



## **CHESTER \* FLITWICK \* WIMBLEDON Mid Week League Starts Soon**

Consecutive Sundays and totally different conditions. On a cold and damp day two Spartans set off on an adventure to Wimbledon Common. They didn't find any Wombles but Angie Keeling came home with a new PB (personal best) by 41 seconds of 2:14:01. She said "I really enjoyed the race". Erica Grayson finished in 15th in her age category (W40) in a time of 1:56:36 three weeks after completing the Ibiza Marathon. The course was on open roads and was quite congested but the crowds were supportive and thankfully the rain held off.



*Erica Greyson and Angie Keeling at Wimbledon*

Further north TIM SABAN ran the Chester Half in a time of 1:28:51 and got fifth place in his age group.

## Flitwick 30<sup>th</sup> Anniversary 10K

Often the Flitwick 10K is a last race before the London Marathon but this year the 30<sup>th</sup> Anniversary event came a week later which felt very different. JIM BROWN said there was a massive contrast with last Sunday – this week it was drizzle or rain and about 7 degrees. Not fair!

Despite being slightly spooked by the start being exactly 26.2 miles from home Jim finished in a year's best of 50 minutes 11 seconds and PENNY SCHENKEL in a year's best 57:05.

There were in 823 finishers in the club organised event where runners got extra entertainment from a veteran car club rally going in the opposite direction.

## Serpentine

What a difference a few days can make! After the furnace of the London Marathon five days earlier Spartan JIM BROWN was back in the capital city for the Last Friday of the Month 5K around the Serpentine in Hyde Park.

It was cool, with a light breeze, dry but damp underfoot and he finished in 27 Minutes 28 seconds. PENNY SCHENKEL chased him down the last 200 metres for a year's best 27:29 but the fastest Spartan was CIARAN McANENY who finished 28<sup>th</sup> in 18:07.

There were 267 finishers in the lunchtime event.

## Grant Jumps As He Runs

Six days after completing the London Marathon in less than three hours GRANT RAMSAY took part in the 3000 metres Steeplechase at Lea Valley. This was in the London Interclub Challenge, where Ramsay (as a guest) finished fourth out of 8 in a time of 11:45. He said "It was a good opening race for the track season".

## Parkrun Highlights 28 April 2018

**This weekend's parkruns saw loads of Spartans skipping a Saturday lay in to do a 5K run.**

**Stuart HAYCROFT was second place finisher at Stevenage in a new PB (personal best) of 18 minutes 45 seconds. Jonny PENNELL was third in 18:54.**

**Just one week after completing the London marathon Danny SUTTON ran a new PB of 22:20. Other Spartans who achieved a new PB at Stevenage were Steven DOBNER (26:31), Michael O'KEEFE (27:40) and Lynsey CHALKLEY (33:42).**

**Roger HARDMAN joined 715 other Parkrunners on Town Moor to complete the Newcastle Parkrun in 27:55.**

**In Hampshire Darryl STEVENS completed the Brockenhurst course in 40:46.**

**Hannah NEALE was 4th lady in her first outing in Chipping Sodbury in 22:27.**

**Lucy FIELD was 13th lady at Oxford in a time of 23:24.**

**The previous week Spartan ALISON WOOD had been the fastest woman in the Stevenage Parkrun. She was 12<sup>th</sup> overall in 20 minutes 33 seconds giving her a massive age graded score of 82.56%.**

**The first race in this season's Mid Week Road Race will be in Epping Forest on Thursday 10<sup>th</sup> May at 7.30p.m. and the first event in this year's EMAC (East of England veterans 35 plus) track and field league will be at Ridlins Track this Wednesday, 2<sup>nd</sup> May.**

