



Spartans on the Winter Runs Snow Stops Stevenage and Watford

Race plans for many Fairlands Valley Spartans were frustrated by the cancellation of the Watford Half Marathon and Stevenage Parkrun due to ice on the running routes but eight enjoyed the London Winter Run 10K.

JONATHAN JONES said “It was minus three degrees when the 2019 London Winter Run started from Trafalgar Square. It finished outside Downing Street. More than 20 thousand runners surrounded by polar bears, penguins and snowmen made it a rather crowded course.”

He was fastest of the eight from Fairlands in 51 minutes 59 seconds. The others were PAUL SHELLEY in 53:38; STEVE DOBNER in 53:51; DAVID PATTMAN in exactly 54 minutes; ALISON SHELLEY in 54:05; LIZ SMITH in 58:11; GEMMA PARKER in 1:14:00 and HAZEL JONES in 1:23:11.

Position	Name	Time
3837	JONATHAN JONES	51:59
4725	PAUL SHELLEY	53:38
4850	STEVE DOBNER	53:51
4939	DAVID PATTMAN	54:00
4997	ALISON SHELLEY	54:05
7675	LIZ SMITH	58:11
16074	GEMMA PARKER	1:14:00
17681	HAZEL JONES	1:23:11

Many other Spartans including some seeking a substitute for cancelled races enjoyed a 10 miles off road training run from Ickleford.

Maddie at Letchworth

MADDIE PRITCHARD ran the First Saturday of the Month 5K on Norton Common in 25 minutes 11 seconds.

Parkrun Highlights Saturday 2 February

Remaining snow and ice from the week's flurries led to the cancellation of the Parkrun in Stevenage on February 2nd, and a much quieter Saturday morning than normal for the Spartans. Braving the conditions further afield **JOHN ROXBOROUGH** was the fastest Spartan of the week finishing the Letchworth course in 23 mins and 26 secs, while **VERITY FISHER** and **DANIEL SUTTON** completed Ellenbrook Fields in 29 mins and 03 secs and 29 mins and 04 secs, respectively. **DAVID ACKERY** ran the Gunpowder event in 29 minutes and 5 seconds.

JANE WHITROW was the 60th woman to finish the Panshanger course on her 75th Parkrun in a time of 32 mins and 40 secs and was joined by **TRACY STILES** in 34 mins and 09 secs. **DAVID PATTMAN** and **STEVEN DOBNER** completed the Westmill event for the first time in 32 mins and 26 secs and 32 mins and 27 secs, respectively, and **DARRYL STEVENS** finished as the 54th male during his first outing at Henstridge Airfield in 36 mins and 45 secs.

Spring Marathon?

Fairlands Valley Spartans are into week five of their marathon training plan. Are you running a Spring marathon? Whether you want to get round and enjoy; are a first timer; want a personal best or expect to go "Sub Three" the Spartans are the local club for you, there are group training opportunities five days a week. Have a look at www.fvspartans.org.uk or the club's Facebook page.

Coming Events

Many Spartans will be enjoying a busy programme of races, social and training events over the next few weeks:

- **Fifth Cross Country League race in Royston on Sunday 10th February 2019.**
- **Bramley 20 on Sunday 17th February 2019.**
- **Serpentine 5K in Hyde Park on Friday 22nd February.**
- **National Cross Country Championships at Harewood House, Leeds on Saturday 23rd February.**
- **Baldock Beast Half Marathon on Sunday 24th February.**
- **FVS Presentation Evening at the Cromwell Hotel, Stevenage on Friday 1st March.**
- **County Veteran Cross Country Championships (with Middlesex) in Trent Park. Sunday 3 March 2019.**
- **Hillingdon 20 on Sunday 10th March 2019 (formerly known as the Finchley 20).**
- **Welwyn Half Marathon on Sunday 17th March 2019.**
- **Oakley 20 on Sunday 24th March 2019.**
- **Orion 15 cross country race in Epping Forest on Saturday 30th March.**
- **Victoria Park Open Five Miles on Saturday 6th April.**
- **Sandy Ten on Saturday 7th April.**
- **Brighton Marathon on Sunday 14th April.**
- **Flitwick 10K on Sunday 14th April.**
- **Maidenhead Easter Ten on Good Friday 19th.**
- **London Marathon on Sunday 28th April.**
- **Stirling Marathon (and half marathon) on 28th April.**
- **Pednor Five including senior county championships at 7p.m. on Monday 6th May 2019.**
- **County 1500 metres track and veteran championships at Ridlins, Stevenage on Monday 6th May.**
- **Hackney Half Marathon on Sunday 19th May.**
- **Edinburgh Marathon on Sunday 26th May.**
- **St. Albans Half Marathon on Sunday 9th June.**
- **Fairlands Valley Challenge (Off Road) on Sunday 21st July.**
- **Relays in the Park (3K) on Thursday evening 25th July.**
- **Bedford Half Marathon on Sunday 1st September.**
- **Chelmsford Marathon on Sunday 20th October.**

- **Stevenage Half Marathon (FVS) on Sunday 2nd November.**
- **Bedford Harriers Half Marathon on Sunday 1st December (TBC).**

Tables

Parkruns: Saturday 2nd February

Parkrun	Pos	Gen	Parkrunner	Times	Notes
Westmill	50	41	David PATTMAN	0:32:26	first time here
	51	42	Steven DOBNER	0:32:27	first time here
Gunpowder	83	66	David ACKERY	0:29:05	
Panshanger	246	60	Jane WHITROW	0:32:40	75th
	271	76	Tracy STILES	0:34:09	
Ellenbrook Fields	124	23	Verity FISHER	0:29:03	
	125	102	Daniel SUTTON	0:29:04	
Letchworth	10	9	John ROXBOROUGH	0:23:26	
Henstridge Airfield	87	54	Darryl STEVENS	0:36:45	first 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! At December 2018 it had 323 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, Brittain Way, 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

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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

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