



COMRADES ULTRA Andy Chased By Horses * Trent Park Trail

Stuart Haycroft ran the Gruelling Comrades Ultra Marathon in South Africa, the largest in the world with over 20000 runners covering a distance of 90km/57miles. He said, “This marathon is a national institution in South Africa, with the whole country glued to the television sets all day to see the drama unfold, with time based medals and cruel cut-offs. The worst being the 12 hour cut-off, if you run 12 hours and 1 second, you get no medal and are marked as did not finish.”

This year was the down run, from the City of Petermaritzburg to Durban, although that doesn't mean it's downhill, just that is more downhill than up, with the course having a total elevation gain of 1110m / 3642 feet with a total descent of 1779 metres /5837 feet).

Stuart says he loved the incredible crowd support and excellent organisation of the event and absolutely recommends it to anybody silly enough to want to run 57miles.

Stuart completed the event in a time of 8 hours 25 minutes which is equivalent to running two sub four hour marathons with an extra 5 miles on top. This time was 2 hours and 7 minutes faster than his previous attempt on the down run.

Fairlands Fifty

A fabulous fifty from Fairlands ran in Thursday's Mid Week League race at Trent Park. Low light in the woods made a tough race even trickier for some in what was essentially a cross country event. As a consequence average times were slower than for a normal 10K but there were still some great Spartan performances.

CALLUM STEWART was second out of the 397 finishers in 35 minutes 25 seconds. **DAN McALPINE** was also top ten at ninth in 36:48. **SIMON JACKSON** was sixth in his category with 38:23 and **STEFFAN FORD** eighth forty plus 38:45. **RICHARD SPRINGALL** was another highly placed Spartan with 41:04.

MICHELLE REEVES was the fastest of the twenty Spartan women with 46 minutes 39 seconds. **ISABEL GREEN** 49:13; **CLAIRE EMMERSON** 49:52 and **MARIE COLUCCI** 49:51 also all beat 50 minutes

The fourth Mid Week Road Race League fixture will be in Stevenage on Wednesday evening 27th June.

A First For Sally

On Saturday **SALLY McBRIDE** ran the Runthroughuk 10k at Dorney Lake, Windsor. It was the first time she'd ever been there and her fourth 10k race I've entered but her first with Fairlands Valley Spartans.

She ran a time of 1:05:04 which was a PB as her previous best was 1:06:16 at the Finsbury Park Chase the Sun.

The weather was quite cloudy when we arrived but the sun soon came through and it ended up being a fairly hot sunny day.

Natalie Wins At Windsor

NATALIE LAWRENCE won the Dorney Lake Triathlon. This was her first triathlon of 2018 & off no structured swim or bike training purely run (18:32 off bike)

She was first female and first in her age category. In fact she was fifth overall including the men. This was a sprint distance triathlon with 10:59 for the 750 metres swim; 33 minutes 28 seconds for the 20K bike and 18 minutes 32 seconds for the 5K run.

Natalie said she enjoyed the nice early start time too- 7am at Eton Dorney Olympic rowing lake and that she was pretty happy with the result having done no swimming or cycling preparation, just running, after having baby Louie in January.

Chased By Horses

ANDREW PATTERSON took on the epic Man v Horse Marathon in Wales. Albeit 22 miles and not quite marathon distance it did include 4000 feet of elevation gain. The race pitches 600 solo or team of three relay runners against 60 horses and their riders. The start is in the smallest town in Britain, Llanwrtyd Wells, and after a mile you are ascending the mountain range. After a 15 minute head start the horses are chasing you down!

Andy said, "Unfortunately I went in to the race with a slight hamstring injury and wasn't able to attack the downhill sections as much as I would have liked so the lead group got away and I found myself in fifth spot. Annoyingly I took a wrong turn and ended up doing 0.8mile longer and dropped to 20th place. I worked my way back up the field to tenth but at 18 miles the first horse came galloping past. In the end I was beaten to the finish by three horses. Gutted to have taken a wrong turn but overall I was pleased with my efforts, really enjoyed it and would absolutely recommend the event.

He finished in a time of 2 hours 55 minutes.

St Albans Half

YUKO GORDON ran her fifth St. Albans Half Marathon on Sunday and it was her fifth win in the women over 55 category. She said she was quite satisfied to dip under 100 minutes with 1:39:59.

DANNY SCANLON ran his second ever half marathon and managed a PB of 1 hour 32 minutes 6 seconds.!

ADRIAN BUSOLINI was fastest Spartan in 1:27:15. LIZ SMITH came in with 1:57:48; SUSAN McANENY with 1:59:50 and CLARE HOWELL with 2:20:15.

EMAC

Fairlands Valley Spartans were third of the seven men's teams in Wednesday's in the second match of the 2018 EMAC track and field league at Bedford. They are third in the league on 194.5 compared with Bedford who are second on 202 and Milton Keynes first on 275.

