



News Release

6th January 2019

OLD YEAR OUT * NEW YEAR IN Bronze in County Cross Country at St Albans

Sixty seven Fairlands Valley Spartans got 2019 off to a great start as sixty five of them joined CALLIE CHAPMAN and STEVE DOBNER running 5K in Stevenage as they celebrated their fiftieth parkrun.

A little further south JIM BROWN and PENNY SCHENKEL began the New Year in great form as they ran their fastest 10K races in more than twelve months at the Serpentine New Year's Day 10K in Hyde Park and Kensington Gardens.

Despite it being his third race in five days Jim finished in 49 minutes 13 seconds, third in his age group and 232nd overall and Penny easily beat the hour with 57 minutes 48 seconds compared with 1 hour and 49 seconds (1:00:49) on New Year's Day 2018.

Jim said it was a good way to blow the cobwebs away. He thought he was struggling but then saw his time at the first kilometre marker and thought let's go for it despite residual tiredness left from the Buntingford ten mile event on Sunday. He said there was a bit of a northerly drift to contend with but it actually helped for the last mile which was along the east side of the Serpentine.

Ely New Year's Eve 10K

PAUL HOLGATE said the Ely New Year's Eve 10K was the perfect way to end the year.

Spartan SIMON JACKSON was ninth in 35 minutes 31 seconds. A best for 2018 by 39 seconds. He was third veteran (40 plus). Paul came in with 57 minutes 16 seconds. There were 616 finishers.

Others saw out the old year at the Peterborough 10K. HAZEL SMITH achieved a year's best 55 minutes 22 seconds (277th); KAREN BROOM came in with 1:00:33 (390th); CALLIE CHAPMAN in 1:03:05 (435th) and TREVOR BROOM in 1:05:53 (490th).

TIM ROBINSON went a lot further. On New Year's Eve he ran the Flich Way Marathon. The marathon starts at Braintree in the Great Notley Country park and follows an out and back trail route along the disused railway track towards Bishops Stortford. Although the route sounds fairly flat the track continually rises and drops over its length. There was good support at the two 'railway station platform' cafés but for the most part fellow runners were the only company. He came in with 5 hours 1 minute 24 seconds, the last Spartan marathon of 2018.

Tough But Satisfying – County Cross Country

Complete and counting Fairlands Valley Spartans women's and men's teams completed the tough but satisfying county championships in Verulamium Park, St Albans on Sunday.

Only 88 finished the senior women's race which was over eight kilometres. NATALIE LAWRENCE won County BRONZE in third place with a time of 30 minutes 36 seconds. RHIANNON GRIFFIN had a great time and beat her previous time on the same course by five minutes with 39:05, she was 54th. JULIE SHADBOLT and PENNY SCHENKEL completed the four woman team in 83rd with 45:44 and 86th in 48:55. They were 13th team out of 18 and had a reserve, SHARON CROWLEY who came in after 52 minutes.

The senior men, that's age 20 and over, had to run three laps or about 12 kilometres. Although they were missing some of their faster runners they were determined to finish with a complete team of at least six men.

59th out of 150 PAUL HOWLETT was first in for the Spartans in 45 minutes 21 seconds; then came RICHARD SPRINGALL 88th in 47:28 and PAUL SHELLEY 115th in 52:07. THOMAS SAUKA ran a well paced race to cut his time by about ten minutes for the same event, he was 134th in 56:44. One of the oldest in the race and decades older than many JIM

BROWN was battling to avoid last place for the first two laps but overtook a handful on lap three to come in with 145th in 61:56 while **TIM ROBINSON** made it team complete and smiles all round at 146th in 62:39. Tough but satisfying and recommended for next year.

The next cross country race for the club will be a league race at Watford on Sunday 13th January. Dozens of Spartans are expected for that event.

Spartan of the Month

SOPHIE COWAN was awarded Spartan of the Month for December recognising her work which included organising the Stevenage Half Marathon and the cross country league fixture in Fairlands Valley Park.

