



WITHAM FIVE FLYERS

Spartan Christmas Parkruns * X/C Nose Ahead

Taking the last opportunity to run a five mile race for the 2017 Fairlands Valley Spartans club championships **TIM SABAN** raced to a new personal best (PB) of 33 minutes 17 seconds; in his first event since a mishap at the St Neots Half Marathon **JIM BROWN** maintained fairly consistent eight minute miles (keeping a reindeer in sight) to finish in 39 minutes 38 seconds; **MONICA SMITHSON** ran an excellent 45:19 and **PENNY SCHENKEL** continued her recovery with a steady 46 minutes 29 seconds. On a bright but chilly day with a headwind to battle for a couple of miles there were 388 finishers.

Spartan Vets Have Nose Ahead In Cross Country Team Results

At the third cross country league race in Willian the Spartan men were sixth out of twenty and the club's women ninth. Overall the women are tenth and the men sixth but the FVS male veterans (40 plus) narrowly lead the masters' contest by just two race points (102 to 104) ahead of Trent Park. The next league race is in Watford on 14th January.

Christmas Parkrun Highlights for Fairlands Valley Spartans

On Saturday at Stevenage it was a Spartan first across the line as **GRANT RAMSAY** ran his first parkrun in a while to finish in 17 mins 17 secs. **THOMAS SAUKA** rushed round in 21:12 in 25th place and **DAVE SMITH** was just outside the top 30 men in 22:05. Three Spartan women finished in the top 30. **YUKO GORDON** was second in 22:45. **MADELEINE PRITCHARD** was 7th in 23:23 and **JO BOWDERY** continues to run well, finishing 9th in 23:51.

For a day when you want to run fast you really need to line up near the front rank at Panshanger due to congestion through the gate and the early part of the course in the woods. RUTH REILLY didn't do that on this occasion but still notched a new course PB of 22:45 for sixth place woman as she continues to run really well. TRACY STILES was the other Spartan to achieve a new course PB this weekend, finishing 13th woman at Westmill parkrun,

Finally BARRY OSBORNE secured a top 20 finish at Ellenbrook Fields, crossing the line in 21:23 for 15th place.

Christmas Day Parkrun Highlights

The recent Spartan favourite of a Christmas Day parkrun at Panshanger was challenged this year as Stevenage held a festive run for the first time, and nineteen Spartans duly lined up in Fairlands Valley. ERICA GRAYSON has been improving well recently and celebrated the festive season with a new course PB (personal best) of 26 minutes 50 seconds. She was two places behind the first Spartan woman, TRACY PEZ, who finished 9th in 26:24. CLAIRE EMMERSON, KERSTIN WEINER and JENNY GARRETT were the other Spartans in the Top 30 women finishers.

TOM SAUKA finished 9th in 20:49 to be the best placed male Spartan. BARRY OSBORNE and DAVE SMITH also finished in the top 30.

Spartans were in festive action up and down the country with Top 30 finishes also achieved by STEVE and ISABEL GREEN in Newcastle, VERITY FISHER at Peterborough, KAREN PALMER at Clair and TIM SABAN at Canons Park.

Clair for Karen at Christmas

KAREN PALMER ran the Christmas Day park run in Haywards Heath. The course was 4 and a half laps and a hilly one. Supposedly more downhill than up! Pre race briefing for newbies said to expect a time at least a minute and a half longer. She was pleased to finish in 28:48.

Coming Events

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

- **Serpentine 5K on Friday 29th December.**
- **Buntingford Year End 10 on Sunday 31st December.**
- **Ely New Year's Eve 10K on Sunday 31st December.**
- **New Year 10K in Hyde Park on Monday 1st January 2018.**
- **County Cross Country Championships at Cassiobury Park on Sunday 7th January.**
- **Cross Country League at Watford on Sunday 14th January.**
- **Fred Hughes 10 miles including senior county championships at St. Albans on Sunday 21st January.**
- **Southern Cross Country Championships on Saturday 27th January.**
- **Watford Half Marathon inc. veteran county championships on Sunday 4th February.**
- **Bramley 20/10 (20 miles or 10 miles) on Sunday 11th February.**
- **St Valentine's 30K at Stamford on Sunday 11th February.**
- **Cross Country League at Royston on Sunday 18th February.**
- **Fairlands Valley Spartans Champions Night on Friday 23rd February.**
- **Baldock Beast on Sunday 25th February.**
- **Welwyn Half Marathon on Sunday 4th March.**
- **Finchley 20 miles (including Herts County) on Sunday 18th March.**
- **Oakley 20 miles on Sunday 18th March.**
- **Orion 15 at Chingford (Epping Forest) on Saturday 24th March.**
- **London Marathon on Sunday 22nd April.**
- **Stirling Marathon on Sunday 29th April.**
- **Welwyn 10K including senior county championships on Sunday 24th June.**

