



DOUBLE PODIUM FOR SPARTANS And bronze for Grant

BRIAN WHITE and **JIM BROWN** were on the podium together after Sunday's Welwyn 10K which included the county championships for veteran runners. They won the **SILVER** and **BRONZE** medals in the male 60 plus category and won the second and third place trophies for the same category in the open race. **CLAIRE PULLEN** took **SILVER** in the women's 45 plus county championship.

This was a morning for negative splits – running the second half faster than the first. A tough kilometre around the four kilometre mark added to the net climb from the start meant many runners were about two minutes quicker in the second 5K.

MIKE GREEN was the quickest Spartan finishing 18th out of about 600 runners in a great time for such an undulating course, a sub forty 39 minutes 10 seconds. Next came **BRIAN WHITE**'s medal winning performance 40:30, 24th overall and a good for age score over 80%. **STEVE GREEN** came in with 41:09 at 28th and **TIM SABAN** with 43:53 at 48th.

CLAIRE PULLEN was the club's fastest woman with 45 minutes 58 seconds to score over 75%. She was 72nd with **JOHN NELMS** just ahead with the same time and **MARK GOODWIN** three seconds behind at 73rd with 46:01. **HANNAH NEALE** made into the top hundred with a very useful 46:47 at 85th. She was the fifth senior woman (18-34).

JIM BROWN beat the fifty with 49:01. Next came **CHRIS HOLLAND** in 51:30; **KEN JUDE** in 52:43; **HAYLEY BIRONNEAU** in 53:17; **LISA GRAY** in 53:37; **ALICE BURLEIGH** in 55:54; and **ALEXANDRA WHITEHOUSE** in 1:01:38.

CAREN THAIN and KELLY CHAPMAN looked like they were thoroughly enjoying themselves as they finished their 10K in 1:22:35.

Rank	Name	Cat	Chip Time	AG%	Comments
18.	MIKE GREEN	MS	0:39:10	68.7%	
24.	BRIAN WHITE	MV60	0:40:30	82.4%	County Silver
28.	STEVE GREEN	MV40	0:41:09	71.0%	
48.	TIM SABAN	MV50	0:43:53	68.3%	
71.	JOHN NELMS	MV40	0:45:58	63.6%	(Not Herts)
72.	CLAIRE PULLEN	FV45	0:45:58	75.3%	County Silver
73.	MARK GOODWIN	MV50	0:46:01	70.4%	
85.	HANNAH NEALE	FS	0:46:47	64.5%	
116.	JIM BROWN	MV60	0:49:01	69.8%	County Bronze
162.	CHRIS HOLLAND	MS	0:51:30	52.9%	
192.	KEN JUDE	MV50	0:52:43	58.2%	
205.	HAYLEY BIRONNEAU	FS	0:53:17	56.7%	
211.	LISA GRAY	FV45	0:53:37	61.5%	
260.	ALICE BURLEIGH	FS	0:55:54	53.9%	
406.	ALEXANDRA WHITEHOUSE	FS	1:01:38	48.9%	
578.	CAREN THAIN	FV45	1:22:35	40.3%	
579.	KELLY CHAPMAN	FV35	1:22:35	37.5%	

Now scores of Spartans are looking forward to running 10K in the Mid Week League race around Stevenage this Wednesday evening.

Bronze in Birmingham

GRANT RAMSAY was in Birmingham for the British Masters Track and Field Championships . In the 3000 metres steeplechase he won BRONZE in the 45 plus category with 11 minutes 40 seconds.

Trent Triffic Trail

The Trent Triffic Trail is a tough trail run with steep long uphill grinds through the woods and parkland of Trent Park. Spartan TIM ROBINSON was 148th in 50 minutes 49 seconds.

Pleshey Five Miles

On a lovely Friday evening in the small Essex village of Pleshey, ROGER BIGGS completed the Springfield Friday 5 miles in a time of 49:14.

Herts Hobble

A cool breeze made for good running conditions at Sunday's Herts Hobble off-road marathon which this year took in the villages of Bramfield, Chapmore End, Westmill, Thundridge, Sacombe, Dane End, Little Munden, Ardeley, Benington, Watton-at-Stone and Tewin, along with large sections of the Woodhall Estate and Hanbury Manor.

Trudy Molloy (in her first off road marathon), Tricia Hopper, Karen Liddle and Barry King all finished together in 6:41:42; Mike Newbitt and Paul Holgate were not far behind in 6:42:55 while Sharon and Mike Crowley both walked the event in 7:10:55.

Parkrun Reports

It was a humid Saturday morning with not many Spartans taking the parkrun option this week.

At Stevenage, KEITH COUGHLIN was first across the line in 18:37. NICK GILL was next Spartan, finishing 19th in 22:05 and STEVE SMITHSON was 39th in 23:40. The other men running were JOHN MCCALL (27:45), ROGER BIGGS (28:33), TREVOR BROOM (a new course PB of 37:05) and SELVAN NAICKER (43:39).

For the women VERITY FISHER was sixth in 24:38 and TRACY PEZ continues to progress after injury, finishing seventh in 24:44. SARAH RUSHWORTH ran her first ever parkrun and squeezed just inside the 30 minutes mark in 29:59 to finish 36th, while Sally Phillips finished 50th in 31:04.

Elsewhere BARRY OSBORNE was 13th at Ellenbrook Fields in a time of 21:02, while DARYL STEVENS was 81st at Upton House near Poole in 43:20.

Coming Events

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

- Fourth Mid Week Road Race League from Ridlins on Wednesday 28th June.
- Serpentine 5K on Friday 30th June.
- Bassingbourn Mixed Terrain Half Marathon on Sunday 2nd July.
- EMAC Track and Field at Milton Keynes on Wednesday 5th July.
- Mob Match at Welwyn Garden City on Thursday 13th July.
- Fairlands Valley Challenge from Stevenage on 15th and 16th July
- EMAC Track and Field at Stevenage on Wednesday 26th July.
- Fairlands Valley Relays in Stevenage on Thursday 27th July.
- Herts Senior 5K Championships at Hatfield on Wednesday 30th August.
- Herts Veteran 5K Championships at Hatfield on Wednesday 13th September.
- Herts Senior 10K Championships at Standalone on Sunday 1st October.
- Peterborough Half Marathon on Sunday 8th October.
- Stevenage Half Marathon on Sunday 22nd October.
- St Neots Half Marathon on Sunday 19th November. Enter fast.
- Hertfordshire Five Mile Championship for Veterans at Hatfield on Sunday 26th Nov.
- Bass Belle 10 near Royston on Sunday 26th November.

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 £39 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); or Karen Palmer (07734678566) or visit their website www.fvspartans.org.uk

E N D S

More from Jim Brown (Press Officer) 0793 968 7509; Andy Neatham 0777 197 5499 and 01438 816889 or Karen Palmer (Secretary) 0773 467 8566

www.fvspartans.org.uk