Parkrun Highlights New Year's Day

Lots of Spartans took advantage of being able to run two parkruns on New Year's Day. There were plenty of options with start times of local events staggered to allow this. There were 67 Spartans who made up the 441 record breaking turnout at Stevenage.

So who did the double?

Erica GRAYSON (Barrow and Fell Foot)

Michael O'KEEFE (99th at Luton Wardown and 100th Stevenage).

Grant Ramsay (5th overall at Letchworth and Stevenage).

Tim Saban, Mark Goodwin, Paul Shelley, Thomas Sauka, Steven Dobner, Jonathan Jones, Ken Jude and Tim Robinson (Panshanger and Stevenage)

Maria Swift and Mylo, Caroline Croft, Carole Sheldrick and David Scott (Letchworth and Stevenage)

Ashley SCHOENWETTER was first lady at Stevenage (20:04) and **Natalie Lawrence** was first lady and 7th overall (19:00) at Houghton Hall.

Ruth Reilly ran in Panshanger then was kept very busy bar code scanning in Stevenage.

Congratulations to Michael O'Keefe running his 99th and 100th parkrun on New Year's Day. Congratulations also go to Callie Chapman and Steven Dobner who completed their 50th parkruns both at Stevenage. Steven was at Panshanger for his 49th parkrun at 9 am.

Spartan men made up 3 of the top 10 at Stevenage with Jonathan Parr 3rd overall in (17:16), Grant Ramsay (5th 18:17) and running his first parkrun Martin Blackburn (8th in 18:55).

There were PBs for Ashley SCHOENWETTER (20:04), Jonathan Parr (17:16), Nigel STRONGITHARM(23:43), Maria SWIFT (and Mylo) at Stevenage (24:26), Carole SHELDRIK at Stevenage (26:35) and Sean MILWOOD (28:44).

Michael O'KEEFE got a PB at Luton Wardown (26:12) on his 99th parkrun. James SOUTH ran a new PB at Panshanger (27:14) and Ros INGRAM a new PB at Letchworth (25:46).

Saturday parkrun

There was another bumper turnout at Stevenage parkrun on Saturday with over 400 runners. There were PBs for James McSweeney (23:07) on his 49th parkrun. First Spartan man was Danny Scanlon (20:26). Kerry Flain finished his first Stevenage parkrun in 22:39.

Grant Ramsay was first overall at Letchworth in a new course PB of 20:42. Maria Swift (+ Mylo) was second lady in a new PB of 22:42. Also running Letchworth were Maddie Pritchard (25:52) and Karen Palmer (29:18).

John Roxborough ran at Victoria Dock in London (near the ExCel) finishing in 21:03.

Rowena Rutledge was at Gunpowder and ran 27:59.

Hannah Neale ran a new PB at Coldhams Common Cambridge (23:08).

Full Spartan results for all parkruns can be found at the end of this release.

Coming Events

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

- **Fourth Cross Country League race in Watford on Sunday 13th January 2019.**
- **Fred Hughes 10 miles (inc. county veteran championships) in St Albans on Sunday 20th January.**
- **Serpentine 5K on Hyde Park on Friday 25th 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.**
- **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 (includes Hertfordshire Championships, 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.
- 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: New Year's Day and Saturday 5th January

New Year's Day:

Luton Wardown parkrun

A total of 339 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
108	94	<u>Michael O'KEEFE</u>	00:26:12

Stevenage parkrun

A total of 441 runners took part including 67 Spartans.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
3	3	<u>Jonathan PARR</u>	00:17:16
5	5	<u>Grant RAMSAY</u>	00:18:17
8	8	<u>Martin BLACKBURN</u>	00:18:55
11	11	<u>Stuart ARCHER</u>	00:19:43
13	1	<u>Ashley SCHOENWETTER</u>	00:20:04
17	16	<u>Danny SCANLON</u>	00:20:36
20	19	<u>James KAY</u>	00:21:02
23	22	<u>Tim SABAN</u>	00:21:28

