



STEVENAGE HALF THIS SUNDAY Cross Country in Cheshunt * Sharon in Snowdonia

This Sunday (4th) is the big day for running in Stevenage as it's the town's half marathon which is organised by Fairlands Valley Spartans. More than 570 have already entered and you'll be very welcome to come out and encourage the runners as they make their way around the 13.1 mile race which starts from Ridlins Athletics Track at 10a.m.

The event is mostly based on Stevenage's famous cycleways and is on a two lap course which will come up Gresley Way and Six Hills Way into Fairlands Valley Way, loop around the park and return via Broadhall Way.

The race includes the senior Hertfordshire Half Marathon Championships and is an accurately measured and licensed event. All the surplus from this volunteer, it takes about 75 people, organised event will go to charity which in 2018 is Kawasaki Kid.

Callum Second in Cross Country

A cold start but it was a lovely morning as 18 Spartan women and 29 men tackled the first cross country league race of the season which was at Cheshunt. Nine of the FVS team were first timers who benefitted from good conditions with the three lap course firm underfoot.

CALLUM STEWART was second out of the 540 plus runners in just 26 minutes 4 seconds. **SIMON JACKSON** was next in for the Spartans 24th with 28:36 while **CHRIS WESTCOTT** 28th in 28:52; **PAUL HEWETT** 49th in 30:05; **STEFFAN FORD** 58th in 30:18; **DAN HUKIN** 62nd in 30:24; **MARTIN BLACKBURN** 67th in 30:42; **ALEX DUNNETT** 74th in 30:53 and **STUART HAYCROFT** 75th also in 30:53 all beat 31 minutes.

SUZY HAWKINS was first in for the women, 175th overall, in 34 minutes 26 seconds with **MICHELLE REEVES** not far behind at 190th in 35:05. **JO BOWDERY** was 379th in 40:50; **KAREN ELLIS** 410th in 41:05 and **WENDY THARANI** 418th in 42:05 to complete the Spartans “A” team.

(Tables of results can be found at the very end of this release)

Sharon Maintains Her Record in Snowdonia

The coldest day of the month so far could only mean one thing - time for the Snowdonia marathon. The race lived up to its reputation as one of the toughest marathons in the UK as the five Spartans taking part this year experienced all four seasons in one day with snow, sun, wind and rain as they climbed 838 metres in the course of the race which has a flat equivalent distance of 29.32 miles.

In his thirtieth consecutive participation in the race Paul Holgate was first to finish in 5 hours 31 minutes 17 seconds, with Tricia Hopper, Barry King & Karen Liddle very close behind in 5:32:20. Sharon Crowley continued her record as the female with the most finishes, crossing the finish line in 6:03:36 in her 27th Snowdon marathon, despite her severe lack of training following being bitten by a dog on the Pennine Way in August.

Beachy Head Trail Marathon

On Saturday 27th October Tim Robinson ran the Beachy Head marathon. The race is a trail race across the South Downs with several checkpoints stocked with biscuits, chocolate, fruit, cakes and jelly babies. The route involves over 3,600ft of ascent. There was a cold northerly wind blowing most of the day dropping temperatures to just above freezing on the tops of the South Downs but a clear day meant some great views. Using a walk run strategy (walking up hill and running anything flat and downhill) from the start meant the final five miles over the Seven Sisters and Beachy Head were not quite as painful or slow as last year resulting in a very slightly quicker time of 5:46:12

The UK's biggest Trail Marathon with over 2000 finishers. Starts and finishes on the edge of Eastbourne, using firstly the North leg of the South Downs Way, returning by the South leg of the South Downs Way. Featuring 5000ft of incline, making this one of the toughest.

For ROGER BIGGS, it was a race too hard and probably a race too soon following his heart problem earlier in the year. Roger had two fellow lady runners who supported him for the last seven miles of the event and allowed him to finish. He came in at 6 hours 8 minutes 49 seconds.

PETER CARPENTER completed the Beachy Head 10K on Saturday.

His time of 1 hour 10 minutes 47 seconds was just two minutes slower than 2106 - which is slightly surprising as he felt going round that he was going rather poorly and walking more of the hills than intended - also he said, "If I'm honest I should really still be in recovery mode after the other events I've completed recently. It was very cold but fortunately I'd managed to wear the right level of clothing, so that wasn't a problem."

Fenland 10

DAVE BOWKER ran the Fenland 10. His time of 71 minutes 10 seconds made him 68th out of more than 700 runners and sixth man aged 60 plus. He was fourth in the EMAC championship section.

A Little Bit of Running for John

Spartan JOHN NELMS completed two marathons this week – On Tuesday it was eight laps of Willen Lake and Wednesday 17 laps of Furzton Lake , both in Milton Keynes as part of the Enigma running three lakes challenge. He was then joined on Saturday by REECE MACULLAUGH to complete the Thames Trot Ultra Marathon - starting in Oxford and following the river to finish 50 miles downstream in Henley. John and Reece both finished together in 9 hours 30, smiling and sprinting the last 500 yards live on Facebook.

