



45 HIT THE HEATH HILLS

Wins For Yuko and Brian * Masters Third

There were wins for Yuko and Brian and third place for the men's masters team as 45 Fairlands Valley Spartans hit the Therfield Heath hills in the final race of this season's cross country season on Sunday morning.

ANDREW PATTERSON led in the 23 Spartan men in sixth place and taking 35 minutes 48 seconds for the 5.5 undulating miles.

The men's masters team (male veterans aged 40 plus) of **GRANT RAMSAY 36:12; STEFFAN FORD 38:44; STEVE GREEN 43:02; THOMAS SAUKA 43:18; TIM SABAN 44:03; BRIAN WHITE 45:09; STEVE MAYFIELD 46:53** and **PETE SMITH 49:24** consolidated some good results from the previous four races to finish in **BRONZE** position, third out of the twenty clubs in the league. Brian was winning veteran 60 plus over the five races,

The fastest female from Fairlands was also sixth. **NATALIE LAWRENCE's** top ten place in the women's contest was achieved in 43 minutes 14 seconds. **SUZY HAWKINS** was next in at 12th with 46:04 and the amazing **YUKO GORDON** underlined her emphatic league win in the 65 plus category at 14th with 46 minutes 12 seconds. **MICHELLE REEVES, 46th** in 51:41 and **ISABEL GREEN 47th** in 51:42 completed the women's "A" team for Fairlands Valley. Women's teams consist of five runners in the Sunday cross country league and FVS had four complete teams.

In the open team race the men's team of eight included four seniors – Andrew Patterson; **MIKE GREEN 77th** in 42:49; **DANNY SCANLON 92nd** in 43:33 and **NICK GILL** running his first cross country 94th in 43:43.

ROS INGRAM led in the women's "B" team, she was 54th woman in 52:50, which included CLAIRE EMMERSON 55th in 52:51; SOPHIE COWAN 75th in 54:33; SARAH PIKE 81st in 55:51 and ANN TRYSESSEONE 91st in 58:05.

PENNY SCHENKEL and KELLY McHALE brought in the "Cs" with 58:50 and 60:05.

Full results for the 23 Spartan men:

Position	Name	Time	Comments	Category
6	ANDREW PATTERSON	35:48	Men's "A"	MSenior
11	GRANT RAMSAY	36:12	Men's "A"	M40
32	STEFFAN FORD	38:44	Men's "A"	M40
77	MIKE GREEN	42:49	Men's "A"	MSenior
82	STEVE GREEN	43:02	Men's "A"	M40
88	THOMAS SAUKA	43:18	Men's "A"	M40
92	DANNY SCANLON	43:33	Men's "A"	MSenior
94	NICK GILL	43:43	Men's "A"	MSenior
99	TIM SABAN	44:03	Men's "B"	M50
110	BRIAN WHITE	45:09	Men's "B"	M60
129	STEVE MAYFIELD	46:53	Men's "B"	M50
148	PETE SMITH	49:24	Men's "B"	M50
163	MARK GOODWIN	50:44	Men's "B"	M60
166	PAUL WHYTE	51:15	Men's "B"	M40
189	ANDY JAY	54:22	Men's "B"	M50
190	NEIL ROBINSON	54:41	Men's "B"	MSenior
191	ANDREW SMITH	55:09		MSenior
197	STEVE PIKE	56:17		M50
200	SIMON SYPULA	56:26		M40
203	JIM BROWN	57:43		M60
211	TIM ROBINSON	62:53		M40
215	MARK FREEMAN	67:30		M60
218	STEVE GOUGH	73:07		M40

And the 22 Spartan women:

Position	Name	Time	Comments	Category
6	NATALIE LAWRENCE	43:14	Women's "A"	WSenior
12	SUZY HAWKINS	46:04	Women's "A"	W35
14	YUKO GORDON	46:12	Women's "A"	W65
46	MICHELLE REEVES	51:41	Women's "A"	WSenior
47	ISABEL GREEN	51:42	Women's "A"	W35

54	ROS INGRAM	52:50	Women's "B"	W35
55	CLAIRE EMMERSON	52:51	Women's "B"	W45
75	SOPHIE COWAN	54:53	Women's "B"	W35
81	SARAH PIKE	55:51	Women's "B"	WSenior
91	ANN TRYSESSEONE	58:05	Women's "B"	W45
96	PENNY SCHENKEL	58:50	Women's "C"	W45
102	KELLY McHALE	60:05	Women's "C"	W35
110	SHARON CROWLEY	61:34	Women's "C"	W55
111	HAZEL SMITH	62:26	Women's "C"	W35
113	JULIE SHADBOLT	62:26	Women's "C"	W45
115	ERICA GRAYSON	62:26	Women's "D"	W45
117	NICOLA TOUT	64:13	Women's "D"	W45
118	VICKY COTTOM	65:07	Women's "D"	W35
121	PETA WILSON	67:30	Women's "D"	W45
122	ANGIE KEELING	68:28	Women's "D"	W35
123	TRACEY STILES	68:48		W45
125	SUE HAMER	68:52		W45

Fairlands Valley Spartans have fourteen runners in this Saturday's National Cross Country Championships on Parliament Hill Fields. The women's race is at 2.20p.m. and the men's at 3p.m. Supporters will be very welcome.

Llanelli

This weekend TREVOR and KAREN BROOM went to Llanelli in South Wales. On Saturday Trevor ran the Llanelli coastal park run and got a personal best (PB) of 31.51 on the lovely route along the coastal path.

Then on Sunday Karen ran the Llanelli Half Marathon in 2.21.26. She says it was a hard run out from the parc y scarlets rugby stadium along the coastal path and back again along the coast.