37	35	<u>Kieran FEETHAM</u>	00:22:09
38	36	<u>Graham BLACKBURN</u>	00:22:16
51	48	<u>Peter SMITH</u>	00:22:55
63	57	<u>Mark GOODWIN</u>	00:23:27
67	59	<u>James MCSWEENEY</u>	00:23:38
70	62	<u>Paul MAGUIRE</u>	00:23:42
71	63	<u>Nigel STRONGITHARM</u>	00:23:43
74	65	<u>Paul SHELLEY</u>	00:23:50
82	71	<u>Craig BACON</u>	00:24:15
85	13	<u>Maria SWIFT</u>	00:24:26
89	75	<u>Thomas SAUKA</u>	00:24:30
96	81	<u>David PATTMAN</u>	00:24:42
97	82	<u>Andrew SMITH</u>	00:24:44
106	90	<u>Steven DOBNER</u>	00:25:08
141	29	<u>Nikki WILBY</u>	00:26:04
145	115	<u>Michael O'KEEFE</u>	00:26:20
150	33	<u>Ann TRYSESSEONE</u>	00:26:27
154	121	<u>Jonathan JONES</u>	00:26:30
155	34	<u>Susan MCANENY</u>	00:26:30
156	122	<u>Ken JUDE</u>	00:26:31
157	35	<u>Carole SHELDRICK</u>	00:26:35
158	123	<u>Ciaran MCANENY</u>	00:26:36
170	39	<u>Alison SHELLEY</u>	00:27:05
188	142	<u>Paul HOLGATE</u>	00:27:44
193	47	<u>Karen PALMER</u>	00:27:49
194	147	<u>Tim ROBINSON</u>	00:27:50
204	152	<u>Robert SHAW</u>	00:28:15
213	158	<u>Simon SYPULA</u>	00:28:29
215	159	<u>Karl SHREEVE</u>	00:28:33
218	161	<u>Sean MILLWOOD</u>	00:28:44
228	62	<u>Monica SMITHSON</u>	00:29:13
233	170	<u>David ACKERY</u>	00:29:23
236	66	<u>Caroline CROFT</u>	00:29:31
237	171	<u>Stephen SMITHSON</u>	00:29:33
244	68	<u>Carol PAUL</u>	00:29:46
254	71	<u>Liz CARVELL</u>	00:30:07
260	76	<u>Catherine CRAIG</u>	00:30:24
283	89	<u>Andrea WESTCOTT</u>	00:31:45
307	105	<u>Debbie BLANTERN</u>	00:32:42
327	206	<u>Roger BIGGS</u>	00:34:22
335	127	<u>Callie CHAPMAN</u>	00:34:46
337	210	<u>Paul JENNINGS</u>	00:34:47
339	212	<u>David SCOTT</u>	00:34:48
340	128	<u>Bernadette MILLWOOD</u>	00:34:48
341	129	<u>Hazel SMITH</u>	00:34:48
342	130	<u>Rowena RUTLEDGE</u>	00:34:49
343	131	<u>Jenny GARRETT</u>	00:34:49
344	132	<u>Nicola HATHERLY</u>	00:34:50
345	133	<u>Claire EMMERSON</u>	00:34:50
348	134	<u>Chloe EMMERSON</u>	00:34:52
349	215	<u>Darren EMMERSON</u>	00:34:52

363	145	<u>Karen SMITH</u>	00:35:36
371	153	<u>Niki PLUMB</u>	00:36:05
394	224	<u>Matthew PATTMAN</u>	00:39:53
415	187	<u>Rhiannon GRIFFIN</u>	00:42:55
418	189	<u>Maggie MONTGOMERY</u>	00:43:04
427	195	<u>Yuko GORDON</u>	00:45:22
436	199	<u>Verity FISHER</u>	00:50:50
437	238	<u>Daniel SUTTON</u>	00:50:51

