



SPARTAN ARMY AT BEDFORD HALF St Albans Stampede * Roger At 898

Seventeen Spartans were among 1,953 finishers at Sunday's Bedford Half Marathon

Fastest Spartan and 16th out of the 937 women in the race was ASHLEY SCHOENWETTER in 1 hour 31 minutes 21 seconds.

SALLY McBRIDE ran the Bedford Half Marathon which was only her second ever attempt at that distance. She managed to pick up a non stop PB (personal best) of 2:26:33 knocking off 5 minutes 14 seconds off her first one back at the Herts Half last November so was really happy with that. Sally said the Bedford route is lovely to run and mainly flat apart from the bridge section out and back from the two loops in the first eight miles. She's totally amazed by the size of the medal. It's huge and it weighs a fair bit, the finishers T shirts are great too. Sally says she would definitely run the race again

YUKO GORDON time was 1:41:45, she fell again, saying her legs won't take the speed bumps anymore and that she must go to Specsavers.

MARIE COLUCCI underlined the improvements she has been making recently by recording a brand new personal best of 1 hour 43 minutes 49 seconds beating her previous PB which was set six years ago.

Coming out of wave two and hitting congestion at various pinch points was a bit frustrating for JIM BROWN who was almost at a standstill on several occasions but he was delighted to get under 1 hour 50 minutes; a very useful qualifying time for his age group. Although the temperature was rising during the race he finished in a year's best 1:46:55, trimming 3 minutes 16 seconds off his previous time.

Meanwhile ADRIAN BUSSOLINI was multi-tasking. Not only did he finish in 1:34:03 but he was making a video on the way round!

SIMON SYPULA ran his first half marathon in 2:21:36 and SAM SIMMONS ran a new PB of 2:07:28.

(All 17 Spartan times can be found at the end of this release).

Bedford Twilight

On Saturday evening MAGGIE MONTGOMERY ran her first race as a Spartan. She completed the Bedford Twilight 10K in 1:28:03.

St Albans Stampede

On a lovely sunny Saturday morning six Spartans turned up in a field near St Albans with 400 others to run the St Albans Stampede.

This is a very friendly relaxed event run by the St Albans Striders with a very easy format. There's a four mile off road loop - how many loops can you run in 12 hours? There is no pressure, you can stop in the start / finish area on any lap and have a break and sample the ample food and drink supplied - from bacon sarnies and coffee for breakfast to afternoon tea and cakes to pizza and beer in the last hour. Most local clubs were represented and had a tent or gazebo set up as a base for socialising between laps.

The weather was perfect and the Heartwood Forest course fast and dry. Steve Green, John Nelms and Reece McCullagh did the first lap together with Jackie Downes not far behind. Wendy Tharani and Roger Biggs made up the Spartan contingent.

As the day progressed Reece and Steve showed they were in great form making the laps look easy. Jackie was using this as a training run for Berlin in two weeks time and looked strong and relaxed up the hills. John dropped back after taking two hours out for lunch. !

As the dusk fell, Steve, John and Jackie went out with Roger to complete his seventh lap and marking his 898th marathon, a real privilege to run with a legend.

Jackie and John then dropped out for a massage and coffee leaving Reece and Steve powering out on the next lap.

The final results: Wendy - 5 laps = 20 miles; John, Jackie and Roger - 8 laps each = 32 miles; Reece and Steve - 13 laps = 52 miles.

36th in the World!

The world rankings for number of marathons completed have just been released. And Spartans own ROGER BIGGS is at 36th IN THE WORLD with 898. No wonder wherever you go everyone recognises the Spartans vest ...

Spitfire 10K

TREVOR and KAREN BROOM went to RAF at Hendon on Sunday to run The Spitfire 10K. They said this year is the 100th Anniversary of the RAF so that made it even more special. They were using it as a training run as they are both running Berlin marathon in the 16th of September. Trevor finished in 1.05.43 and Karen in finished in 1.01.59 which gave her a 12 minute personal best for that course. Karen commented it was warm and sunny and a lovely course though hilly in places.