SCVAC Indoor Championships

At the Southern Counties Veterans Athletics Club indoor championships DAVE BOWKER competed in the 3K walk. He was fifth in 19 minutes 13 seconds for the 15 laps of the Lee Valley track.

Hampton Court Palace Half Marathon

GERRY ROSEN completed the Hampton Court Palace Half Marathon. It was his first half marathon event and he finished with a time of 2 hours 16 minutes, so it's a PB!!

Coach to London

Do you have an entry to the London Marathon on 22nd April 2018? Have you thought how you will get to London from Stevenage on the big day? Fairlands Valley Spartans have a coach from Stevenage and there are spare places. The cost is just £10. If you would like to join us, please contact Roger Biggs on roger@thebiggs.net.

Parkrun Highlights

At Stevenage ROSIE LYON-SMITH ran her first parkrun and was first woman over the line, finishing in 21:12. VERITY FISHER was 12th, and CLAIRE EMMERSON 13th (both in 26:00) and TRACY PEZ was 17th in 26:40.

For the men STUART HAYCROFT finished as first Spartan, 5th overall in a time of 19:27, just in front of DANNY SCANLON who was awarded the same time in 6th, a new course PB for Danny. MARK COLLINS made it three Spartans in the top 10, finishing 9th in 20:03. GARETH COWELL notched a new course PB of 21:28 in finishing 17th/

The other highlights at Stevenage were new course PBs for STEVEN DOBNER (28:54) and for HAZEL JONES (36:51).

Elsewhere TREVOR BROOM ran a new course PB of 31:51 at Llanelli Coast. Dear Jim

JAMES KILROY ran the Bournemouth parkrun yesterday in 26.46

Coming Events

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

- Fairlands Valley Spartans Champions Night on Friday 23rd February.
- National Cross Country Championships, Parliament Hill Fields on Saturday 24th February.
- Baldock Beast on Sunday 25th February.
- UKA Club Run at Fairlands Valley Spartans on Thursday 1st March.
- Welwyn Half Marathon on Sunday 4th March.
- Big London Half Marathon on Sunday 4th March.
- Milton Keynes 5K and 10K on Sunday 11th March.
- Finchley 20 miles (including Herts County Champs) on Sunday 18th March.
- Oakley 20 miles on Sunday 18th March.
- Serpentine 5K on Friday 23rd March (please note change of date).
- Orion 15 classic cross country at Chingford (Epping Forest) on Saturday 24th March.
- County Cross Country Championships for Veterans at Royston on Sunday 25th March.
- Maidenhead Easter Ten on Friday 30th March.
- Sandy Ten on Sunday 8th April.
- London Marathon on Sunday 22nd April.
- Flitwick 10K on Sunday 29th April.
- Stirling Marathon on Sunday 29th April.
- EMAC track and field event one at Stevenage on Wednesday 2nd May.
- County 1500 and veteran track and field championships on Monday 7th May.
- Pednor Five including county championships for veterans on Monday 7th May.
- Mid Week Road Race League 10K in Epping Forest on Thursday 10th May at 7.30p.m.
- Mid Week Road Race League 10K in St. Albans on Thursday 24th May.
- EMAC track and field event two at Bedford on Wednesday 6th June.
- Welwyn 10K including senior county championships on Sunday 24th June.
- EMAC track and field event three at Cambridge on Wednesday 4th July.
- Fairlands Valley Challenge off road on Sunday 15th July.
- EMAC track and field event four at Milton Keynes on Wednesday 1st August.

- **Standalone 10K on Sunday 7th October.**
- **Peterborough Half Marathon (GER) on Sunday 14th October.**
- **Stevenage Half Marathon on Sunday 4th November.**
- **St Neots Half Marathon on Sunday 18th November.**

Tables

Full parkrun results for Spartans for 17th February:

parkrun	Pos	Gen	parkrunner	Time	Notes
Gorleston Cliffs	42	40	Ryan DUNNING	00:22:33	
Llanelli Coast	66	48	Trevor BROOM	00:31:51	Course PB
Nobles	19	4	Nicola KENNEDY	00:25:27	
Stevenage	5	5	Stuart HAYCROFT	00:19:27	
Stevenage	6	6	Danny SCANLON	00:19:27	Course PB
Stevenage	9	9	Mark COLLINS	00:20:03	
Stevenage	17	1	Rosie LYON-SMITH	00:21:12	
Stevenage	18	17	Gareth COWELL	00:21:28	Course PB
Stevenage	31	28	Martin DUDLEY	00:22:32	
Stevenage	43	40	Chris HOLLAND	00:23:13	
Stevenage	53	49	Lee PICKERSGILL	00:23:52	
Stevenage	66	59	Wills JENNINGS	00:24:51	
Stevenage	68	61	Darren EMMERSON	00:24:55	
Stevenage	69	62	Jonathan JONES	00:24:56	
Stevenage	72	64	David SCOTT	00:24:57	
Stevenage	86	75	James SOUTH	00:25:55	
Stevenage	92	12	Verity FISHER	00:26:00	
Stevenage	93	13	Claire EMMERSON	00:26:00	
Stevenage	110	17	Tracy PEZ	00:26:40	
Stevenage	145	116	Daniel SUTTON	00:28:19	
Stevenage	150	31	Monica SMITHSON	00:28:31	
Stevenage	156	34	Dzenana TOPIC	00:28:47	
Stevenage	158	124	Steven DOBNER	00:28:54	Course PB
Stevenage	203	146	Peter CARPENTER	00:32:01	
Stevenage	251	88	Hazel JONES	00:36:51	Course PB
Tonbridge	482	306	Michael O'KEEFE	00:43:07	

Letchworth	44	42	Neil ROBINSON	00:27:15	
Bournemouth	164		James KILROY	26:46	

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