



News Release

29th October 2017

CHESHUNT CROSS COUNTRY

Snowdonia Special

45 Fairlands Valley Spartans answered the club's call to compete in the first Cross Country League race of the season. On a bright sunny morning the 17 women and 28 men raced round a parkland style course in Cheshunt.

The leading performance was by **CALLUM STEWART** second overall in just 27 minutes 50 seconds. **YUKO GORDON** was first in for the Spartan women in 39:08 with **ISABEL GREEN** twelve seconds behind in 39:20.

Three other Spartans achieved top thirty positions out of the five hundred runners. They were **GRANT RAMSAY**, 14th in 29:30; **CHRIS WESTCOTT**, 20th in 29:50 and **SIMON JACKSON**, 22nd in 30:03.

Women's Team At Cheshunt

Overall Position	Name	Time
255	YUKO GORDON	39:08
259	ISABEL GREEN	39:20
325	JULIE SIMMONS	41:45*
332	CLAIRE COX	42:12
370	JANE McFARLANE	43:50
388	WENDY THARANI	45:00
390	KAREN ELLIS	45:15
412	SOPHIE COWAN	46:48
416	JENNY GARRETT	47:30
417	KERSTIN WEINER	47:32
430	CLAIRE WHITCHURCH	48:40*
446	OLWEN BATTY	49:56

452	STEPH MAYFIELD	49:57
456	MONICA SMITHSON	50:46
461	LIZ GUEMACHE	51:20*
480	IRIS HORNSEY	54:23
487	HANNAH SYPULA	56:09

Men's Team

Overall Position	Name	Time
2	CALLUM STEWART	27:50
14	GRANT RAMSAY	29:30
20	CHRIS WESTCOTT	29:50*
22	SIMON JACKSON	30:03
52	PAUL HEWETT	31:34
75	DAN HUKIN	32:30
97	MIKE GREEN	33:18
103	STEVE GREEN	33:34
113	MARK COLLINS	34:01
114	BRIAN WHITE	33:58
135	TODD GRAY	34:54
150	TOM SAUKA	35:19
155	TIM SABAN	35:41
174	BARRY OSBORNE	36:25
223	PETE SMITH	36:21*
237	STEVE MAYFIELD	36:31
239	MARK GOODWIN	38:00
271	CLIVE CANNON	39:53
279	PAUL WHYTE	39:58
351	ANDY PRIOR	43:08
354	DAVE SMITH	43:12*
356	JAMES KILROY	43:17
357	SIMON SYPULA	43:23
397	VISH SHAH	45:40
401	ANDY JAY	45:23
418	JON SYPULA	47:11
436	ROB SHAW	48:19
488	STEVE GOUGH	57:18

Magnificent Seven Spartans in Snowdonia

A magnificent seven Spartans tackled the challenging Snowdonia Marathon at the weekend.

Poor visibility made scenery at a premium on this Snowdon marathon, but mild temperatures and a damp day made for excellent running conditions. ROB EVANS ran an impressive 4 hours 31 minutes 18 seconds despite the treacherous final couple of miles which saw many runners fall.

Sharon Crowley took 27 minutes off her season's best from Snowdon last year to finish in 5:12:31, while Paul Holgate beat his 2016 time by 43 minutes with 5:26:00 to record his fastest marathon since 2014.

Barry King, Karen Liddle, Tricia Hopper & Trudie Molloy ran round together in 5:35:48.

Name	Time
ROBERT EVANS	4:31:18
SHARON CROWLEY	5:12:31
PAUL HOLGATE	5:26:00
TRICIA HOPPER	5:35:48
KAREN LIDDLE	5:35:48
TRUDIE MOLLOY	5:35:49
BARRY KING	5:35:50

Serpentine 25th Anniversary

MADDIE PRITCHARD and JIM BROWN were in London for the 25th Anniversary of the popular Serpentine 5K Last Friday of the Month race around 5K. Conditions were excellent for late October – warm and sunny with a light breeze. Maddie was 165th in 22:03 and Jim, after many months of trying, beat 24 minutes with a year's best 23:55. He was 214th.

Beachy Head Marathon

Tim Robinson reports a tough day at the Beachy Head Marathon on Saturday. There was a cold wind and he thinks he picked up some sunstroke. The last four miles were

monstrous with dizziness and strange visual disturbances. Tim finished in 5 hours 47 minutes 46 seconds.

Parkrun Reports

ERICA GRAYSON took advantage of a half term break up north to run the Barrow Parkrun. She was happy to beat her Stevenage parkrun times on a hilly two and a half ran course with 26 minutes 49 seconds and second in her category.

Fastest Spartan at a parkrun at the weekend was RICHARD BRUCE who was 5th at Bedford in 18 mins 23 secs. NICOLA KENNEDY ran at Nobles on the Isle of Man for the first time and was 1st woman to finish in 24:59.

This week there were course personal bests (PBs) at Stevenage for SALLY PHILLIPS (29:29) and SELVAN NAICKER (30:06).

RUTH REILLY was the fastest Spartan woman this week with 21 minutes 37 seconds at Ellenbrook Fields.

Coming Events

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

- Cross Country League at Trent Park on Sunday 12th November.
- St Neots Half Marathon on Sunday 19th 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 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.**
- **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