



WARMING UP IN BOSTON AND BRIGHTON Hot In Victoria Park

The Spartan Spring Marathon season is warming up – events as well as temperature – with 26.2 races in Boston (UK) and Brighton at the weekend.

In Brighton STEVE GREEN cut his personal best (PB) by 4 minutes 41 seconds to finish in 3 hours 20 minutes 13 seconds. ANDREW SMITH and SARAH RUSHWORTH ran their first marathons in 3:47:37 and 5:52:51 but MIKE GREEN was the fastest from Fairlands with 3 hours 18 minutes 41 seconds. CHRIS HOLLAND finished the south coast special in 4:15:46.

Boston

Two Spartans travelled to Lincolnshire this weekend to compete in Boston marathon. RUTH REILLY and CATHY CRAIG both secured second age group places and “Good for Age” times. Ruth finished in superb new personal best of 3:36:53 and Cathy at 65 beat five hours with a new PB of 4:59:36. Their “Good for Age” qualifications mean they could go straight into next year’s London Marathon if they wish.

PAUL MAGUIRE ran the Boston U.K. Half Marathon on Sunday in a time of 1:38:34. This was a new PB for him and his first time finishing in under 100 minutes. He was seventh in his age category.

Victoria Park Satisfies

Saturday saw the first decent sunshine for an English road race and Spartans JIM BROWN and PENNY SCHENKEL enjoyed the 51st running of the Victoria Park Open Five Miles. This was a traditional club organised event with an entry fee of only £12 but an

accurately measured course, precise start to finish line times, a view across to the Olympic Park and possibly the best post race showers in the universe.

Penny ran a new personal best of 45 minutes 6 seconds with Jim coming in with 40:50. Jim said this is the first race this year he's had salt in his eyes, thinking about next week.....

JAN FRY ran the Thames Valley Spring Half in 2 hours 24 minutes 40 seconds and CHRIS JOHANSEN completed the Battersea Park 5K in 41:16 after a night shift..

Not content with Battersea Park on Saturday Christopher Johansen flew the colours at Crystal Palace 5K in 44 minutes and 35 seconds on Sunday after stopping for 5 minutes to admire the dinosaurs

Many Spartans will be running the London Marathon starting at 10a.m. this Sunday 22nd April. Why not go and support your local club?

Parkrun Highlights 14th April 2018

This week's parkruns saw Spartans running at five different locations in two countries. Ashley SCHOENWETTER was first female finisher at Barclay parkrun in Hoddesdon clocking a time of 22:12.

Continuing their parkrun tour in New Zealand, Verity FISHER and Danny SUTTON ran Blenheim parkrun on New Zealand's South Island. There was a small field of 27 runners. Verity finished fifth overall and second female in 23:54. Danny finished in 13th position in 26:35.

Congratulations go to Tim ROBINSON who completed his 100th parkrun at Panshanger. Tim was joined by Andy JAY, Thomas SAUKA and Ken JUDE who all finished within 10 seconds of each other.

In Oxford Lucy May Field completed her 142nd parkrun finishing in 23:50.

19 Spartans joined 299 other runners to run the 2 lap Stevenage parkrun course. Danny SCANLON finished in 6th position overall in 19:30. Claire EMMERSON was third female in 24.18. Niki PLUMB ran a new PB of 34:39.

Coming Events

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

- Spartans Handicap 5K in Stevenage on Thursday evening 19th April.
- London Marathon on Sunday 22nd April.
- Flitwick 10K on Sunday 29th April.
- Serpentine 5K in Hyde Park on Friday 27th April.
- Stirling Marathon on Sunday 29th April.
- EMAC track and field event one at Stevenage on Wednesday evening 2nd May.
- County open 1500 and veteran track and field championships in Stevenage on Monday 7th May.
- Pednor Five including county championships for veterans on Monday 7th May.
- Mid Week Road Race League race one 6 miles in Epping Forest on Thursday 10th May at 7.30p.m.
- Mid Week Road Race League race two 10K in St. Albans on Thursday 24th May.
- Edinburgh Marathon on Sunday 27th May.
- Hatfield Broad Oak 10K on Monday 28th May.
- EMAC track and field event two at Bedford on Wednesday 6th June.
- Mid Week League Race 3 8K in Trent Park on Thursday 7th June.
- St Albans Half Marathon on Sunday 10th June.
- Welwyn 10K including senior county championships on Sunday 24th June.
- Mid Week League Race 4 in Stevenage on Wednesday 27th June.
- EMAC track and field event three at Cambridge on Wednesday 4th July.
- County Track 10K Championships on Thursday 5th July (tbc).
- Mid Week League Mob Match on 12th July.
- Fairlands Valley Challenge off road on Sunday 15th July.

- EMAC track and field event four at Milton Keynes on Wednesday 1st August.
- County 5K Senior Championships at the Hatfield 5K on Wednesday 5th September.
- Welwyn Half Marathon on Sunday 9th September (new date).
- County 5K Vets Championship at the Hatfield 5K on Wednesday 19th September.
- Hatfield 5K (Open Race) on Wednesday 3rd October.
- Standalone 10K on Sunday 7th October.
- Peterborough Half Marathon (GER) on Sunday 14th October.
- Abingdon Marathon on Sunday 21st October.
- Stevenage Half Marathon on Sunday 4th November.
- St Neots Half Marathon on Sunday 18th November.

Tables

Parkruns 14th April

Oxford parkrun

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
74	11	Lucy May FIELD	00:23:50

Stevenage parkrun

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
6	6	Danny SCANLON	00:19:30
36	36	Martin DUDLEY	00:22:42
48	47	Lee PICKERSGILL	00:23:42
58	56	Jonathan JONES	00:24:14
59	57	Barry OSBORNE	00:24:17
61	3	Claire EMMERSON	00:24:18
67	62	Darren EMMERSON	00:24:39
99	88	David SCOTT	00:26:26
101	12	Hazel SMITH	00:26:27
105	13	Karen PALMER	00:26:35
146	123	Paul HOLGATE	00:28:16
150	25	Caroline CROFT	00:28:28
163	134	Steven DOBNER	00:28:54
169	137	James SOUTH	00:29:03

173	35	Monica SMITHSON	00:29:12
231	62	Sally PHILLIPS	00:32:19
245	175	Paul JENNINGS	00:33:13
262	81	Niki PLUMB	00:34:39
283	183	Trevor BROOM	00:37:22

Panshanger parkrun

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
140	122	Thomas SAUKA	00:27:49
143	124	Tim ROBINSON	00:27:57
145	126	Andy JAY	00:27:59
146	127	Ken JUDE	00:27:59

Barclay parkrun

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
5	1	Ashley SCHOENWETTER	00:22:12

Blenheim parkrun

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
5	2	Verity FISHER	00:23:54
13	8	Daniel SUTTON	00:26:35

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