



55 FIVES AND TENS Hatfield * Bassingbourn * Wolverton

55 Spartans competed in five or ten mile races at the weekend!

The Hatfield Five included the County Five Mile Championships for seniors (18 plus). The twenty one Spartans included eight new lifetime personal bests (PB); two season's bests (SB); three best in 2018 (YB) and seven running their first five mile race.

YUKO GORDON won the women (60 plus) category in 35 minutes 44 seconds and beat her PB by 1 minute 4 seconds. **IRIS HORNSEY** was second woman (70 plus) in 50:43 and **MARK GOODWIN** third man (60 plus) in 36:22.

MARTIN BLACKBURN was running his first five mile race and was the fastest Spartan with 31:06 and 56th out of the 657 finishers.

Spartan **DUNCAN FLOUNDERS** ran despite suffering from a cold this week. He said, "I almost pulled out at the last minute but it was my last race of the year so convinced myself to get my trainers on and join in." He finished in a time of 35:23, beating his PB (personal best) by a whole two seconds so was glad he made the effort!

LEE PICKERSGILL finished in a new PB of 38:22 almost a minute quicker than last year.

"I'm feeling quite chuffed with myself" said **HOLLY ARCHER**. She ran the Hatfield 5 miles in 48:03 and within that got what would have been 5K PB of 29.08. Her average pace was 5.59 per kilometre, and said, "for me that's quick!"

CAROLE SHELDRIK was delighted with a new PB of 41:01, a massive reduction of 2 minutes 51 seconds. She says she'll lose that second next time.

After the “wheels came off” in last week’s St Neots Half Marathon JIM BROWN was happy to finish. He was determined to get round in under 40 minutes. After a good start with 7:57 and 7:53 miles he lost valuable seconds due to minor delays on a narrow section of the course and had nothing in hand at the end of mile four so the last mile hurt but was worth it for a year’s best time of 39 minutes 49 seconds.

DANNY SCANLON said it was a great local race and he enjoyed it. He came in top 100 at 79th in 32:29.

One second is enough for a PB and that’s exactly what KEN JUDE took off with his new best time of 40:26.

ISABEL GREEN ran a five mile PB (by 29 seconds) with 36:06. She said she was helped by fantastic marshals including several Spartans who were helping on the day.

SALLY PHILLIPS was another Spartan taking more than two minutes off her five mile PB. She improved by 2:21 to 48:09. MONICA SMITHSON ran her fastest five for eight years with 44:51.

EDWARD HARPER 40:01; SOPH GEORGIU 44:45; CLAIRE HYDE 44:25; SALLY McBRIDE 47:22; KAREN BROOM 47:24; HOLLY ARCHER 48:03 were running their first five mile race.

SHARON CROWLEY ran a 2018 best of 52:41.

(Times for all 21 Spartans at the Hatfield Five can be found at the end of this release)

Bass Belle Ten Miles

Thirty Spartans enjoyed the Bass Belle ten mile race at Bassingbourn. KAREN ELLIS said it was a cold start but a great run with beautiful views. She beat her personal best by 21

seconds to finish in 1:21:41. MADDIE PRITCHARD was the fastest female from Fairlands with 1:20:47. JO BOWDERY ran with Rufus the dog and finished in 1:23:06.

GRANT RAMSAY was 12th out of the 369 finishers in 1:03:43.

A “So Happy” MEGAN TAYLOR got a PB by nearly 14mins. She improved by 13:38 to 1:29:27.

SAM SIMMONS took a 8 minutes 4 seconds chunk off his PB to 1:26:26 while ROWENA RUTLEDGE 15:31 to 1:41:46.

JENNY GARRETT and CLAIRE EMMERSON enjoyed a social run at the Bass Belle finishing in 1:27:49. They said it’s always a lovely, well marshalled run

TIM SABAN result from the Bass Belle was 1:13:43 like last week I used this race as part of a long training run, clocking 5 miles before the race. Which gave me a chance to warm up somewhat on a chilly morning. First time for me doing this race. Using some of the course of the Bassingbourn half in reverse.

CAROLINE CROFT says it was still not Mr. Whippy weather but finished in 1:37:19.

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

Wolverton Five.

The 54th Wolverton (Willen) 5 mile road race was held on Sunday 25 November 2018, starting at 11am.

The race moved from its traditional Saturday afternoon to Sunday morning creating a clash with other popular events and reducing the number of runners. However four Spartans made the trip to Milton Keynes. STUART HAYCROFT came very close to a 10mph average with 30 minutes 4 seconds and 49th out of the 244 finishers. Stuart Haycroft

ran the Wolverton 5 mile in a personal best time of 30:04 completing the royal flush of a PB in all eight club championship distances during 2018.