Sheryl at St Clears

Spartan SHERYL HANN was in lumpy South Wales for the St Clears Trots 10K near Carmarthen.

She was 122nd out of 166 in 1 hour 1 minute 49 seconds.

Thanet Coastal Half Marathon

CAROLINE BARTER was 157th in the Thanet Coastal Half Marathon in 2 hours 4 minutes 22 seconds. There were 312 finishers.

Maidenhead Half

TIM SABAN ran the Maidenhead half on Sunday as part of his final preparation for Berlin marathon on 16th September. It was on a very picturesque flat two lap course with plenty of support. The running conditions were very warm but luckily he wasn't under any kind of pressure and posted a time of 1:35:19.

Last Friday 5K

It was dry, sunny with a light breeze in Hyde Park for the Serpentine Last Friday of the month 5K.

David Bowker was 76th out of the 202 finishers in 20 minutes 23 seconds. **JIM BROWN** said he was struggling for the last kilometre but ran his fastest 5K for three years. He was 140th in 23:44.

Get 4th November In Your Diary

More than 240 people have already entered the Stevenage Half Marathon which will be on Sunday 4th November. This superb local event is organised by Fairlands Valley Spartans and includes the senior county championships. Don't miss out. Enter now. Go to https://www.activetrainingworld.co.uk/events/2018/11/04/stevenage_half_marathon or via www.fvspartans.org.uk

Parkrun Round Up Saturday 1st September

The first day of Autumn brought 28 Spartans out to run the weekly Parkrun Event. Personal best (PB) times were recorded for **JAMES McSWEENEY** in 23 mins and 29 secs, **KARL SHREEVE** in 27 mins and 11 secs, and **PAUL JENNINGS** in 28 mins and 24 secs at the Stevenage run and **MICHAEL O'KEEFE** in 28 mins and 47 secs in Lullingstone

Of the 28, 22 runners attended Stevenage in stripes to represent the club. DARREN EMMERSON ran his 65th event in 23 mins and 51 secs, ALISON SHELLEY her 30th in 26 mins and 24 secs, ROWENA RUTLEDGE her 50th in 29 mins and 40 secs, CALLIE CHAPMAN her 40th in 30 mins and 10 secs, and STEVEN DOBNER his 35th in 43 mins and 48 secs. DANNY SCANLON was the 8th male to finish in 19 mins and 13 secs and CLAIRE PULLEN the 3rd woman in 23 mins and 58 secs, closely followed by HAZEL SMITH and JULIE SIMMONS who finished as the 6th and 7th woman, respectively, in a time of 25 mins and 20 secs. Top 50 gender places also went to MONICA SMITHSON in 29 mins and 06 secs, KAREN PALMER in 29 mins and 41 secs and ERIC GRAYSON in 29 mins and 42 secs. DAVID SCOTT was the 50th male to finish in 25 mins and 13 secs, behind him NIGEL STRONGITHARM ran in 25 mins and 48 secs, DAVE SMITH in 28 mins and 51 secs, ANTON McCALLA in 29 mins and 02 secs, STEPHEN SMITHSON in 29 mins and 12 secs, and JAMES SOUTH in 43 mins and 22 secs. SHARON CROWLEY completed the course in 51 mins and 49 secs.

First time runs at new locations were recorded for JOHN ROXBOROUGH at Linford Wood in 23 mins and DANIEL SUTTON and VERITY FISHER in 23 mins and 13 secs and 25 mins and 18 secs, respectively. DARRYL STEVENS completed the Brockenhurst course in 38 mins and 38 secs and SHERYL HANN the Letchworth event in 29 mins and 19 secs.

(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 including:

- 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 in Stevenage on Sunday 16th September.
- Great East Run Half Marathon at Ipswich on Sunday 16th September.
- Berlin Marathon on Sunday 16th September.