The club's women are in the lead. Although they were second on the night they lead the league by 257 points to 235.

The third match will be in Cambridge on 4th July. EMAC organise events for veteran athletes in the East of England.

Parkrun Highlights 9th June 2018

Saturday's Parkruns saw a celebration of 70 years of the NHS with a rendition of happy birthday in Stevenage and some runners donning fancy dress.

At Barclay parkrun in Hoddesdon Ashley SCHOENWETTER was second overall and first female in a new PB of 20.18.

In Stevenage there was another big turnout of 330 people. Todd GRAY was 9th overall in 19.43. First Spartan lady was Caroline BARTER who was second female overall in a new PB of 23.02.

Other Spartan PBs to note were Danny SUTTON in 21.52 and Karl SHREEVE 27.47.

Wayne MCMILLAN ran his first parkrun with Chloe EMMERSON. They both finished in 33.11. New member Melody BROWN also completed her first Parkrun in 36.24. It was great to see Roger BIGGS back. He ran/walked to finish in 39.58.

In Orpington Michael O'KEEFE ran a new PB of 26.01.

Alexandra WHITEHOUSE ran for a second time in Market Harborough in a new PB of 33.49.

Coming Events

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

- **Welwyn 10K including senior county championships on Sunday 24th June.**
- **Mid Week League Race 4 in Stevenage on Wednesday 27th June.**
- **Bassingbourn Half Marathon on Sunday 1st July.**
- **EMAC track and field event three at Cambridge on Wednesday 4th July.**
- **County Track 10K Championships in Sandy on Thursday 5th July.**
- **Handicap 5K in Stevenage on Thursday 5th July.**
- **Mid Week League Mob Match on 12th July.**
- **Fairlands Valley Challenge off road on Sunday 15th July.**
- **EMAC track and field event four at Milton Keynes on Wednesday 1st August.**
- **Clacton Half Marathon and 10K on Sunday 19th August.**
- **County 5K Senior Championships at the Hatfield 5K on Wednesday 5th September.**
- **Welwyn Half Marathon on Sunday 9th September (new date).**
- **Paul Maguire Handicap 5 miles on Sunday 16th September.**
- **County 5K Vets Championship at the Hatfield 5K on Wednesday 19th September.**
- **Hatfield 5K (Open Race) on Wednesday 3rd October.**
- **Standalone 10K on Sunday 7th October.**
- **Peterborough Half Marathon (GER) on Sunday 14th October.**
- **Abingdon Marathon on Sunday 21st October.**
- **Stevenage Half Marathon on Sunday 4th November.**
- **St Neots Half Marathon on Sunday 18th November.**
- **Brighton Marathon on Sunday 14th April 2019.**
- **London Marathon on Sunday 28th April 2019**
- **Edinburgh Marathon on Sunday 26th May 2019.**

Tables

Spartans at Mid Week League

SCOTT'S TRAVEL MIDWEEK ROAD RACE LEAGUE - DIVISION 1 RACE 3 - Trent Park 10k - Thursday 7th June 2018

Race	Pos	Cat	Vet	No.	Time	Name	Surname	Cat.	M/F
2	2	2		433	35:25	Callum	Stewart	S	MA
9	9	9		428	36:48	Dan	McAlpine	S	MA
27	27	6	6	427	38:23	Simon	Jackson	V 40	MA
33	33	8	8	429	38:46	Steffan	Ford	V 40	MA
64	63	37		430	41:04	Richard	Springall	S	MA
65	64	38		401	41:16	Todd	Gray	S	MA
78	76	45		434	42:09	Adrian	Busolini	S	MA
91	87	51		440	42:57	Paul	Robertson	S	MA
96	92	54		419	43:14	Stuart	Archer	S	MA
108	104	28	45	448	43:43	Steve	Green	V 40	MA
116	111	64		406	44:02	Danny	Scanlon	S	MA
125	116	33	52	404	44:31	Dean	Carpenter	V 40	MA
136	122	21	56	345	45:00	Andy	Neatham*	V 50	MB
142	127	36	60	412	45:20	Thomas	Sauka	V 40	MB
149	131	26	63	436	45:48	John	Harris	V 50	MB
156	136	69		420	46:25	Adrian	Donnelly	S	MB
160	22	10		511	46:39	Michelle	Reeves	S	FA
196	35	17	25	527	49:13	Isabel	Green	V 35	FA
203	40	8	28	529	49:32	Claire	Emmerson	V 45	FA
211	42	20	29	501	49:51	Marie	Colucci	V 35	FA
217	172	79		450	50:05	Daniel	Sutton	S	MB
219	173	42	94	400	50:11	Martin	Dudley	V 50	MB
222	176	80		441	50:24	Andrew	Smith	S	MB
242	190	52	107	437	51:51	Darren	Emmerson	V 50	MB
267	64	13	42	509	53:13	Ann	Tryssoone	V 45	FA
275	207	89		446	53:43	Chris	Holland	S	MB
277	208	90		413	53:59	Mick	Andrews	S	MB
281	210	59	119	414	54:15	Andy	Jay	V 50	MB
292	217	55	125	445	55:11	James	Kilroy	V 40	MB
300	80	29	54	508	55:34	Tanya	Brazier	V 35	FA
301	221	93		411	55:38	David	Scott	S	M
309	84	28		499	56:03	Verity	Fisher	S	FA
312	86	22	58	510	56:25	Wendy	Tharani	V 45	FA
313	87	23	59	496	56:26	Liz	Smith	V 45	FB
321	229	56	135	424	57:03	Tim	Robinson	V 40	M