DAVID BOWKER was 91st in 33:18. After a late start PAUL HOLGATE finished 229th in a net time of 46 minutes 23 seconds and ROGER BIGGS was 237th in 53:17.

Parkrun Highlights Saturday 24th November

This week's Parkrun's saw Spartans running in nine different locations in the UK and further afield in Germany.

Jonathan Parr was first overall at Stratford upon Avon in 17:33 in his first run there. In Berlin Darryl Stevens ran the Hasenheide Parkrun in 36:23.

Danny Sutton celebrated his 200th Parkrun running 24:01 in a Torbay. Verity was a few seconds behind in 24:03.

In Stevenage Stuart Porter was fourth overall in 19:30. Michelle Reeves was first lady in 21:07 and Kerstin Weiner fourth lady in 24:25. There were PBs for John Holmes (20:50) and David Ackery (28:01).

Barry King ran a new PB at off road Wimpole Hall (25:38). James McSweeney ran a new PB at Brandon Park near Thetford of 23:23. John Nelms ran in Great Denham in 21:41.

Dave Smith ran the relatively new Coldhams Common Parkrun in Cambridge in 27:30.

(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:

- **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.**
- **Spartans “School” Christmas Disco at Springfield House on Saturday 8th December.**
- **Third Cross Country League race on Sunday 16th December (home fixture).**
- **Witham Boxing Day Five on Wednesday 26th December.**
- **Serpentine Last Friday of the Month 5K**
- **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.**
- **Orion 15 in Epping Forest on Saturday 30th March (TBC).**
- **Victoria Park Open Five Miles on Saturday 6th April (provisional).**
- **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

Times for all 21 Spartans at the Hatfield Five:

Position	Name	Time	Category	Comments
56	MARTIN BLACKBURN	00:31:06	Senior	1 st five
79	DANNY SCANLON	00:32:29	Senior	
141	DUNCAN FLOUNDERS	00:35:23	M40	PB (0:02)
148	YUKO GORDON	00:35:44	W60	Win W60. PB (1:04)
166	ISABEL GREEN	00:36:05	W40	PB (0:29)
169	MARK GOODWIN	00:36:22	M60	3 rd M60. SB
218	LEE PICKERSGILL	00:38:22	Senior	PB (0:48)
248	JIM BROWN	00:39:49	M60	YB
267	EDWARD HARE	00:40:01	Senior	1 st five
274	KEN JUDE	00:40:26	M50	PB (0:01)
281	JONATHAN JONES	00:40:20	M50	PB (1:10)
299	CAROLE SHELDRIK	00:41:01	W40	PB (2:51)
384	SOPHOCLES GEORGIU	00:44:45	M60	1 st five
389	CLAIRE HYDE	00:44:25	W40	1 st five
400	MONICA SMITHSON	00:44:51	W50	SB
438	SALLY MCBRIDE	00:47:22	W40	1 st five
439	KAREN BROOM	00:47:24	W50	1 st five
460	HOLLY ARCHER	00:48:03	Lady	1 st five
480	SALLY PHILLIPS	00:48:09	W50	PB (2:21)
518	IRIS HORNSEY	00:50:43	W70	2 nd F60. YB
572	SHARON CROWLEY	00:52:41	W60	YB

Times for all thirty Spartans: Bass Belle 10 miles – Sunday 25 November 2018

Pos	Name		Chip	Comments
12	GRANT	RAMSAY	1:03:43	YB
50	TIM	SABAN	1:13:33	YB
51	PAUL	SHELLEY	1:13:37	1 st Ten
98	MATTHEW	PATTMAN	1:19:46	1 st Ten
107	MADDIE	PRITCHARD	1:20:47	YB
119	KAREN	ELLIS	1:21:41	PB (0:21)

