



CALLUM THIRD AT ST NEOTS Spartans Fly At Henlow

Nearly fifty Spartans were racing in open events at the weekend and a lot more were doing parkruns.

Thirty two (32) Fairlands Valley Spartans ran the St Neots Half Marathon. After the mist lifted Sunday morning it turned into a bright sunny morning if a little chilly and there were seven new Spartan personal bests; four Spartans were running their first half marathon; and a total of eighteen Spartans beat the two hour barrier.

CALLUM STEWART was third out of the 1,380 finishers in a fast 1 hour 13 minutes 29 seconds while **SIMON JACKSON** was second Spartan and 18th overall in 1:18:23.

There was a bit of a breeze going out on the figure of eight course but if you got to the top of the hill in Abbotsley for the second time at about 9.5 miles it was a great downhill, tailwind run almost all the way to the finish.

Many of the new personal bests were on already good times – **STUART ARCHER** by one minute to 1:28:42; **CHRIS HOLLAND** by eight seconds to 1:39:10; **KERSTIN WEINER** by a substantial 3:55 to 1:48:13; **KAREN ELLIS** by 2:39 to 1:49:09; **LIZ SMITH** a massive 5.28 off to 1:52:20; **CAROLE SHELDRIK** 2:31 to 1:55:56 and **CATHY CRAIG** 3:05 to 2:11:58. **JULIE SHADBOLT** equalled her PB with 1:58:48.

The first timers were **TANYA BRAZIER** 1:50:02; **ZOE JACKSON** 1:54:47; **LIZ CARVELL** 2:12:49 and **TONI NICHOLS** 2:27:13.

CAROLINE CROFT said there were perfect running conditions but it wasn't "Mr Whippy weather" after finishing in 2:15:25. **MARIE COLUCCI** said she was struggling but was the first Spartan woman in 1:44:22.

There were 1380 finishers (749 men 631 women)

Spartans Flying at Henlow 10

The Henlow 10 is a unique event and it was revived on Thursday. It's a point to point ten mile race from the Shuttleworth Collection airfield at Old Warden to the base at RAF Henlow. Incorporating the RAF championships civilians also take part. **ANDREW PATTERSON** was sixth of the 125 finishers in 58:53 with **STEFFAN FORD** 11th in 1:01:12 and **RICHARD SPRINGALL** 23rd in 1:06:42.

Leighton Buzzard Mud Run

RICHARD COWLISHAW got a half marathon personal best in a mud run! On Saturday he competed in the Leighton Buzzard Mud Run and finished in 1 hour 41 minutes 56 seconds.

The race was cross country along a canal path and through woodlands in a lovely sunny fresh conditions, so he was pleased with his result.

Richard joined the Spartans at the beginning of September when he started a new job in Stevenage. He said, "I am only there in the week and your club has given me somewhere to go to train and meet new people, which I really enjoy."

Hertfordshire Half Marathon

The second Hertfordshire Half Marathon started out cold and misty in the grounds of Knebworth House and then headed out into the surrounding villages on an undulating traffic free course. **TIM ROBINSON** took it fairly steady and paced well to finish inside his target of under two hours with a 1:59:25

DANNY SCANLON finished 105th in net time of 1.33.42

TIM SABAN said the event was nowhere near as hilly as some people make out. He finished in 1:34:49. It was a lovely autumnal morning to be out.

Others at Knebworth were DAVID ACKERY in a new PB of 2:22:30; KELLY EVANS in 2:02:49; JONATHAN JONES 2:09:11; and SAM SIMMONS in a new PB of 2:00:58.

Yuko wins Irish and GB Master Cross Country

Spartan YUKO GORDON won women's 65 plus race in the 31st Irish and GB Masters cross country championships in Singleton Park, Swansea , Wales. She covered the six kilometres in 27 minutes 34 seconds.