Barrow parkrun

A total of 196 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
74	19	<u>Erica GRAYSON</u>	00:27:49

Houghton Hall parkrun

A total of 429 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
7	1	<u>Natalie LAWRENCE</u>	00:19:00

Fell Foot parkrun, Newby Bridge

A total of 251 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
123	37	<u>Erica GRAYSON</u>	00:29:38

Panshanger parkrun

A total of 521 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
59	57	<u>Tim SABAN</u>	00:22:11
64	62	<u>John ROXBOROUGH</u>	00:22:21
71	69	<u>Mark GOODWIN</u>	00:22:42
153	138	<u>Paul SHELLEY</u>	00:25:27
157	140	<u>David PATTMAN</u>	00:25:32
162	143	<u>Thomas SAUKA</u>	00:25:39
165	146	<u>Steven DOBNER</u>	00:25:45
172	152	<u>Ken JUDE</u>	00:25:57
225	188	<u>James SOUTH</u>	00:27:14

353	254	Tim ROBINSON	00:31:03
354	100	Ruth REILLY	00:31:04
487	303	Matthew PATTMAN	00:39:15

Ellenbrook Fields parkrun

A total of 337 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
38	36	John ROXBOROUGH	00:21:47

Letchworth parkrun

A total of 167 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
5	5	Grant RAMSAY	00:19:22
41	5	Maria SWIFT	00:24:21
42	6	Marie COLUCCI	00:24:26
50	8	Madeleine PRITCHARD	00:25:37
52	9	Ros INGRAM	00:25:46
55	46	Jonathan JONES	00:26:03
87	19	Carole SHELDRIK	00:28:39
112	30	Caroline CROFT	00:31:06
124	89	David SCOTT	00:32:37.

Saturday Parkruns – Spartan results:

Stevenage parkrun

A total of 408 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
12	12	Danny SCANLON	00:20:26
33	33	Martin DUDLEY	00:22:39
34	34	Kerry FLAIN	00:22:39
44	44	James MCSWEENEY	00:23:07
60	57	Ryan DUNNING	00:23:37
71	66	John NELMS	00:24:22
72	67	Darren EMMERSON	00:24:23
76	71	Daniel SUTTON	00:24:38
84	79	Lee PICKERSGILL	00:24:54
109	97	Chris HOLLAND	00:26:26

110	98	Nigel STRONGITHARM	00:26:28
119	106	Steven DOBNER	00:26:44
151	133	David PATTMAN	00:27:52
152	19	Claire EMMERSON	00:27:52
153	20	Jenny GARRETT	00:27:53
154	21	Alison SHELLEY	00:27:53
160	136	Paul HOLGATE	00:27:59
190	151	Jonathan JONES	00:28:59
215	169	Paul JENNINGS	00:30:18
237	59	Verity FISHER	00:31:08
238	60	Debbie BLANTERN	00:31:09
273	80	Sally MCBRIDE	00:32:19
289	203	Nick WITCOMBE	00:33:05
290	87	Chloe EMMERSON	00:33:06
307	208	Michael ANDREWS	00:33:53
370	143	Gemma PARKER	00:37:56
391	236	Simon JACKSON	00:42:12

Gunpowder parkrun

A total of 264 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
110	28	Rowena RUTLEDGE	00:27:59

Ellenbrook Fields parkrun

A total of 301 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
8	8	John HARRIS	00:19:56
30	27	Barry OSBORNE	00:22:47

Letchworth parkrun

A total of 147 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
1	1	Grant RAMSAY	00:18:42
10	2	Maria SWIFT	00:22:42
32	11	Madeleine PRITCHARD	00:25:52
51	17	Karen PALMER	00:29:18

Victoria Dock parkrun

A total of 160 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
32	32	John ROXBOROUGH	00:21:03

Coldham's Common parkrun

A total of 299 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
72	10	Hannah NEALE	00:23:08

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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