



News Release

3rd March 2019

CHAMPIONS NIGHT * COUNTY X/C MEDALS Berkhampsted * Cambridge * And Freya

Fairlands Valley Spartans celebrated what everyone achieved in 2018 at their presentation evening at the Cromwell Hotel on Friday evening.

Club Chair SOPHIE COWAN said it was a busy year, seeing a full set of Mid Week League, cross country and EMAC (East of England Veteran) fixtures as well as the usual mix of track, 5ks, 10ks, half marathons, “20s,” marathons and an increasing number of ultras. The year saw many new members and countless personal bests and first runs at different distances.

After looking at all the results in the short and long distance championships for women and men it was revealed that the overall club champion for 2018 was YUKO GORDON. The top three winners in each category:

Female Open Short (Short champs distances include 1500m, 5k, 5 miles and 10k). First YUKO GORDON; second MARIE COLUCCI; and third CLAIRE EMMERSON.

Female Age-Graded Short (age graded calculator is used to calculate the age graded performance –this data can then be used to compare the performances of athletes of different ages). First IRIS HORNSEY; second JULIE SIMMONS; third CATHY CRAIG.

Female Open Long (Long champ distances include 10 miles, half, 20 miles and full marathon). First YUKO GORDON; second RUTH REILLY; third CLAIRE EMMERSON.

CATHY CRAIG won the female age graded long competition with KAREN ELLIS second and JENNY GARRETT third.

In the male open short contest DAN McALPINE was first with ANDREW PATTERSON second and SIMON JACKSON third.

BARRY OSBOURNE won the male age-graded short championship with GRANT RAMSAY second and DAVID BOWKER third.

In the male open long category ANDREW PATTERSON was first with SIMON JACKSON second and STEFFAN FORD third.

GRANT RAMSAY was first in the male age graded contest with JIM BROWN second and STUAERT HAYCROFT third.

The Overall champion (Combining Long and Short) for men was GRANT RAMSAY and for women was YUKO GORDON.

With high scores across all distances the amazing YUKO GORDON was overall club champion.

The most improved male Spartan throughout 2018 was JAMES KAY and CLAIRE EMMERSON was the most improved female.

NICHOLA DURENT was starter of the year

Moving on from the race based trophies the Captain's Awards went to TIM ROBINSON (male) and CALLIE CHAPMAN (female). The Head Coach award was won by PETER SMITH and the President's Award by PAUL HOLGATE. TIM ROBINSON also won the Chair's award and the Spartan of the Year, decided by a poll of members, was SOPHIE COWAN.

Freya Free Flat and Fast in Cambridge

SIMON JACKSON did the Cambridge half marathon on Sunday in 1:16:39. As always it was windy, some surprising lumps and twisty but this year there was wind and rain too. He was third in the 40 -44 age group.

STEFFAN FORD used it as a solid training run ahead of Boston marathon, after his hard effort session on Friday evening. He did 1:23:39

CAROLE SHELDRIK ran the Cambridge Half for the first time in 2017 and was slightly disappointed at missing her sub 2 hours target by completing it in 2hrs and 3 seconds. On Sunday she was able to go back and try again for that sub two which she's pleased to say she achieved, finishing in 1:57:45. Luckily Storm Freya held off until after runners had finished in Cambridge.

ED HARE really enjoyed the Cambridge race. He said it was a perfectly flat and fast PB (personal best) potential filled route. Ed was delighted with a 5 minutes PB of 1 hour 50 minutes 46 seconds. He said he felt strong from the start and kept to the race plan consistently picking of the miles at 8.30 minutes per mile pace, and although he kept thinking the tank was going to empty very quickly at some point, it didn't and he ran his two miles at the end of the race. Delighted!

MARIA SWIFT finished the Cambridge Half in 1:58:50. She was delighted with a sub 2 hours as she'd not done a road race for a long long time.

KEN JUDE said, "The weather at Cambridge wasn't as horrible as forecast a day or two earlier, just damp and drizzly, so not too bad for anyone in good shape. Mine was, I think, my slowest half to date. Never mind, hopefully there will be another day.

Started OK but I just didn't have it after 5 miles, so came in in a very tired 2:02:51 according to the official result.

"Manchester here I come" said **MARTIN BLACKBURN** after running under 1:25 at the Cambridge Half Marathon. In the words of one of his favourite signs in the race "pain is

temporary internet results are forever!" His 1 hour 24 minutes 26 seconds means a sub three at the Manchester Marathon is possible.

County Bronze

Fairlands Valley Spartans men won team BRONZE at the County Cross Championships for Veterans at Trent Park. In the race for 40 to 59 year olds STEVE SMITHSON was 52nd in 51:36; JONATHAN JONES 60th in 56:46; ANDY JAY 62nd in 58:29 and ANTON McCALLA 63rd in 58:34 for the 9.66 kilometres.

The Spartan women were fifth. In her first race for the club FIONA CLARKE was 52nd in 47:48. SHERYL HANN was 56th in 52:17 and SHARON CROWLEY 57th in 52:33. The team was fifth.

In strong winds and light rain, the course led the Spartans through water logged commons, undulating ground and extremely muddy woodland (including several water crossings, which were successfully jumped over by everyone). All enjoyed the challenges and were delighted about their achievement.

All That For Seven Seconds!

The Berkhamsted Half Marathon is far from flat with tough climbs at three, seven, ten and twelve miles. Constant rain, wet roads and the arrival of Storm Freya added to the usual challenge and character building experience.