John said “ we now have a growing group on Spartans who have completed or who are planning to complete an ultra marathon. Any other members who would like to know more about running stupid distances please come and speak to me at training. It’s not as daunting as you might think and you get to eat cake and jelly babies during the run “

Tim Goes Ultra

TIM SABAN ran his first Ultra at the Stort 30. The race follows the river Stort till it meets the river Lea. At that point it continued to follow the river towards Rye House where they turned around and retraced the route back. Tim says it was a tough course in parts with very narrow ruts that were barely wide enough to place your foot. He said he didn't quite get his nutrition right, ate too late into the race and paid heavily for it. But he really enjoyed the experience and finished in 4 hours 43 minutes. An ultra is a race over the marathon distance of 26.2 miles.

Ricky Road

ED HARE ran his first race for the Spartans on Sunday. In the Ricky Road Run ten mile event he finished in 1 hour 27 minutes 43 seconds. That a new personal best for ten miles and he was 182nd out of the 326 participants.

Serpentine

STEFFAN FORD ran the Serpentine Last Friday of the Month 5K in 17 minutes 53 seconds. He was 33rd overall out of 268 and ninth in his age group.

On a cool, breezy and dry day JIM BROWN enjoyed a recovery run in Hyde Park after the recent Chelmsford Marathon and finished the same event in 28:34.

Parkrun Highlights Saturday 27th October

First Saturday of the month saw 19 Spartans don their stripes at Stevenage and six at other venues. There were two new PBs for Spartans at Stevenage. Steve DOBNER was 50th finisher with 23:52 and Nichola DURENT ran a new personal best of 40:04.

Jonathan PARR was second finisher at Stevenage in 18:13, followed by Todd GRAY, 7th place in 19:12 and Danny SCANLON 9th place in 19:36. Verity FISHER was sixth female in 24:01 and Kerstin WEINER was 8th in 24:41. At Letchworth, Ros INGRAM was fifth female in 26:01.

(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:

- **Stevenage Half Marathon on Sunday 4th November.**
- **Stebbing 10 in Great Dunmow on Sunday 11th November.**
- **St Neots Half Marathon on Sunday 18th November.**
- **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.**
- **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.**
- **Edinburgh Marathon on Sunday 26th May 2019.**

Tables

Women at Cheshunt Cross Country

Overall Position	Name	Time	Comments
175	SUZY HAWKINS	34:26	A Team
190	MICHELLE REEVES	35:05	A Team
379	JO BOWDERY	40:50	A Team
410	KAREN ELLIS	41:05	A Team
418	WENDY THARANI	42:05	A Team
460	KAREN PALMER	44:10	B Team
467	SHERYL HANN	44:30	B Team
474	ALISON SHELLEY	45:51	B Team
494	CAROLINE CROFT	47:22	B Team
507	MONICA SMITHSON	48:05	B Team
516	ROWENA RUTLEDGE	49:55	
517	KAREN BROOM	49:57	

530	PETA WILSON	52:20	
531	CALLIE CHAPMAN	52:20	
532	CLAIRE EMMERSON	52:20	
537	SOPHIE COWAN	53:02	
538	SUE HAMER	53:02	
540	IRIS HORNSEY	57:50	

Parkruns, Saturday 27th October

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Brockenhurst	187	116	Darryl STEVENS	00:39:12	
Bushy	625	150	Sheryl HANN	00:27:20	
Gunpowder	108	30	Rowena RUTLEDGE	00:29:44	
Letchworth	42	5	Ros INGRAM	00:26:01	
Littleport	26	22	James MCSWEENEY	00:23:15	
Stevenage	2	2	Jonathan PARR	00:18:13	
Stevenage	7	7	Todd GRAY	00:19:12	
Stevenage	9	9	Danny SCANLON	00:19:36	
Stevenage	33	30	Chris HOLLAND	00:22:25	
Stevenage	48	43	Paul SHELLEY	00:23:35	
Stevenage	49	44	Matthew PATTMAN	00:23:37	
Stevenage	55	50	Steven DOBNER	00:23:52	PB
Stevenage	56	51	Nigel STRONGITHARM	00:23:53	
Stevenage	62	6	Verity FISHER	00:24:01	
Stevenage	69	62	Jonathan JONES	00:24:28	
Stevenage	71	64	David PATTMAN	00:24:35	
Stevenage	73	8	Kerstin WEINER	00:24:41	
Stevenage	106	89	Michael O'KEEFE	00:26:51	
Stevenage	141	31	Debbie BLANTERN	00:28:32	
Stevenage	189	59	Alison SHELLEY	00:30:48	
Stevenage	190	60	Callie CHAPMAN	00:30:48	
Stevenage	259	105	Hazel JONES	00:37:45	
Stevenage	265	111	Nichola DURENT	00:40:04	PB
Stevenage	272	115	Hayley PEACH	00:43:14	

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