322	230	57	136	417	57:04	Simon	Sypula	V 40	M
328	95	34	67	530	57:26	Sophie	Cowan	V 35	FB
331	236	11	142	410	57:44	Jim	Brown	V 60	M
356	247	73	153	407	59:39	Michael	O'Keefe	V 50	M
370	251	8	157	409	1:02:00	Rob	Shaw	V 70	M
373	121	42	90	498	1:02:22	Hayley	Yendell	V 35	FB
379	126	43	94	507	1:05:00	Angie	Keeling	V 35	FB
384	131	34	98	500	1:06:34	Debbie	Blantern	V 45	FB
385	132	34		517	1:06:42	Elizabeth	Crowley	S	FB
386	133	20	99	516	1:06:42	Sharon	Crowley	V 55	FB
387	254	78	160	442	1:07:05	Karl	Shreeve	V 50	M
389	135	3	101	497	1:08:13	Cathy	Craig	V 65	FB
391	255	59	161	418	1:09:04	Paul	Jennings*	V 40	M
392	256	95		453	1:09:10	Nick	Witcombe	S	M
396	257	9	162	416	1:11:38	Peter	Carpenter	V 70	M

Parkruns (see above this week)

Market Harborough parkrun

A total of 272 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
219	80	Alexandra WHITEHOUSE	Fairlands Valley Spartans RC	00:33:49

Stevenage parkrun

A total of 330 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
9	9	Todd GRAY	Fairlands Valley Spartans RC	00:19:43
24	24	Liam ERRINGTON	Fairlands Valley Spartans RC	00:21:30
30	30	Daniel SUTTON	Fairlands Valley Spartans RC	00:21:52
46	45	David SCOTT	Fairlands Valley Spartans RC	00:22:51
49	2	Caroline BARTER	Fairlands Valley Spartans RC	00:23:02
78	68	Lee PICKERSGILL	Fairlands Valley Spartans RC	00:24:38
79	69	Neil ROBINSON	Fairlands Valley Spartans RC	00:24:41
105	17	Susan MCANENY	Fairlands Valley Spartans RC	00:25:56
114	20	Karen PALMER	Fairlands Valley Spartans RC	00:26:20
125	23	Alison SHELLEY	Fairlands Valley Spartans RC	00:26:44
140	28	Verity FISHER	Fairlands Valley Spartans RC	00:27:27
149	121	Karl SHREEVE	Fairlands Valley Spartans RC	00:27:47

151	122	James SOUTH	Fairlands Valley Spartans RC	00:27:55
243	172	Kartik SHARMA	Fairlands Valley Spartans RC	00:32:27
251	76	Chloe EMMERSON	Fairlands Valley Spartans RC	00:33:11
252	176	Wayne MCMILLAN	Fairlands Valley Spartans RC	00:33:11
255	78	Judy KING	Fairlands Valley Spartans RC	00:33:15
280	95	Melody BROWN	Fairlands Valley Spartans RC	00:36:24
281	186	Jim BROWN	Fairlands Valley Spartans RC	00:36:24
308	190	Roger BIGGS	Fairlands Valley Spartans RC	00:39:58
319	129	Sally PHILLIPS	Fairlands Valley Spartans RC	00:43:28

Abingdon parkrun

A total of 400 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
215	59	Lucy May FIELD	Fairlands Valley Spartans RC	00:28:33

Orpington parkrun

A total of 256 runners took part.

92	85	Michael O'KEEFE	Fairlands Valley Spartans RC	00:26:01
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Tring parkrun

A total of 251 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
27	27	Thomas SAUKA	Fairlands Valley Spartans RC	00:23:12

Barclay parkrun

A total of 110 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
2	1	Ashley SCHOENWETTER	Fairlands Valley Spartans RC	00:20:18
73	50	Paul JENNINGS	Fairlands Valley Spartans RC	00:31:14

Letchworth parkrun

A total of 114 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
47	6	Sheryl HANN	Fairlands Valley Spartans RC	00:28:02
88	30	Ella GOWER	Fairlands Valley Spartans RC	00:34:35

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