Tables

Full parkrun results for 23rd December below:

parkrun/date	Pos	Gen	parkrunner	Time	Notes
23rd December					
Westmill	41	13	Tracy STILES	00:33:06	13th woman, new course PB
Medina IOW	303	197	Paul WHYTE	00:34:47	
Stevenage	1	1	Grant RAMSAY	00:17:17	1st finisher
Stevenage	26	25	Thomas SAUKA	00:21:12	
Stevenage	35	34	Dave SMITH	00:22:05	
Stevenage	38	37	Martin DUDLEY	00:22:22	
Stevenage	39	38	David RIDDELL	00:22:37	
Stevenage	41	40	Chris HOLLAND	00:22:42	
Stevenage	43	2	Yuko GORDON	00:22:45	
Stevenage	55	7	Madeleine PRITCHARD	00:23:23	
Stevenage	64	9	Jo BOWDERY	00:23:51	
Stevenage	71	60	Daniel SUTTON	00:24:20	
Stevenage	77	65	Lee PICKERSGILL	00:24:58	
Stevenage	86	72	Neil ROBINSON	00:26:01	
Stevenage	149	113	James SOUTH	00:30:19	
Stevenage	185	128	Michael ANDREWS	00:33:33	
Stevenage	224	81	Verity FISHER	00:42:53	
Panshanger	48	6	Ruth REILLY	00:22:45	New course PB
Panshanger	130	102	Ken JUDE	00:27:43	
Panshanger	132	104	Andy JAY	00:27:47	
Lullingstone	40	30	Michael O'KEEFE	00:32:26	
Wyre Forest	205	140	Peter CARPENTER	00:34:10	
Ellenbrook Fields	15	15	Barry OSBORNE	00:21:23	

Full Spartan parkrun results for 25th December below:

parkrun/date	Pos	Gen	parkrunner	Time	Notes
25th December					
Newcastle	16	15	Steve GREEN	00:20:00	

Newcastle	112	21	Isabel GREEN	00:24:27	
Newcastle	213	159	Roger HARDMAN	00:28:21	
Lymington Woodside	156	99	Darryl STEVENS	00:41:41	
Peterborough	94	87	Daniel SUTTON	00:23:46	
Peterborough	139	16	Verity FISHER	00:25:26	
Stevenage	9	9	Thomas SAUKA	00:20:49	
Stevenage	21	19	Barry OSBORNE	00:22:15	
Stevenage	30	28	Dave SMITH	00:23:13	
Stevenage	50	43	Neil ROBINSON	00:25:41	
Stevenage	55	47	Nick GILL	00:26:20	
Stevenage	57	9	Tracy PEZ	00:26:24	
Stevenage	65	11	Erica GRAYSON	00:26:50	New course PB
Stevenage	87	70	Mark BEASLEY	00:28:01	
Stevenage	107	27	Claire EMMERSON	00:30:04	
Stevenage	109	82	Darren EMMERSON	00:30:09	
Stevenage	111	29	Kerstin WEINER	00:30:11	
Stevenage	115	30	Jenny GARRETT	00:30:30	
Stevenage	124	91	David SCOTT	00:31:37	
Stevenage	125	34	Karen BROOM	00:31:38	
Stevenage	126	35	Carole SHELDRIK	00:31:46	
Stevenage	127	36	Caroline CROFT	00:31:46	
Stevenage	138	41	Tracy STILES	00:33:05	
Stevenage	166	57	Caren THAIN	00:40:44	
Stevenage	169	59	Emma MARTIN	00:41:49	
Clair	77	20	Karen PALMER	00:28:48	
Canons Park	13	10	Tim SABAN	00:20:59	
Panshanger	86	75	Chris HOLLAND	00:24:44	
Panshanger	108	94	Andy JAY	00:25:51	
Panshanger	132	112	Ken JUDE	00:26:43	

Full results from the Willian cross country race:

Position	Name	Time	M/F	Comments
8	GRANT RAMSAY	27:57	M	Male "A" team
12	CHRIS WESTCOTT	28:17	M	Male "A" team
14	SIMON JACKSON	28:52	M	Male "A" team
26	JON PENNELL	29:24*	M	Male "A" team

67	DAN HUKIN	31:16	M	Male "A" team
78	RICHARD SPRINGALL	31:40	M	Male "A" team
92	TODD GRAY	33:16	M	Male "A" team
93	MIKE GREEN	32:22	M	Male "A" team
105	BRIAN WHITE	32:54	M	Male "B" team
133	TOM SAUKA	33:50	M	Male "B" team
151	TIM SABAN	34:35	M	Male "B" team
180	STEVE MAYFIELD	35:40	M	Male "B" team
193	YUKO GORDON	36:33	F	Female "A" team
211	GARETH COWELL	37:27	M	Male "B" team
222	DAVE SMITH	38:08	M	Male "B" team
231	CRAIG BACON	38:05	M	Male "B" team
242	ANDREW SMITH	38:48	M	Male "B" team
247	MICHELLE REEVES	38:49	F	Female "A" team
248	NATALIE LAWRENCE	38:51	F	Female "A" team
256	ISABEL GREEN	38:55	F	Female "A" team
257	BARRY OSBORNE	38:58	M	
282	ANDY JAY	40:34	M	
289	TIM ROBINSON	40:48	M	
290	PAUL WHYTE	40:48	M	
299	JULIE SIMMONS	41:29*	F	Female "A" team
306	TRACEY PEZ	42:11	F	"B" team
307	JOHN NELMES	42:33	M	
325	SOPHIE COWAN	42:54	F	"B" team
326	JENNY GARRETT	42:55	F	"B" team
331	KAREN PALMER	43:18	F	"B" team
349	KELLY McHALE	44:59*	F	"B" team
372	PENNY SCHENKEL	47:37	F	"C" team
379	CAROLINE CROFT	47:59	F	"C" team
384	MONICA SMITHSON	48:25*	F	"C" team
385	CALLIE CHAPMAN	48:30*	F	"C" team
386	PETA WILSON	48:35*	F	"C" team
391	ANGIE KEELING	51:03	F	
395	TRACY STILES	52:55	F	

Join The Spartans

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! The club was voted the UK's Best Running Club in 2010. It now has hundreds of 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.

The Spartans weekday training sessions are on Tuesday and Thursday evenings. Go along to the new sports centre at Marriotts School – a Sports College, Telford Avenue, 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