



HALF A TON OF SPARTANS

Superb Suzy * Grand Union * Viva Las Vegas

A fabulous fifty Spartans enjoyed a two lap course over the fields and stony paths of Trent Park, near Cockfosters, in the second race of this season's cross country league. That's five more from Fairlands compared with the first race and it showed in the results.

Racing the five miles in just 27 minutes 30 seconds CALLUM STEWART was second out of more than 500 runners from twenty clubs. CHRIS WESTCOTT and SIMON JACKSON also beat thirty minutes with 29:00 and 29:43 for 13th and 19th positions.

A superb run by SUZY HAWKINS saw her round in 36 minutes 14 seconds for 183rd overall. NUALA ROBINSON was less than a minute behind in 37:04 for 209th. NATALIE LAWRENCE 38:00; MICHELLE REEVES 38:08 and YUKO GORDON 38:52 made up the rest of the women's "A" team. NICOLA KENNEDY was also under 40 minutes with 39:55.

JOHNNY PENNELL, 25th in 30:06; BRIAN BRACKSTONE, 28th in 30:23; STEFFAN FORD, 37th in 30:54 and PAUL HEWETT, 47th in 31:16 also achieved top 50 positions.

Results for all 32 Spartan men.

Position	Name	Time	Comments
2	CALLUM STEWART	27:30	"A" team
13	CHRIS WESTCOTT	29:00	"A" team
19	SIMON JACKSON	29:43	"A" team
25	JOHNNY PENNELL	30:06	"A" team
28	BRIAN BRACKSTONE	30:23	"A" team
37	STEFFAN FORD	30:54	"A" team
47	PAUL HEWETT	31:16	"A" team

93	ADRIAN BUSOLINI	33:09	“A” team
99	TODD GRAY	33:19	“B” team
104	BRIAN WHITE	33:29	“B” team
106	MARK COLLINS	33:30	“B” team
169	TIM SABAN	35:40	“B” team
172	RICHARD KENNEDY	35:52	“B” team
187	STUART ARCHER	36:20*	“B” team
203	STEVE GREEN	36:50	“B” team
214	PETE SMITH	37:20	“B” team
217	THOMAS SAUKA	37:23	“C” team
223	NICK CROWLEY	37:33*	“C” team
249	STEVE MAYFIELD	38:11	“C” team
267	GARETH COWELL	39:00	“C” team
277	CLIVE CANNON	39:52	“C” team
301	MARK GOODWIN	39:59	“C” team
336	DAVE SMITH	41:26	“C” team
339	JAMES KILROY	41:27	“C” team
364	TIM ROBINSON	42:28	“D” team
370	KARTIK SHARMA	43:13	“D” team
379	ANDY JAY	43:23	“D” team
387	VISHY SHAH	43:35	“D” team
388	BARRY KING	43:42	“D” team
414	STEVE PIKE	45:05	“D” team
453	MARK FREEMAN	47:20*	“D” team
468	ROB SHAW	47:53	“D” team

Results for all 18 women. These are overall positions including all the men.

Position	Name	Time	Comments
183	SUZY HAWKINS	36:14	“A” team
209	NUALA ROBINSON	37:04	“A” team
242	NATALIE LAWRENCE	38:00*	“A” team
248	MICHELLE REEVES	38:08*	“A” team
268	YUKO GORDON	38:52	“A” team
300	NICOLA KENNEDY	39:55*	“B” team
315	ISABEL GREEN	40:46*	“B” team
348	JULIE SIMMONS	41:47*	“B” team
422	SARAH PIKE	45:08	“B” team
424	PETA WILSON	45:55*	“B” team
433	WENDY THARANI	46:15*	“C” team
440	TRUDY MOLLOY	46:30	“C” team
455	KAREN LIDDLE	47:30*	“C” team
493	STEPH MAYFIELD	49:48*	“C” team
502	CATHY CRAIG	50:24*	“C” team
508	SHARON CROWLEY	51:21	
514	IRIS HORNSEY	52:00*	

519	DIANE RESKER	52:30*	
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In the cross country league women's teams consist of five runners while men's team have eight though clubs can have several teams. The team results are not yet available from the league organisers.

Santa Cruz de Tenerife Marathon – Sunday, 12th November 2017

Santa Cruz is the Joint Capital City of the Canary Islands with Las Palmas. Generally the Islands are known for their all year round mild weather, but today warm turned to hot for the time of year, as temperatures pushed above 25C (shade).

The course was two laps, the 1st half of each lap was in the City with 3 hills to climb. The 2nd half was an out and back, basically flat and keeping close to the Atlantic Ocean. While not actually quoting a time limit for the whole course, you had to get thru halfway in 2hrs 30min, then they left you alone to finish.

Roger Biggs went through halfway in 2:24:54, before slowing in the warm conditions to complete his 895th marathon in 5:18:43.

Grand Union Canal Half Marathon

Five Spartan women took the coach down to Cowley Recreation Ground, Uxbridge to run the Grand Union Canal Half Marathon and run back to Cassiobury Park, Watford. It was a lovely point to point course and even better when the sun came out. Flat, scenic, unusual, multi-terrain course and traffic free apart from one minor road crossing. The race is organised every April and November.

Saying it was an adventure thoroughly enjoyed adventure ERICA GRAYSON was the first Spartan to finish with her 2 hours 6 minutes 32 seconds. The others were SUE HAMER 2:15:34; SOPHIE COWAN 2:19:03; with CLAIRE EMMERSON and HAYLEY YENDELL finishing together in 2:19:06

Rock 'n' Roll

CALLIE CHAPMAN and HAZEL SMITH ran the Rock 'n' Roll 10K in Las Vegas in 57 minutes 56 seconds.

Parkrun Highlights

At Stevenage parkrun CRAIG HALSEY was first finisher in 16 mins 59 seconds. STEVE GREEN was 4th in a new course PB of 19:46, while TIM SABAN also scored a new course PB of 21:14. MARK BEASLEY in 35th became the latest Spartan to complete 50 parkruns.

Highlights elsewhere were a new course PB of 24:08 at Bath Skyline for Hannah Neale, and Verity Fisher's 4th overall and first woman to finish at the second running of the Anacostia parkrun in the States. With an impressive 23:04.

Coming Events

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

- **St Neots Half Marathon on Sunday 19th November.**
- **Spartans AGM in Stevenage on Friday 24th November.**
- **Wolverton Five at Milton Keynes on Saturday 25th November.**
- **Hertfordshire Five Mile Championship for Veterans at Hatfield on Sunday 26th Nov.**
- **Bass Belle 10 near Royston on Sunday 26th November.**
- **Bedford Harriers Half Marathon on Sunday 3rd December.**
- **Spartans Christmas Party with an 80s theme on Friday 8th December.**
- **Festive Five at Welwyn Garden City on Sunday 10th December.**
- **Cross Country League at Willian on Sunday 17th December.**
- **Witham Five on Tuesday 26th December.**
- **Buntingford Year End 10 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 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.
- 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.

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