



SPARTANS RIDE THE STORM Hillingdon * Big Half * Barcelona

High winds battered Spartans at the Big Half, Classic 20 at Hillingdon, Cambridge Boundary Run and Harpenden but amazingly there were some excellent results including some new personal bests.

Big Half

There were twenty Spartans at the Big Half 13.1 miles race from central London. The race went from near the Tower of Bridge to Canary Wharf then over Tower Bridge to the Cutty Sark.

ASHLEY SCHOENWETTER beat 90 minutes with **1:29:28**. She said that on one section the tailwind was so strong that her pony tail was in front of her.

ADRIAN BUSOLINI was the fastest Spartan. He was in the top 1,000 with **1:26:31**.

There were personal bests from **PAUL SHELLEY**, **MEGAN TAYLOR** and **STEVE DOBNER**. Paul ran **1:32:08**. Megan improved by 2:42 to a sub two **1:59:41**. Steve said he had a fantastic run, especially windy but the rain stopped as the rain started, running over Tower Bridge was amazing. He finished with **KAREN PALMER** in **2:04:59**.

Considering the weather **TIM SABAN** said he faired quite well. Not quite a PB but only a couple of minutes off. Pleased with a consistent pace throughout instead of his normal “fly and die” tactic.

HAZEL SMITH said it was really windy out there. She had a lovely run with **CALLIE CHAPMAN** and finished in **2:28:34**.

ED HARE finished with a 1.55.08. He said his legs didn't feel anything like the previous Sunday at Cambridge but he battled through the tough conditions to enjoy a fantastic day out with fellow Spartans.

This was another event organised by the London Marathon, and covering much of the actual London Marathon course, said **ROGER BIGGS**. Starting from Tower Bridge the route through Docklands included a nasty cobbles section, before returning and crossing Tower Bridge. It was then a straight run down to finish adjacent to the famous Cutty Sark. With rain to start and a nasty wind throughout, Roger was pleased to finish in 2:29:47.

DAVE PATTMAN and **ALISON SHELLEY** were both running their first half marathons. Dave in 1:52:44 and Alison in 2:07:49.

(Chip times for all twenty Spartans can be found near the end of this release).

Yuko Wins At Windy Hillingdon 20

It was pretty wild, windy and hilly for the classic Hillingdon 20 race on Sunday. This legacy event, formerly the Finchley 20, is the longest-running 20-mile race in the UK and was first organised in 1933. Many see it as excellent preparation for the London marathon.

A new course was needed due to HS2 construction work. It was basically four laps which meant four times into the headwind and four times up a couple of grinding hills but there were also some very fast sections making even pace judging interesting. Up the last hill and along the last straight to the finish was straight into the strengthening wind.

There was a fantastic new PB (personal best) for Spartan **JASON ANDERSON** at the Hillingdon 20. He was seventh senior and eleventh overall in 2 hours 8 minutes 55 seconds.

YUKO GORDON won the women's 60 plus prize with 2:45:51. **NICK GILL** beat his previous personal best by a significant 7 minutes 53 seconds to finish in 2 hours 46 minutes 3 seconds. **TODD GRAY** came in with 2:39:01.

JIM BROWN was hit by a bush that looked like it was in a spin drier on lap three but was happy to improve on his previous “20” time by 4 minutes 1 seconds and edge closer to the 70% milestone. He was fourth MV60 in 2 hours 50 minutes 59 seconds.

Worried about beating the four hour cut off time **SHARON CROWLEY** had more than eight minutes to spare and was rewarded by finishing third woman 60 plus in 3:51:41.

Position	Name	Chip Time	Comments
11	JASON ANDERSON	2:08:55	PB. Seventh senior.
124	TODD GRAY	2:39:01	
152	NICK GILL	2:46:03	PB (7:53)
154	YUKO GORDON	2:45:51	1st FV60
177	JIM BROWN	2:50:59	4th MV 60. YB by 4:01
332	SHARON CROWLEY	3:51:41	3rd FV60

Barcelona!

DUNCAN FLOUNDERS ran the Barcelona marathon on Sunday. He said, “It’s a great event and really well organised with probably the best start I’ve been involved with - each wave went off to ticker tape and Freddie Mercury’s Barcelona blaring.

The first half went well but I struggled from 30K onwards, finishing in 4hrs 13mins. The crows support was amazing all the way round.”

Harpenden Half

The Harpenden half is a tough mainly off road half starting and finishing in Rothamsted Park. **STEVE GREEN** said, “Sunday's wind, which blew every thing over including the loos, and the wet underfoot condition made this a really challenging run. I finished happily in 01:36:47 and 23rd position.”

ROB WRIGHT did the same event in 2 hours 20 minutes.

Cambridge Boundary Marathon

“Another day another marathon!” said BARRY KING. That was two marathons in a week for the Fairlands Valley Spartans trio of Karen Liddle, Tricia Hopper and Barry King. They completed the Cambridge Boundary Marathon run a week after the Belvoir Marathon last Saturday!

They were running a windy boundary run around the Cambridge countryside and all were delighted to finish almost an hour quicker than last week in 5.44.57.

STUART ARCHER, 3 hours 36 minutes and THOMAS SAUKA, 4:36 were at the same event.

Draycote Water

RICHARD COWLISHAW ran his first half marathon of the year at Draycote Water and finished with a personal best (PB) record time of 1 hour 36 minutes. It was cold and blustery. He thanks everyone at Fairlands Valley Spartans for his midweek training.