129	JO	BOWDERY	1:23:06	With Rufus
143	DAVID	PATTMAN	1:25:35	1 st Ten
155	SAM	SIMMONS	1:26:26	PB (8:04)
165	CLAIRE	EMMERSON	1:27:49	
166	JENNY	GARRETT	1:27:50	
163	STEVE	PIKE	1:27:53	YB
171	JULIE	SHADBOLT	1:28:29	
172	SARAH	PIKE	1:28:30	PB (1:35)
177	JON	SYPULA	1:29:18	SB
181	MEGAN	TAYLOR	1:29:27	PB (13:38)
183	ERICA	GRAYSON	1:29:30	
194	KAREN	PALMER	1:30:37	
210	ROBERT	WRIGHT	1:32:26	1 st Ten
209	SIMON	SYPULA	1:32:32	1 st Ten
225	ALISON	SHELLEY	1:34:11	1 st Ten
249	CATHY	CRAIG	1:37:15	PB (1:45)
250	CAROLINE	CROFT	1:37:19	YB
253	STEPHEN	DOBNER	1:37:58	1 st Ten
281	ROWENA	RUTLEDGE	1:41:46	PB (15:31)
289	VICKY	COTTOM	1:43:45	1 st Ten
297	SEAN	MILLWOOD	1:45:40	1 st Ten
298	HAZEL	SMITH	1:45:43	
315	CALLIE	CHAPMAN	1:48:13	YB
341	BERNADETTE	MILLWOOD	1:54:17	1 st Ten

Wolverton Five

Position	Name	Chip	Category	Speed	Pace	Comments
49	STUART HAYCROFT	30:04	(M) 40-44	9.96 mph	6:01 min/mile	PB
91	DAVID BOWKER	33:18	(M) 60-64	8.97 mph	6:41 min/mile	SB
229	PAUL HOLGATE	50:59	(M) 60-64	5.88 mph	10:11 min/mile	
237	ROGER BIGGS	53:17	(M) 70+	5.59 mph	10:43 min/mile	YB

244 finishers

Parkruns Saturday 24th November

Full details or all Parkrunners below.

Hasenheide parkrun

A total of 183 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
142	84	Darryl STEVENS	Fairlands Valley Spartans RC	00:36:23

Torbay Velopark parkrun

A total of 158 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
48	44	Daniel SUTTON	Fairlands Valley Spartans RC	00:24:01
49	5	Verity FISHER	Fairlands Valley Spartans RC	00:24:03

Westmill parkrun

A total of 59 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
12	11	Andy JAY	Fairlands Valley Spartans RC	00:26:32

Stevenage parkrun

A total of 237 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
11	11	Nick GILL	Fairlands Valley Spartans RC	00:20:34
13	13	John HOLMES	Fairlands Valley Spartans RC	00:20:50
16	1	Michelle REEVES	Unattached	00:21:37
19	18	Thomas SAUKA	Fairlands Valley Spartans RC	00:21:53
40	38	Darren EMMERSON	Fairlands Valley Spartans RC	00:23:47
44	41	Nigel STRONGITHARM	Fairlands Valley Spartans RC	00:24:05
51	4	Kerstin WEINER	Fairlands Valley Spartans RC	00:24:25
52	5	Claire EMMERSON	Fairlands Valley Spartans RC	00:24:27
56	51	Jonathan JONES	Fairlands Valley Spartans RC	00:24:33
58	53	Stephen SMITHSON	Fairlands Valley Spartans RC	00:24:40
66	61	David SCOTT	Fairlands Valley Spartans RC	00:25:08
110	95	David ACKERY	Fairlands Valley Spartans RC	00:28:01

114	97	Barry OSBORNE	Fairlands Valley Spartans RC	00:28:15
145	116	Tim ROBINSON	Fairlands Valley Spartans RC	00:30:34
151	33	Dzenana TOPIC	Fairlands Valley Spartans RC	00:31:11
156	37	Alison SHELLEY	Fairlands Valley Spartans RC	00:31:24
161	120	Roger BIGGS	Fairlands Valley Spartans RC	00:31:45
170	124	Paul JENNINGS	Fairlands Valley Spartans RC	00:32:15
182	131	Steven DOBNER	Fairlands Valley Spartans RC	00:33:06
186	133	Matthew PATTMAN	Fairlands Valley Spartans RC	00:33:14
200	139	Nick WITCOMBE	Fairlands Valley Spartans RC	00:34:40
210	69	Hazel JONES	Fairlands Valley Spartans RC	00:36:39
237	89	Karen BROOM	Fairlands Valley Spartans RC	00:48:16

Wimpole Estate parkrun

A total of 304 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
103	92	Barry KING	Fairlands Valley Spartans RC	00:25:38

Brandon Country Park parkrun

A total of 98 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
22	17	James MCSWEENEY	Fairlands Valley Spartans RC	00:23:23

Stratford-upon-Avon parkrun

A total of 421 runners took part

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
1	1	Jonathan PARR	Fairlands Valley Spartans RC	00:17:23

Great Denham parkrun

A total of 162 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
23	23	John NELMS	Fairlands Valley Spartans RC	00:21:41

Coldhams Common parkrun

A total of 287 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
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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. 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