- County 5K Vets Championship at the Hatfield 5K on Wednesday 19th September.
- EMAC Championships in Milton Keynes on Sunday 23rd September.
- Hatfield 5K (Open Race) on Wednesday 3rd October.
- Standalone 10K (inc. Herts Veteran championships) on Sunday 7th October.
- Peterborough Half Marathon (GER) on Sunday 14th October.
- Abingdon Marathon on Sunday 21st October.
- First Cross Country League race at Cheshunt on Sunday 28th October.
- Stevenage Half Marathon on Sunday 4th 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.
- 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.
- Fourth Cross Country League race in Watford on Sunday 13th January 2019.
- 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.
- Finchley 20 on Sunday 10th March 2019 (provisional date).
- Oakley 20 on Sunday 24th March 2019.
- Brighton Marathon on Sunday 14th April 2019.
- London Marathon on Sunday 28th April 2019.
- Edinburgh Marathon on Sunday 26th May 2019.

Tables

Spartans at the Bedford Half Marathon

Position	Name	Time	Number	Comments
113	ASHLEY SCHOENWETTER	1:31:21	2405	
153	ADRIAN BUSSOLINI	1:34:03	850	Filming

260	YUKO GORDON	1:41:45	1371	
307	MARIE COLUCCI	1:43:49	977	PB (1:00)
374	JIM BROWN	1:46:55	817	YB (3:16)
473	PAUL MAGUIRE	1:50:27	1865	
695	LEE PICKERSGILL	1:58:20	2228	
948	SAM SIMMONS	2:07:28	469	PB
965	ROBERT WRIGHT	2:08:21	2862	
1008	VICTORIA BRETT	2:09:37	801	
1048	CLAIRE HYDE	2:11:11	1607	
1120	JON SYPULA	2:13:32	2571	
1245	MEGAN TAYLOR	2:18:44	2584	
1321	SIMON SYPULA	2:21:36	2572	First Half
1438	SALLY McBRIDE	2:26:33	1926	PB (5:14)
1724	VISH SHAH	2:44:35	322	
1941	EMMA MARTIN	3:33:32	1895	

Parkruns Saturday 1st September August

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Stevenage	8	8	Danny SCANLON	0:19:13	
	33	31	James MCSWEENEY	0:23:29	new PB!
	38	36	Darren EMMERSON	0:23:51	65th
	40	3	Claire PULLEN	0:23:58	
	55	50	David SCOTT	0:25:13	
	57	6	Hazel SMITH	0:25:20	
	58	7	Julie SIMMONS	0:25:20	
	70	63	Nigel STRONGITHARM	0:25:48	
	84	12	Alison SHELLEY	0:26:24	30th
	100	80	Karl SHREEVE	0:27:11	new PB!
	119	96	Paul JENNINGS	0:28:24	new PB!
	131	105	Dave SMITH	0:28:51	
	135	108	Anton MCCALLA	0:29:02	
	136	28	Monica SMITHSON	0:29:06	
	138	109	Stephen SMITHSON	0:29:12	
	151	39	Rowena RUTLEDGE	0:29:40	50th
	152	40	Karen PALMER	0:29:41	
	153	41	Erica GRAYSON	0:29:42	
	162	44	Callie CHAPMAN	0:30:10	40th
	266	161	James SOUTH	0:43:22	
	268	163	Steven DOBNER	0:43:48	35th
	280	109	Sharon CROWLEY	0:51:49	
Linford Wood	18	18	John ROXBOROUGH	0:23:00	1st time here
Brockenhurst	90	49	Darryl STEVENS	0:38:38	

Lullingstone	24	19	Michael O'KEEFE	0:28:47	new PB!
Letchworth	62	11	Sheryl HANN	0:29:19	
Ford	22	19	Daniel SUTTON	0:23:13	1st time here
	39	9	Verity FISHER	0:25:18	1st time here

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