



News Release

15th January 2018

WATFORD TAKE TWO

UKA Club Run * Mickey Mouse Marathon

After only a week Fairlands Valley Spartans returned to Cassiobury Park, Watford for a cross country race. Seven days ago it was separate men's and women's races for the senior county championships, this time it was all in together over about 9.5 kilometres for a Sunday Cross Country league event.

The outstanding Spartan performance came from CALLUM STEWART who was second overall out of more than 400 finishers in just 34 minutes 4 seconds for the six miles or so, but the amazing YUKO GORDON continues to astound. She's a veteran 65 plus women and her time of 46 minutes 38 minutes made her first female from Fairlands and eighth out of the 31 runners from the club.

SIMON JACKSON and TODD GRAY also beat 40 minutes and were in the top 60 with Simon 13th in 36:27 and Todd 57th in 39:59. The rest of the men's "A" team consisted of RICHARD SPRINGALL 84th in 41:30; THOMAS SAUKA 113th in 42:55; TIM SABAN 114th in 42:57; STEVE MAYFIELD 151st in 45:22 and GARETH POWELL 191st in 47:28. Men's teams consisted of eight runners.

No less than three Spartan women's teams completed the rest. The "A" team were Yuko; SUZY HAWKINS 179th in 46:47; MICHELLE REEVES 214th in 48:33; CLAIRE EMMERSON 260th in 51:22 and new club chair SOPHIE COWAN 299th in 54:02.

JENNY GARRETT led in the women's "B" team at 320th in 55:02. She was supported by KAREN PALMER 326th in 55:26; KELLY McHALE 332nd in 56:30; PENNY SCHENKEL 345th in 57:22 and CAROLE SHELDRIK 367th in 59:59. Women's teams consisted of five runners.

There were 17 FVS women and 14 men. All the Spartans results can be found at the end of this release.

Fairlands Valley Spartans have entered fourteen runners for the national cross country championships on Saturday 24th February. They will be on the tough, hilly and usually Parliament Hill Fields in north London. The club have teams in the senior women's and men's races. The final league race will be on Therfield Heath, Royston on Sunday 18th February.

Disney World Marathon

Running his first ever marathon, Michael Andrews made his way through Walt Disney World, Florida in a very good time 5:14:41. Wife Aimee Andrews also in her first ever marathon persevered excellently to stay inside the seven hours cut-off time, finishing alongside her dad Paul Holgate in 6:57:09.

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.

Snetterton Sam

SAM SIMMONS ran the Snetterton 10K in 53 minutes 33 seconds. He finished 304th out of the 760 finishers.

UKA Club Run

Fairlands Valley Spartans applied for the England Athletics Club Run scheme in September 2017 and found out at the end of the year that they had been selected. The Club Run scheme provides a series of three visits from an England Athletics Coach, over a three

month period. The aim is to provide some additional coaching to club members and to support coach development.

The first of three visits from coach Simon Mennell was on Tuesday night. They was an amazing turn out for a whole club session of over 50 runners. This was an 800 metres endurance session, with each group having a pace to aim to maintain over their reps. Everyone enjoyed the session and benefited from Simon's coaching. He then spent some time with the coaches, discussing different practices and techniques. The feedback we have received from members has been brilliant - everyone enjoyed the session and we are really looking forward to Simon's next visit on Thursday 1st February. Why not train with the Spartans? Have a look at www.fvspartans.org.uk?

Great Edinburgh

JOHN HARRIS ran the great Edinburgh winter run 5K in 20 minutes 38 seconds.

Parkrun Highlights

Parkrun Highlights: At Stevenage MADDIE PRITCHARD was first woman to cross the line, finishing in a time of 22:28. CLAIRE EMMERSON also claimed a top ten finish in 25:21 with VERITY FISHER (27:27) and CALLIE CHAPMAN (30:21) the next Spartan women home. For the men, recent recruit DANNY SCANLON was 6th in 20:06, with MARTIN DUDLEY gaining a top 50 finish in 22:42. LEE PICKERSGILL (24:01) and CLIVE CANNON (25:20) were next.

Best performances away from the “home” venue were by CHRIS HOLLAND, who ran 21:50 in finishing 10th at Pymmes, and DAVE SMITH who was 15th at Linford Wood in a time of 21:18.

