



News Release

22<sup>nd</sup> January 2018

## **BRIAN A WINNER AT FRED HUGHES 10**

**Zero to 27 degrees \* Champions Night Soon**

The Fred Hughes 10 was run in ideal weather conditions for penguins but BRIAN WHITE finished first 60 plus and 102<sup>nd</sup> overall in 67 minutes 45 seconds. He was five minutes ahead of his nearest rival.

On a day when events like the Windsor Half Marathon were cancelled due to the weather 754 finished the race which included the Hertfordshire County Championships for seniors.

STEVE & ISABEL GREEN both managed course bests (figure of 8 course) on the undulating and snowy event. Steve, ran his 12th Fred Hughes, in 01:12:00 (169th place) and Isabel, running her 10th FH10, finished 372nd in 1:23:59.

Despite the conditions JIM BROWN was 15 seconds quicker than last year with 1:23:40, just making it into the top half of the field. GARETH COWELL finished with a useful 1:17:43.

KAREN ELLIS was second Spartan woman with an excellent 1:24:59. JULIE SHADBOLT ran a new personal best of 1:32:50 with KAREN PALMER just three seconds slower at 1:32:53. SHARON CROWLEY was pleased with her 1:42:41.

Pos	Name	Time	Category	Cat Pos	Gender	Comments
101	BRIAN WHITE	01:07:43	M60	1	Male	1 <sup>st</sup> Vet 60
169	STEVE GREEN	01:12:00	M40	58	Male	
253	GARETH COWELL	01:17:43	M40	87	Male	
372	ISABEL GREEN	01:23:59	W35	32	Female	
381	JIM BROWN	01:23:40	M60	13	Male	
414	KAREN ELLIS	01:24:59	W45	24	Female	
561	KAREN PALMER	01:32:53	W45	55	Female	

<b>562</b>	<b>JULIE SHADBOLT</b>	<b>01:32:50</b>	<b>W45</b>	<b>56</b>	<b>Female</b>	<b>PB</b>
<b>661</b>	<b>SHARON CROWLEY</b>	<b>01:42:41</b>	<b>W55</b>	<b>31</b>	<b>Female</b>	

(All chip times)

### Santa Pola

**Spartans in Spain succeed at Santa Pola. While nine Spartans were shivering at the County 10 miles championships in St. Albans two were winning prizes in sunny Spain.**

**Yuko Gordon and Cathy Craig achieved first and third in their age category at the Santa Pola Half Marathon during a 27 degree heatwave.**

**This was Cathy's 10th half marathon in Santa Pola in a row and marks 10 years since she became a runner. Yuko finished in an amazing time of 1.39 and Cathy in 2.20.**

**The first year Cathy started running was to run this race. (the temperature rose to 27C not the 23C we expected from the weather forecast) and other runners from the UK had to drop out due to the heat. Yuko was first FV65. Cathy was 3rd FV65, in 2:20. It was tough due to the sun and heat but better than freezing in Stevenage.**

### Masters Third

**With one race to go the Spartan veteran men are third in the cross country league. Overall the club's men are eighth out of the 20 clubs and the women 10<sup>th</sup>.**

### Presentation Evening, Dinner and Disco

**Fairlands Valley Spartans Champions Night will be at the Cromwell Hotel, Old Stevenage at 7p.m. on Friday 23rd February. Tickets £25. You can find more information on [www.fvspartans.org.uk](http://www.fvspartans.org.uk)**

### Coach to London

Do you have an entry to the London Marathon on 22<sup>nd</sup> 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](mailto:roger@thebiggs.net).

### Parkrun Highlights

JOHN WALSH took the parkrun PB honours for the weekend. He notched a new best at Cambridge as he finished in 42 mins 52 secs. Meanwhile VERITY FISHER went to Bedford and completed in 23:35 for a top ten finish. At Peterborough, SIMON BELL just missed a top ten finish in 19:11 while ANNETTE BELL finished 8<sup>th</sup> woman in 24:40.

At wet and cold Stevenage there were no new milestones as far as times were concerned. DANNY SCANLON was first Spartan, 10<sup>th</sup> in 20:11. NICK GILL (12<sup>th</sup> in 20:31), DAVE SMITH (14<sup>th</sup>, 20:45) and BARRY OSBORNE (18<sup>th</sup>, 21:19) were next. For the women, KAREN PALMER was 10<sup>th</sup> in 27:15, followed by TRACY PEZ ( 13<sup>th</sup> in 27:30) and ANGIE KEELING (29<sup>th</sup> in 29:52).

### Coming Events

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

- Southern Cross Country Championships on Saturday 27<sup>th</sup> January.
- Watford Half Marathon inc. veteran county championships on Sunday 4<sup>th</sup> February.
- Bramley 20/10 (20 miles or 10 miles) on Sunday 11<sup>th</sup> February.
- St Valentine's 30K at Stamford on Sunday 11<sup>th</sup> February.
- Cross Country League at Royston on Sunday 18<sup>th</sup> February.
- Fairlands Valley Spartans Champions Night on Friday 23<sup>rd</sup> February.
- National Cross Country Championships, Parliament Hill Fields on Saturday 24<sup>th</sup> February.
- Baldock Beast on Sunday 25<sup>th</sup> February.
- Welwyn Half Marathon on Sunday 4<sup>th</sup> March.