### **Coming Events**

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

- **EMAC track and field event one at Ridlins in Stevenage on Wednesday evening 2<sup>nd</sup> May.**
- **County open 1500 and veteran track and field championships in Stevenage on Monday 7<sup>th</sup> May.**
- **Pednor Five including county championships for veterans on Monday 7<sup>th</sup> May.**
- **Mid Week Road Race League race one 6 miles in Epping Forest on Thursday 10<sup>th</sup> May at 7.30p.m.**
- **Spartan Handicap 5K in Stevenage on Thursday 17<sup>th</sup> May.**
- **Mid Week Road Race League race two 10K in St. Albans on Thursday 24<sup>th</sup> May.**
- **Edinburgh Marathon on Sunday 27<sup>th</sup> May.**
- **Hatfield Broad Oak 10K on Monday 28<sup>th</sup> May.**
- **EMAC track and field event two at Bedford on Wednesday 6<sup>th</sup> June.**
- **Mid Week League Race 3 8K in Trent Park on Thursday 7<sup>th</sup> June.**
- **St Albans Half Marathon on Sunday 10<sup>th</sup> June.**
- **Welwyn 10K including senior county championships on Sunday 24<sup>th</sup> June.**
- **Mid Week League Race 4 in Stevenage on Wednesday 27<sup>th</sup> June.**
- **EMAC track and field event three at Cambridge on Wednesday 4<sup>th</sup> July.**
- **County Track 10K Championships on Thursday 5<sup>th</sup> July (tbc).**
- **Mid Week League Mob Match on 12<sup>th</sup> July.**
- **Fairlands Valley Challenge off road on Sunday 15<sup>th</sup> July.**
- **EMAC track and field event four at Milton Keynes on Wednesday 1<sup>st</sup> August.**
- **Clacton Half Marathon and 10K on Sunday 19<sup>th</sup> August.**
- **County 5K Senior Championships at the Hatfield 5K on Wednesday 5<sup>th</sup> September.**
- **Welwyn Half Marathon on Sunday 9<sup>th</sup> September (new date).**
- **County 5K Vets Championship at the Hatfield 5K on Wednesday 19<sup>th</sup> September.**
- **Hatfield 5K (Open Race) on Wednesday 3<sup>rd</sup> October.**
- **Standalone 10K on Sunday 7<sup>th</sup> October.**
- **Peterborough Half Marathon (GER) on Sunday 14<sup>th</sup> October.**
- **Abingdon Marathon on Sunday 21<sup>st</sup> October.**
- **Stevenage Half Marathon on Sunday 4<sup>th</sup> November.**
- **St Neots Half Marathon on Sunday 18<sup>th</sup> November.**

## Tables

### **Parkruns**

#### **Oxford parkrun**

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
86	13	<a href="#">Lucy May FIELD</a>	00:23:24

#### **Newcastle parkrun**

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
390	297	<a href="#">Roger HARDMAN</a>	00:27:55

#### **Stevenage parkrun**

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
2	2	<a href="#">Stuart HAYCROFT</a>	00:18:45
3	3	<a href="#">Jonny PENNELL</a>	00:18:54
6	6	<a href="#">Danny SCANLON</a>	00:19:44
29	28	<a href="#">Daniel SUTTON</a>	00:22:20
34	32	<a href="#">Nick GILL</a>	00:22:38
60	8	<a href="#">Claire EMMERSON</a>	00:24:14
66	57	<a href="#">Chris HOLLAND</a>	00:24:27
69	60	<a href="#">Wills JENNINGS</a>	00:24:32
71	62	<a href="#">Lee PICKERSGILL</a>	00:24:36
75	65	<a href="#">Neil ROBINSON</a>	00:24:42
76	66	<a href="#">Jonathan JONES</a>	00:24:43
110	96	<a href="#">Kartik SHARMA</a>	00:26:31
111	97	<a href="#">Steven DOBNER</a>	00:26:31
119	104	<a href="#">Tim ROBINSON</a>	00:26:55
121	17	<a href="#">Verity FISHER</a>	00:26:58
130	107	<a href="#">Michael O'KEEFE</a>	00:27:40
131	108	<a href="#">Paul HOLGATE</a>	00:27:44
180	136	<a href="#">Peter CARPENTER</a>	00:30:44
182	46	<a href="#">Sally PHILLIPS</a>	00:30:55
185	48	<a href="#">Chloe EMMERSON</a>	00:31:02
192	141	<a href="#">James SOUTH</a>	00:31:55
219	67	<a href="#">Lynsey CHALKLEY</a>	00:33:42
256	95	<a href="#">Hazel JONES</a>	00:40:13

#### **Brockenhurst parkrun**

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
161	92	<a href="#">Darryl STEVENS</a>	00:40:46

#### **Chipping Sodbury parkrun**

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
-----------------	------------------------	-------------------	-----------------

### **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](http://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](http://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](http://www.fvspartans.org.uk)