Yuko said, "I won and I'm done. The 6km course was very tough, a long downhill, a bit of flat but wet and slippery followed by a long uphill x three laps. The down hill start went far too fast while looking to locate my age group rivals and any of my race plan was immediately abandoned, I just wanted to go round to survive."

Sundon Saunter

THOMAS SAUKA did the Sundon Saunter in 6 hours 15 Minutes. This was a 27 mile LDWA (Long Distance Walkers' Association) off road challenge event based in Barton-le-Clay which went through Woburn abbey Thomas Sauka

He said, "After a very foggy start, the Sun finally came out. A lovely Autumn day followed especially going through Woburn Estate."

Mike Newbit came in at 7 hours 37 minutes. Sharon and Mike Crowley were happy to finish in daylight with 8 hours 24 minutes.

Parkrun Highlights Saturday 17th November

Spartans ran at six different parkrun locations this weekend with two achieving new PBs. John HOLMES ran Stevenage in 21:03 and Nicola HATHERLY ran Ellenbrook Fields in a new personal best time of 31:44.

Top gender positions went to Danny SCANLON 7th in Stevenage 19:54 and Kelly McHALE 10th in Panshanger in 25:10. Other top finishers at Stevenage included Alison SHELLEY 15th in 26:47, John HOLMES 17th in 21:03, Verity FISHER 18th in 27:54 and Monica SMTHSON 20th in 28:09.

(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:

- **Hatfield Five Mile Race (including Herts Senior Championships) on Sunday 25th November.**
- **Wolverton Five Mile Race on Sunday 25th November.**
- **Serpentine Last Friday of the Month 5K in Hyde Park at 12.30p.m. on 30th November.**
- **Second Cross Country League race at Trent Park on Sunday 2nd December (new date).**
- **Bedford Harriers Half Marathon on Sunday 2nd December.**
- **Third Cross Country League race on Sunday 16th December (home fixture).**
- **Witham Boxing Day Five on Wednesday 26th December.**
- **Buntingford End of Year ten miles races on Sunday 30th December.**
- **New Year 10K in Hyde Park on Tuesday 1st January 2019.**
- **County Cross Country Championships in Verulam Park, St Albans. - Sunday 6th January 2019.**
- **Fourth Cross Country League race in Watford on Sunday 13th January 2019.**
- **Fred Hughes 10 miles (inc. county veterans) in St Albans on Sunday 20th January.**

- **Southern Cross Country Championships at Parliament Hill Fields on Saturday 26th January.**
- **Watford Half Marathon on Sunday 3rd February 2019.**
- **Fifth Cross Country League race in Royston On Sunday 10th February 2019.**
- **Bramley 20 on Sunday 17th February 2019.**
- **National Cross Country Championships at Harewood House, Leeds on Saturday 23rd February.**
- **County Veteran Cross Country Championships (with Middlesex) in Trent Park. Sunday 3 March 2019.**
- **Finchley 20 on Sunday 10th March 2019 (includes Hertfordshire Championships).**
- **Welwyn Half Marathon on Sunday 17th March 2019.**
- **Oakley 20 on Sunday 24th March 2019.**
- **Brighton Marathon on Sunday 14th April 2019.**
- **London Marathon on Sunday 28th April 2019.**
- **Stirling Marathon (and half marathon) on 28th April 2019.**
- **Pednor Five including senior county championships at 7p.m. on Monday 6th May 2019.**
- **Edinburgh Marathon on Sunday 26th May 2019.**

Tables

Spartans at St Neots

Position	First Name	Last Name	Gun	Chip	Comments	Impr.
3	Callum	Stewart	1:13:29	1:13:29	3 rd Overallx	
18	Simon	Jackson	1:18:23	1:18:23	x	
107	Stuart	Archer	1:28:54	1:28:42	PB	1:00
110	Todd	Gray	1:29:00	1:28:55	x	
89	David	Bowker	1:35:14	1:34:59	SB	2:26
271	Chris	Holland	1:39:28	1:39:10	PB	0:08
299	Mark	Goodwin	1:41:47	1:41:23	x	
91	Marie	Colucci	1:45:08	1:44:22	x	
134	Kerstin	Weiner	1:49:15	1:48:13	PB	3:55
137	Karen	Ellis	1:50:09	1:49:09	PB	2:39
446	Andrew	Smith	1:50:29	1:49:06	YB	3:53

