:25:52	PB
	111	11	Karen PALMER	00:25:57	
	131	113	Michael O'KEEFE	00:26:53	
	135	116	David SCOTT	00:26:59	
	149	23	Jenny GARRETT	00:27:27	
	150	24	Claire EMMERSON	00:27:28	
	157	27	Verity FISHER	00:27:45	
	158	131	Chris HOLLAND	00:27:47	65th event
	159	28	Julie SHADBOLT	00:27:52	
	176	143	Paul HOLGATE	00:28:47	
	184	39	Catherine CRAIG	00:29:23	
	199	46	Rowena RUTLEDGE	00:30:17	
	205	50	Callie CHAPMAN	00:30:31	
	208	52	Sally PHILLIPS	00:30:39	
	250	76	Chloe EMMERSON	00:34:06	
	264	85	Hazel JONES	00:37:13	
Ellenbrook Fields	94	77	Tim ROBINSON	00:28:13	
Bicester	175	92	Darryl STEVENS	00:39:52	first time here

Letchworth	40	35	Neil ROBINSON	00:26:00	PB
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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.

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 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

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