



GARDEN BESTS Marathon Is Another Enigma

Run Around The Garden 5K

Several Spartans ran the Run Around the Garden 5K in Letchworth.

SALLY McBRIDE said “I was only into my second week with Fairlands Valley Spartans but I managed to pick up a new personal best. My second in nine days which is amazing but I also managed to run a sub 30 for the first time.” She ran the Round the Garden 5K in 29:06 compared with her previous best of 30:43 at the Stevenage Parkrun.

28 minutes 18 seconds **ANGIE KEELING** improved her PB by 21 seconds. This was her first 5K in an event affiliated to England Athletics.

JOHN HARRIS ran a season’s best 20:09 and came 20th overall. He said it was a nice, well organised event.

On the come back trail **ROGER BIGGS** 37:22 was better than his park run the previous day. He said, “A little bit at a time and I’ll be taking chunks off that.”

ERICA GRAYSON enjoyed a weekend of personal bests. On Saturday she ran the Harpenden Five in 44:13, a PB by 91 seconds and on Sunday the Run Round The Gardens 5K in Letchworth in 26:14, a PB by 20 seconds.

Erica said, “I had a fantastic weekend with my Spartan family. I was very happy with a PB on Saturday. It was a lovely race with a beaut of a hill thrown in and then to PB the next day in Letchworth was fantastic. But the highlight of my weekend though was my 15 year old coming second in Letchworth and achieving his goal of a sub 18 minute 5k by 2 seconds.

CAROLE SHELDRICK totally enjoyed the run and came in with a time of 25:49. She said she will definitely run again next year.

Words Up

John Nelms ran the Enigma “Word Up” Marathon 2 on Sunday morning. This consisted of 7.5 scenic laps of Caldecotte Lake in Milton Keynes. He finished in 4 hours 15 minutes.

That’s **John’s** 9th marathon of the year so far

Cross Training

And several Spartans took part in the Stevenage Circular Cycle organised by Cycling UK.

Parkrun Round up 16 June 2018

This week's Parkrun events were the scene for various personal achievements for the 33 Spartan's who ran. PB runs were recorded for **VERITY FISHER** at Belton House in 25 mins and 10 secs, **KELLY McHALE** at Wimpole Estate in 26 mins and 12 secs, **PAUL JENNINGS** in Stevenage at 28 mins and 37 secs, and **ELLA GOWER** in Letchworth at 34 mins and 4 secs. The Stevenage event saw milestone races for **KAREN PALMER** who completed her 50th Parkrun in 25 mins and 58 secs and **DAVID SCOTT** who finished his 70th Parkrun in 27 mins and 40 secs.

Another bumper week at the Stevenage event saw **DANNY SCANLON** and **STUART ARCHER** finish in under 20 mins with times of 19 mins and 26 secs and 19 mins and 54 secs, respectively. Coming in under 30 mins were **LEE PICKERSGILL** finishing as the 50th male at 23 mins and 52 secs and **CALLIE CHAPMAN** as the 30th female at 28 mins and 41 secs. With **MARTIN DUDLEY** at 22 mins and 28 secs, **JONATHAN JONES** at 24 mins and 41 secs, **SUSAN MCANENY** at 25 mins and 56 secs, **ALISON SHELLEY** at 27 mins and 22 secs, and **LIZ CARVELL** at 29 mins and 11 secs in the same time bracket. Under 45 mins was achieved by **KERSTIN WEINER** at 31 mins and 10 secs, **STEPHEN SMITHSON** at 33

mins and 54 secs, MELODY BROWN with a new parkrun PB at 34 mins and 18 secs, JIM BROWN at 34 mins and 18 secs, PENNY SCHENKEL at 34 mins and 21 secs, ROGER BIGGS at 38 mins and 34 secs, and HAZEL JONES at 40 mins and 22 secs.

Finishing within two minutes of each other, ANDY JAY, KEN JUDE and TIM ROBINSON completed the Panshanger course in 25 mins 6 secs, 26 mins and 13 secs, and 27 mins and 15 sec, respectively. While first time runs at new venues saw MICHAEL O'KEEFE run the Brockenhurst event in 26 mins and 29 secs, DANIEL SUTTON complete the Belton house course in 24 mins and 43 secs, and PAUL WHYTE finish the Stevenage course in 35 mins and 27 secs.

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

Parkruns

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Stevenage	7	7	Danny SCANLON	00:19:26	
	9	9	Stuart ARCHER	00:19:54	
	34	33	Martin DUDLEY	00:22:28	
	54	50	Lee PICKERSGILL	00:23:52	
	68	62	Jonathan JONES	00:24:41	
	93	13	Susan MCANENY	00:25:56	
	94	14	Karen PALMER	00:25:58	50th Parkrun
	124	22	Alison SHELLEY	00:27:22	
	130	108	David SCOTT	00:27:40	70th Parkrun
	152	123	Paul JENNINGS	00:28:37	new PB!
	155	30	Callie CHAPMAN	00:28:41	
	159	33	Liz CARVELL	00:29:11	
	189	52	Kerstin WEINER	00:31:10	
	216	146	Stephen SMITHSON	00:33:54	
	221	74	Melody BROWN	00:34:18	
	222	148	Jim BROWN	00:34:18	
	223	75	Penny SCHENKEL	00:34:21	
	239	152	Paul WHYTE	00:35:27	
	260	156	Roger BIGGS	00:38:34	
	268	109	Hazel JONES	00:40:22	
Brockenhurst	40	34	Michael O'KEEFE	00:26:29	
Wimpole Estate	119	17	Kelly MCHALE	00:26:12	new PB
Panshanger	102	91	Andy JAY	00:25:06	
	131	115	Ken JUDE	00:26:13	

	164	138	Tim ROBINSON	00:27:15	
Belton House	64	56	Daniel SUTTON	00:24:43	
	70	10	Verity FISHER	00:25:10	new PB
Letchworth	113	35	Ella GOWER	00:34:04	new PB

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