JIM BROWN said the combination of hill and biting head wind almost brought him to a halt at ten miles and commented there water right across the road in places. Predictably he ran a negative split for the second week in a row. Finishing with a last mile that he said was almost too fast he finished in 1 hour 51 minutes 11 seconds, his best time this year and good enough for second in his age category. He commented, "All that for seven seconds – that was really hard work." Jim made into the top half at 467th out of the 1011 finishers.

CLARE HYDE said this was the first time she had raced in the rain, no half measures there then. She came in with 2 hours 12 minutes 7 seconds.

ROGER BIGGS battled round in 2:43:49.

PENNY SCHENKEL tackled the Berkhamsted Five Miles event and was pleased with her time of 46 minutes 15 seconds. She was 203rd out of 507.

Tom at the Kanter

THOMAS SAUKA did the Chiltern Kanter, beds bucks and northants LDWA challenge 26 miles of self navigating, it was his first time but he enjoyed myself, even in the mud and rain, also first marathon of 2019, official finish time 5:50.

Kempton

TREVOR and **KAREN BROOM** travelled to Kempton park race course to run the Kempton park chase. The 5K loop is round the race course and is completely flat. There was a choice of 5K, 10K and half marathon distances. Trevor ran the 10K and finished in 1 hour 3 minutes 53 seconds and Karen ran the half marathon as part of her 16 mile training run as part of her London marathon training. She finished in 2.20.30. As it was really wet and windy they were both really pleased

Belvoir

Karen Liddle, **Tricia Hopper** and **Barry King** ran and completed the Belvoir marathon in Lincolnshire on Saturday 2nd March. The route was all off road taking in surrounding villages and was very, very hilly! They all finished together in 6.39.14

First Saturday

PAUL MAGUIRE ran the North Herts Road Runners First Saturday of the Month 5k run on Norton Common. It was a muddy and slippery two-lap course and he finished in a time of 22:02, a new course PB. He was 14th out of 111 runners.

Parkrun Highlights Saturday 2 March

Even though the FVS presentation evening was on Friday evening that didn't stop Spartans getting out and donning their stripey vests for the first Stevenage parkrun of the month. Congratulations to Nick Gill who completed his 50th parkrun and was second Spartan man in 20:50. Danny Scanlon was first Spartan man in 20:28 and 10th overall. Jenny Garrett ran a new PB of 25:46. First Spartan lady was Claire Pullen in 23:37.

John Harris was 4th overall at Letchworth in a new PB of 21:02. Jane Whitrow also ran in a time of 31:25.

Darryl Stevens got a PB in Minehead (34:19). John Nelms ran in Great Denham in a new PB of 20:27.

John Roxborough was 8th overall at Westmill in 23:57.

Coming back from injury Rowena Rutledge ran Gunpowder in 32:56.

Tracy Stiles was up north running Darlington PR for the first time. Her time 32:13.

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

Spring Marathon?

Fairlands Valley Spartans are into week nine 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:

- Hillingdon 20 on Sunday 10th March 2019 (formerly known as the Finchley 20).
- Big Half in London on Sunday 3rd March.
- 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

Cambridge Half Marathon

Position	Chip time	Participant	Category	Notes
52	01:16:39	Simon Jackson	(M) 40-44	3rd in 40-44 Males
207	01:23:39	Steffan Ford	(M) 40-44	
246	01:24:26	Martin Blackburn	(M) 20-24	
3258	01:50:52	Edward Hare	(M) 35-39	5 mins PB!
4257	01:57:45	Carole Sheldrick	(F) 45-49	
4370	01:58:50	Maria Swift	(F) 40-44	
4086	02:02:51	Ken Jude	(M) 55-59	

Parkrun Results

Minehead parkrun

A total of 126 runners took part.

Position	Gender Position	parkrunner	Run Time
97	65	Darryl STEVENS	00:34:19

Westmill parkrun

A total of 78 runners took part.

Position	Gender Position	parkrunner	Run Time
8	7	John ROXBOROUGH	00:23:57

Stevenage parkrun





A total of 327 runners took part.

Position	Gender Position	parkrunner	Run Time
10	9	Danny SCANLON	00:20:28
16	15	Nick GILL	00:20:50
33	29	James MCSWEENEY	00:22:23
44	39	Martin DUDLEY	00:23:08
50	44	Daniel SUTTON	00:23:23
53	7	Claire PULLEN	00:23:37
57	50	Mark BEASLEY	00:24:16
58	51	David PATTMAN	00:24:22
60	52	Darren EMMERSON	00:24:24
63	55	David SCOTT	00:24:31

67	58	Lee PICKERSGILL	00:24:37
82	11	Kelly EVANS	00:25:06
99	16	Jenny GARRETT	00:25:46
114	96	Callum BEASLEY	00:26:21
153	120	Paul JENNINGS	00:27:42
162	127	Karl SHREEVE	00:28:09
175	42	Verity FISHER	00:29:18
184	47	Debbie BLANTERN	00:29:53
203	55	Hazel SMITH	00:30:59
216	156	Nick WITCOMBE	00:31:41
227	161	Steven DOBNER	00:32:24
234	165	Roger BIGGS	00:32:56





Gunpowder parkrun

A total of 213 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
			
150	55	Rowena RUTLEDGE	00:32:56

Darlington South Park parkrun

A total of 383 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
			
263	85	Tracy STILES	00:32:13

Letchworth parkrun

A total of 101 runners took part.

Position	Gender Position	parkrunner	Run Time
4	4	John HARRIS	00:21:02
60	21	Jane WHITROW	00:31:25

Great Denham parkrun
A total of 195 runners took part.

Position	Gender Position	parkrunner	Run Time
17	14	John NELMS	00:20:27

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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