- **Big London Half Marathon on Sunday 4<sup>th</sup> March.**
- **Milton Keynes 5K and 10K on Sunday 11<sup>th</sup> March.**
- **Finchley 20 miles (including Herts County) on Sunday 18<sup>th</sup> March.**
- **Oakley 20 miles on Sunday 18<sup>th</sup> March.**
- **Orion 15 classic cross country at Chingford (Epping Forest) on Saturday 24<sup>th</sup> March.**
- **County Cross Country Championships for Veterans at Royston on Sunday 25<sup>th</sup> March.**
- **Maidenhead Easter Ten on Friday 30<sup>th</sup> March.**
- **Sandy Ten on Sunday 8<sup>th</sup> April.**
- **London Marathon on Sunday 22<sup>nd</sup> April.**
- **Flitwick 10K on Sunday 29<sup>th</sup> April.**
- **Stirling Marathon on Sunday 29<sup>th</sup> April.**
- **EMAC track and field event one on Wednesday 2<sup>nd</sup> May.**
- **County 1500 and veteran track and field championships on Monday 7<sup>th</sup> May.**
- **Pednor Five including county championships for veterans on Monday 7<sup>th</sup> May.**
- **EMAC track and field event two on Wednesday 6<sup>th</sup> June.**
- **Welwyn 10K including senior county championships on Sunday 24<sup>th</sup> June.**
- **EMAC track and field event three on Wednesday 4<sup>th</sup> July.**
- **Fairlands Valley Challenge off road on Sunday 15<sup>th</sup> July.**
- **EMAC track and field event four on Wednesday 1<sup>st</sup> August.**
- **Standalone 10K on Sunday 7<sup>th</sup> October.**
- **Peterborough Half Marathon (GER) on Sunday 14<sup>th</sup> October.**

## Tables

### **Fred Hughes 10 Miles:**

<b>Pos</b>	<b>Name</b>	<b>Time</b>	<b>Category</b>	<b>Cat Pos</b>	<b>Gender</b>	<b>Gen Pos</b>
<b>101</b>	<b>BRIAN WHITE</b>	<b>01:07:43</b>	<b>M60</b>	<b>1</b>	<b>Male</b>	<b>95</b>
<b>169</b>	<b>STEVE GREEN</b>	<b>01:12:00</b>	<b>M40</b>	<b>58</b>	<b>Male</b>	<b>151</b>
<b>253</b>	<b>GARETH COWELL</b>	<b>01:17:43</b>	<b>M40</b>	<b>87</b>	<b>Male</b>	<b>212</b>
<b>372</b>	<b>ISABEL GREEN</b>	<b>01:23:59</b>	<b>W35</b>	<b>32</b>	<b>Female</b>	<b>77</b>
<b>381</b>	<b>JIM BROWN</b>	<b>01:23:40</b>	<b>M60</b>	<b>13</b>	<b>Male</b>	<b>298</b>

<b>414</b>	<b>KAREN ELLIS</b>	<b>01:24:59</b>	<b>W45</b>	<b>24</b>	<b>Female</b>	<b>103</b>
<b>561</b>	<b>KAREN PALMER</b>	<b>01:32:53</b>	<b>W45</b>	<b>55</b>	<b>Female</b>	<b>191</b>
<b>562</b>	<b>JULIE SHADBOLT</b>	<b>01:32:50</b>	<b>W45</b>	<b>56</b>	<b>Female</b>	<b>192</b>
<b>661</b>	<b>SHARON CROWLEY</b>	<b>01:42:41</b>	<b>W55</b>	<b>31</b>	<b>Female</b>	<b>265</b>

(All chip times)

Full Spartan Parkrun results from Saturday 20<sup>th</sup> January were as follows:

parkrun	Pos	Gen	parkrunner	Time	Notes
Bedford	73	9	Verity FISHER	00:23:35	
Cambridge	487	301	John WALSH	00:42:52	New course PB
Peterborough	11	11	Simon BELL	00:19:11	
Peterborough	112	8	Annette BELL	00:24:40	
Stevenage	10	10	Danny SCANLON	00:20:11	
Stevenage	12	12	Nick GILL	00:20:31	
Stevenage	14	14	Dave SMITH	00:20:45	
Stevenage	18	18	Barry OSBORNE	00:21:19	
Stevenage	33	32	Martin DUDLEY	00:22:44	
Stevenage	51	49	Ryan DUNNING	00:24:24	
Stevenage	67	63	David SCOTT	00:25:20	
Stevenage	92	84	Simon SYPULA	00:26:42	
Stevenage	103	10	Karen PALMER	00:27:15	
Stevenage	109	13	Tracy PEZ	00:27:30	
Stevenage	110	97	Tim ROBINSON	00:27:31	
Stevenage	152	29	Angie KEELING	00:29:52	
Stevenage	173	38	Sital SHAH	00:30:53	
Stevenage	184	45	Liz GUEMACHE	00:31:20	
Stevenage	262	100	Caren THAIN	00:39:24	
Stevenage	263	101	Emma POULTER	00:40:04	
Brockenhurst	196	111	Darryl STEVENS	00:42:00	

### **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)**