



TOUGH AT SOUTHERNS Biggs Trilogy Ends In Georgia

Fairlands Valley Spartans had a total of seven runners in Saturday's South of England cross country championships on Parliament Hill Fields. The race starts with a tough climb and it carries on that way. The conditions were described as the driest for a very long time but the event still extremely challenging.

703 times were recorded in the women's race which was over eight kilometres (about five miles).

CLAIRE EMMERSON was 545th in 43:27; JENNY GARRETT 609th in 46:25; PETA WILSON 672nd in 51:32; SHARON CROWLEY 679th in 52:24 and CALLIE CHAPMAN 686th in 54:48.

There was a very tough cut off time of 1 hour 30 minutes for the 15 kilometres (9.3 miles) men's race. Spartan TIM ROBINSON got a shift on in the last kilometre overtaking others to finish with just 13 seconds to spare. Technically he was last of the 1147 finishers but in fact there were actually quite a few behind him. Beating a limit of well below 10 minutes per mile is an achievement in itself for such a hilly and usually muddy event. TOM SAUKA was 1,002nd in 1:11:14.

Biggs in Georgia

ROGER BIGGS completed his USA race trilogy at the Callaway Gardens Marathon in Pine Mountain, Georgia, USA on Saturday.

The marathon was held entirely within the Callaway Gardens. It was two laps amongst lovely scrubland and many lakes.

The race started at 08:00hrs, with an air temperature of around -3C, only warming to around 7C in mid afternoon. Roger started the race with a hat; cap; two pairs of gloves; two long sleeve T-shirts; one T-shirt and one running vest!! He was past 19 miles before he started the shed things.

With his usual consistent manner, Roger finished with a time of 5:40:50, to be third in the 70+ category, winning another trophy to take home.

Lee Valley Velodrome Ten

The Lee Valley Velodrome Ten consists of ten laps of an undulating ten mile loop around the Olympic Velodrome Park. ANN TRYSESSEONE finished first in her age group with 1 hour 27 minutes 10 seconds.

Serpentine

January maybe but it was a lovely day in Hyde Park for the Last Friday of the Month 5K round the Serpentine. JIM BROWN ran a year's best 24 minutes 48 seconds and moved up to second in his age category. It was mild, dry and with a slight breeze for the lunch time race. Jim was 217th out of the 266 finishers.

Parkrun Highlights Saturday 26 January

Runner numbers remained high at Stevenage Parkrun with 377 runners. Martin Blackburn was ninth and first Spartan man in 19.11. Anton McCalla ran a parkrun PB of 28:08 on his third parkrun. Caren Dowsett was also running her third parkrun and achieved a new PB of 44:47.

Congratulations to David Pattman running his 50th parkrun in 25:36 (48 of those runs were at Stevenage). Marie Colucci was second woman at Stevenage in 22:35.

Barry Osborne ran a new parkrun PB of 26:20 at Westmill on his 49th parkrun. Nicola Hatherley also ran there for the first time in 36:50.

Andy Jay and Steve Smithson joined 384 others at Panshanger with Steve clocking a time of 23:25 and Andy 24:55.

Darryl Stevens ran for the first time at Dartford Heath in his 106th parkrun overall. His time was 37:43.

It was Letchworth parkrun's first birthday and the course was run in reverse. Madeline Pritchard was sixth lady in a time of 25:41.

James McSweeney was in Littleport near Ely on occasion of his 51st parkrun and ran a new PB (personal best) of 22:49.

Full Spartan parkrun results can be found at the end of this release.

Spring Marathon?

Fairlands Valley Spartans are into week four 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:

- **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.**
- **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 2019.**
- **Flitwick 10K on Sunday 14th April.**
- **Maidenhead Easter Ten on Good Friday 19th April.**
- **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.**
- **County 1500 metres track and veteran championships at Ridlins, Stevenage on Monday 6th May.**
- **Edinburgh Marathon on Sunday 26th May 2019.**
- **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.**
- **Stevenage Half Marathon (FVS) on Sunday 2nd November.**

Tables

Parkruns: Saturday 26th January

Full Spartan results are listed below.

Westmill parkrun

A total of 137 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
29	24	<u>Barry OSBORNE</u>	00:26:20
96	38	<u>Nicola HATHERLY</u>	00:36:50

Stevenage parkrun

A total of 377 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
9	9	<u>Martin BLACKBURN</u>	00:19:11
11	11	<u>Stuart ARCHER</u>	00:20:05
25	24	<u>Dean CARPENTER</u>	00:21:45
36	2	<u>Marie COLUCCI</u>	00:22:35
41	38	<u>Gareth COWELL</u>	00:22:51
44	41	<u>Martin DUDLEY</u>	00:22:57
64	56	<u>Lee PICKERSGILL</u>	00:24:33
67	59	<u>Jonathan JONES</u>	00:24:37
78	69	<u>David PATTMAN</u>	00:25:36
87	11	<u>Susan MCANENY</u>	00:26:05
88	77	<u>Ciaran MCANENY</u>	00:26:05
117	22	<u>Sofia CARPENTER</u>	00:27:00
135	109	<u>Michael O'KEEFE</u>	00:27:41
137	111	<u>David SCOTT</u>	00:27:42
151	122	<u>Paul SHELLEY</u>	00:28:05
154	124	<u>Anton MCCALLA</u>	00:28:08
164	132	<u>Edward HARE</u>	00:28:25
168	134	<u>Paul JENNINGS</u>	00:28:33
173	137	<u>David ACKERY</u>	00:28:41
210	157	<u>Daniel SUTTON</u>	00:30:40
211	54	<u>Verity FISHER</u>	00:30:41
271	184	<u>Trevor BROOM</u>	00:33:26
329	124	<u>Hazel JONES</u>	00:40:12
358	146	<u>Caren DOWSETT</u>	00:44:47

Panshanger parkrun

A total of 386 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
53	50	<u>Stephen SMITHSON</u>	00:23:25
91	86	<u>Andy JAY</u>	00:24:55

Dartford Heath parkrun

A total of 109 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
96	68	<u>Darryl STEVENS</u>	00:37:43

Letchworth parkrun

A total of 187 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
41	6	<u>Madeleine PRITCHARD</u>	00:25:41

Littleport parkrun

A total of 210 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
19	18	<u>James McSWEENEY</u>	00:22:49

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

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.

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