Parkrun Highlights Saturday 9 March

23 Spartans ran Parkrun on Saturday, across six locations including Stevenage. John NELMS achieved a PB and was 22nd at Bedford with 20:32. Seven others achieved season best times; Ryan DUNNING (23:27), Craig BACON (23:53), Lee PICKERSGILL (23:59), Thomas SAUKA (24:20), John ROXBOROUGH (24:22), Chris HOLLAND (25:06), Andy JAY (25:58) and Michael ANDREWS (29:18).

Stuart ARCHER was first Spartan at Stevenage in seventh place overall with 19:51, only seconds off his season’s best. Danny SCANLON was in 14th place with 20:40 and Dean CARPENTER in 24th place with 21:46. The first Spartan lady was Karen BROOM with 31:53.

(All the Spartan parkrun results can be found at the end of this release).

Spring Marathon?

Fairlands Valley Spartans are into week ten 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:

- Welwyn Half Marathon on Sunday 17th March 2019.
- MK20 on Sunday 17th March.
- Oakley 20 on Sunday 24th March 2019.
- Serpentine Last Friday of the Month 5K in Hyde Park on Friday 29th March.
- Orion 15 cross country race in Epping Forest on Saturday 30th March.
- Victoria Park Open Five Miles on Saturday 6th April.
- Sandy Ten on Sunday 7th April.
- Spartans Club Training 20 on Sunday 7th April.
- Brighton Marathon on Sunday 14th April.
- Flitwick 10K on Sunday 14th April.
- Maidenhead Easter Ten on Good Friday 19th April.
- Serpentine Last Friday of the Month 5K in Hyde Park on Friday 26th April.
- 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 track and field championships at Ridlins, Stevenage on Monday 6th May.
- Hackney Half Marathon on Sunday 19th May.
- The first event in the 2019 Mid Week League will be in May.

- Edinburgh Marathon on Sunday 26th May.
- Hatfield Broad Oak 10K on Monday 27th 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.
- Peterborough Half Marathon on Sunday 13th October.
- Chelmsford Marathon on Sunday 20th October.
- Stevenage Half Marathon (FVS) on Sunday 3rd November.
- Bedford Harriers Half Marathon on Sunday 1st December (TBC).

Tables

Spartans at the Big Half

Position	Name	Chip Time	Comments
786	ADRIAN BUSOLINI	1:26:31	
1103	ASHLEY SCHOENWETTER	1:29:28	
1367	PAUL SHELLEY	1:32:08	PB
1379	TIM SABAN	1:32:12	
3060	JOHN HOLMES	1:43:27	
5012	DAVE PATTMAN	1:52:44	First Half
5541	ED HARE	1:55:08	
6619	MEGAN TAYLOR	1:59:41	PB (2:41)
6710	ERICA GRAYSON	2:00:06	
6932	SAM SIMMONS	2:01:02	
7721	STEVEN DOBNER	2:04:59	PB
7722	KAREN PALMER	2:04:59	
8285	ALISON SHELLEY	2:07:49	First Half
9831	SUE HAMER	2:16:56	
11296	HAZEL SMITH	2:28:34	
11298	CALLIE CHAPMAN	2:28:34	
11410	ROGER BIGGS	2:29:47	
11905	SARAH SAPSTEAD	2:36:12	
12535	ELLA GOWER	2:47:57	
13270	EMMA MARTIN	3:29:19	

Parkrun Results

Parkrun	Pos	Gen	Park Runner	Time	Notes
Stevenage	7	6	Stuart ARCHER	19:51	8 seconds off season best
Bedford	22	22	John NELMS	20:32	PB. 14th Run at Bedford
Stevenage	14	13	Danny SCANLON	20:40	Only 14 seconds off SB
Stevenage	24	23	Dean CARPENTER	21:46	Only 1 second off best 2019 time
Ellenbrook Fields	32	30	Barry OSBORNE	22:22	
Stevenage	42	39	Martin DUDLEY	23:03	90th Stevenage Parkrun
Stevenage	47	44	Ryan DUNNING	23:27	Best time of 2019
Stevenage	57	52	Craig BACON	23:53	Best time of 2019
Stevenage	60	55	Lee PICKERSGILL	23:59	Best time of 2019
Stevenage	66	61	Thomas SAUKA	24:20	Best time of 2019
Dunstable Downs	22	22	John ROXBOROUGH	24:22	Best time of 2019. 1st time at Dunstable
Stevenage	88	81	Chris HOLLAND	25:06	Best time of 2019
Stevenage	94	87	Jonathan JONES	25:15	
Westmill	15	13	Andy JAY	25:58	Best time of 2019
Littleport	64	50	James MCSWEENEY	27:55	
Stevenage	153	130	David ACKERY	28:14	
Stevenage	178	147	Michael ANDREWS	29:18	Best time of 2019
Stevenage	186	150	Paul JENNINGS	29:39	
Stevenage	207	161	Stephen SMITHSON	30:46	
Stevenage	226	174	Richard SPRINGALL	31:46	
Stevenage	229	54	Karen BROOM	31:53	
Stevenage	281	196	Steven DOBNER	35:02	
Mountbatten School	133	83	Darryl STEVENS	36:57	1st time at Mountbatten School

Join The Spartans

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! In February 2019 FVS 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.

www.fvspartans.org.uk

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