155	Tanya	Brazier	1:51:49	1:50:02	1st Half	New
168	Liz	Smith	1:52:21	1:52:20	PB	5:28
218	Zoe	Jackson	1:55:47	1:54:47	1 st Half	New
233	Carole	Sheldrick	1:56:57	1:55:56	PB	2:31
253	Jo	Bowdery	1:57:50	1:56:49	x	
285	Julie	Shadbolt	1:59:48	1:58:48	=PB	0:00
287	Erica	Grayson	1:59:50	1:58:04	x	
324	Wendy	Tharani	2:02:36	2:01:18	x	
327	Karen	Palmer	2:02:46	2:00:58	x	
626	David	Scott	2:04:25	2:03:25	x	
635	Vishal	Shah	2:05:27	2:04:27	x	
410	Carol	Paul	2:09:30	2:07:48	YB	New
686	Paul	Holgate	2:13:49	2:13:09	SB	6:11
466	Cathy	Craig	2:13:52	2:11:58	PB	3:05
476	Liz	Carvell	2:14:42	2:12:49	1 st Half	New
501	Angie	Keeling	2:16:55	2:15:04	x	
510	Caroline	Croft	2:18:18	2:15:25	x	
517	Toni	Nichols	2:19:04	2:17:13	1 st Half	New
547	Callie	Chapman	2:23:34	2:21:47	x	
548	Hazel	Smith	2:23:34	2:21:49	x	
744	Roger	Biggs	2:44:59	2:42:45	x	

1380 finishers (749 men 631 women)

Parkruns Saturday 17th November

Parkrun	Position	Gen	Parkrunner	Time	Notes
Aylesbury	105	83	Dave SMITH	00:26:53	
Cirencester	151	56	Niki PLUMB	00:36:46	
Ellenbrooks Fields	176	51	Nicola HATHERLY	00:31:44	PB
Ellenbrooks Fields	193	64	Rachael MILLER	00:33:22	
Panshanger	94	10	Kelly MCHALE	00:25:10	
Stevenage	8	7	Danny SCANLON	00:19:54	
Stevenage	19	17	John HOLMES	00:21:03	PB
Stevenage	24	22	Tim SABAN	00:21:22	
Stevenage	33	31	Paul SHELLEY	00:22:02	
Stevenage	43	40	Martin DUDLEY	00:22:31	
Stevenage	57	52	James MCSWEENEY	00:23:35	
Stevenage	95	85	Michael O'KEEFE	00:25:54	
Stevenage	99	88	Mark BEASLEY	00:26:12	
Stevenage	109	15	Alison SHELLEY	00:26:47	
Stevenage	110	95	Matthew PATTMAN	00:26:48	
Stevenage	131	18	Verity FISHER	00:27:54	

Stevenage	132	114	Ken JUDE	00:27:57	
Stevenage	135	20	Monica SMITHSON	00:28:09	
Stevenage	136	116	Stephen SMITHSON	00:28:09	
Stevenage	169	41	Dzenana TOPIC	00:30:07	
Stevenage	181	47	Debbie BLANTERN	00:30:36	
Stevenage	191	52	Tracy STILES	00:31:21	
Stevenage	200	144	Roger BIGGS	00:32:16	
Stevenage	224	154	David SCOTT	00:33:55	
Stevenage	229	73	Hilary DAVIES	00:34:28	
Stevenage	239	159	Paul JENNINGS	00:35:42	
Stevenage	260	92	Hazel JONES	00:37:44	
Stevenage	284	110	Karen BROOM	00:56:38	
Wormwood Scrubs	90	60	Darryl STEVENS	00:36:13	

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 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