Coming Events

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

- 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 county 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.
- 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.
- Welwyn Half Marathon on Sunday 4th March.
- Milton Keynes 5K and 10K on Sunday 11th March.
- Finchley 20 miles (including Herts County) on Sunday 18th March.
- Oakley 20 miles on Sunday 18th March.
- 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.
- Welwyn 10K including senior county championships on Sunday 24th June.
- Standalone 10K on Sunday 7th October.
- Peterborough Half Marathon (GER) on Sunday 14th October.

Tables

Spartans at Watford Cross Country League race, Sunday 14th January.

Position	Name	Time	Gender	Comments
2	CALLUM STEWART	34:04	M	Men "A" team
13	SIMON JACKSON	36:27	M	Men "A"
57	TODD GRAY	39:59	M	Men "A"
84	RICHARD SPRINGALL	41:30	M	Men "A"
113	THOMAS SAUKA	42:55	M	Men "A"
114	TIM SABAN	42:57	M	Men "A"
151	STEVE MAYFIELD	45:22	M	Men "A"
177	YUKO GORDON	46:38	W	Women "A" team
179	SUZY HAWKINS	46:47	W	Women "A"
191	GARETH COWELL	47:28	M	Men "A"
206	PAUL WHYTE	48:06	M	
214	MICHELLE REEVES	48:33	W	Women "A"
223	ANDREW SMITH	48:47	M	
260	CLAIRE EMMERSON	51:22	W	Women "A"
287	JIM BROWN	53:21	M	
299	SOPHIE COWAN	54:02	W	Women "A"
320	JENNY GARRETT	55:02	W	Women "B"
323	TIM ROBINSON	55:28	M	
326	KAREN PALMER	55:26	W	Women "B"
332	KELLY McHALE	56:30	W	Women "B"
345	PENNY SCHENKEL	57:22	W	Women "B"
367	CAROLE SHELDRIK	59:59*	W	Women "B"
370	ERICA GRAYSON	60:18	W	Women "C"
371	JULIE SHADBOLT	60:19	W	Women "C"
378	CALLIE CHAPMAN	61:10	W	Women "C"
385	PETA WILSON	62:13	W	Women "C"
388	CAROLINE CROFT	62:39	W	Women "C"
390	MARK FREEMAN	63:13	M	
395	SHARON CROWLEY	64:40	W	
399	ANGIE KEELING	65:00	W	
405	STEVE GOUGH	68:50	M	

Full Spartan Parkrun results from Saturday 13th January were as follows:

parkrun	Pos	Gen	parkrunner	Time	Notes
Luton Wardown	292	123	Linda GREENE	00:39:06	First time here
Cambridge	575	354	John WALSH	00:44:01	First time here
Pymmes	10	10	Chris HOLLAND	00:21:50	First time here, top ten finish
Stevenage	6	6	Danny SCANLON	00:20:06	Top 10 finish

Stevenage	32	1	Maddie PRITCHARD	00:22:28	1st woman
Stevenage	42	41	Martin DUDLEY	00:22:42	
Stevenage	64	61	Lee PICKERSGILL	00:24:01	
Stevenage	91	83	Clive CANNON	00:25:20	
Stevenage	92	9	Claire EMMERSON	00:25:21	Top 10 finish
Stevenage	121	108	David SCOTT	00:26:34	
Stevenage	134	19	Verity FISHER	00:27:27	
Stevenage	165	133	Tim ROBINSON	00:28:37	
Stevenage	182	144	James SOUTH	00:29:26	
Stevenage	212	53	Callie CHAPMAN	00:30:21	
Stevenage	241	68	Judy KING	00:31:41	
Stevenage	246	73	Olwen BATTY	00:32:09	
Stevenage	247	74	Karen BROOM	00:32:20	
Stevenage	271	84	Sally PHILLIPS	00:33:05	
Stevenage	349	211	Trevor BROOM	00:39:25	
Stevenage	368	151	Emma MARTIN	00:53:15	
Stevenage	372	219	Ian ALEXANDER	00:59:41	Tailrunner
Linford Wood	15	15	Dave SMITH	00:21:18	First time here
Brockenhurst	181	105	Darryl STEVENS	00:41:54	
Exeter Riverside	98	80	Andy JAY	00:25:29	

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