



**Fairlands Valley Spartans
Running Club**

Affiliated to UK Athletics and the Association of Running Clubs

News Release

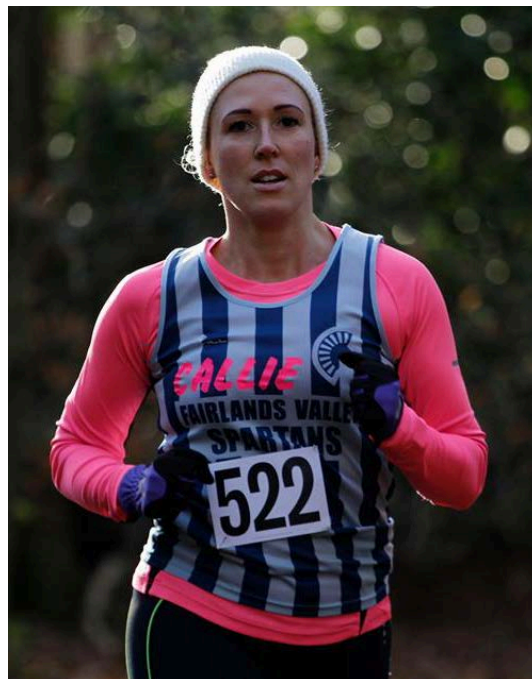
8th January 2018

SPARTANS TACKLE THE CHAMPS

London Marathon Coach and Training

Fairlands Valley Spartans finished two complete and counting teams at the Hertfordshire Cross Country Championships. A great achievement in such a competitive event.

HAZEL SMITH was first finisher at 50th with 40 minutes 35 seconds for the women's race over 8 kilometres in Cassiobury Park, Watford. She was supported by **CLAIRE EMMERSON**, 54th in 41:01; **JENNY GARRETT**, 64th in 2:32; **ERICA GRAYSON**, 76th in 45:55; **PENNY SCHENKEL**, 79th in 46:15; **CALANTHA CHAPMAN**, 85th in 49:16 and **SHARON CROWLEY**, 89th in 52:52.



Starting at 1.15p.m. the men got an extra loop in the woods making their race up to 12 kilometres. **DAVID RIDDELL** got under 50 minutes for the undulating course. He was



71st in 49 minutes 11 seconds. TIM SABAN was 97th with 52:36; TOM SAUKA 100th in 53:35; STUART ARCHER 101st in 53:38; NICHOLAS CROWLEY 117th in 58:40; JIM BROWN 127th in 1:03:45 and TIM ROBINSON 130th in 1:05:40.



These were the senior (i.e. aged 20 and above) championships. The veteran championships are on Sunday 25th March. The Spartans will return to Watford for a cross country league race this Sunday 14th January.

Women (8K)

Position	Name	Time
50	HAZEL SMITH	40:35
54	CLAIRE EMMERSON	41:01
64	JENNY GARRETT	42:32
76	ERICA GRAYSON	45:55
79	PENNY SCHENKEL	46:15
85	CALANTHA CHAPMAN	49:16
89	SHARON CROWLEY	52:52

(11th out of 15 teams)

Men (12K)

Position	Name	Time
71	DAVID RIDDELL	49:11
97	TIM SABAN	52:36
100	THOMAS SAUKA	53:35
101	STUART ARCHER	53:38
117	NICHOLAS CROWLEY	58:40
127	JIM BROWN	63:45
130	TIM ROBINSON	65:40

(14th out of 15 teams)

Coach to London

Got a place in the London Marathon? You can train with Fairlands Valley Spartans and then you can coach to the big event as the club have booked a bus. Cost £10. Bookings to Roger Biggs by emailing roger@thebiggs.net.

Parkrun Highlights

Nineteen Spartans lined up at Stevenage parkrun, and recent joiner DANNY SCANLON finished 5th and was first Spartan home in 20 mins 29 secs. BARRY OSBORNE (22:52), MARTIN DUDLEY (23:30), MARK BEASLEY (23:35) and CRAIG BACON (23:45) all

finished in the top 50. It was also good to see JAMES SOUTH running close to 26 minutes following his long rehab from a broken leg.

VERITY FISHER was the first Spartan woman to finish, 12th in 27:41, with CLAIRE EMMERSON right behind in 27:43. KAREN PALMER (28:30) and TRACY PEZ (29:01) also top 50.

MICHELLE MARCHANT was the notable performer elsewhere, returning to Bedford, the scene of her first parkrun, and notching a new course PB of 32:03. ANDY JAY went to Westmill and finished 22nd in a time of 41:49.

Coming Events

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

- Training session led by England Athletics at FVS Marriotts Sports Centre at 7p.m. on Tuesday 9th January.
- Cross Country League at Watford on Sunday 14th January.
- 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.
- Baldock Beast on Sunday 25th February.
- Welwyn Half Marathon on Sunday 4th March.
- Finchley 20 miles (including Herts County) on Sunday 18th March.
- Oakley 20 miles on Sunday 18th March.
- Orion 15 at Chingford (Epping Forest) on Saturday 24th March.

- **County Cross Country Championships for Veterans at Royston on Sunday 25th March.**
- **London Marathon on Sunday 22nd April.**
- **Stirling Marathon on Sunday 29th April.**
- **Welwyn 10K including senior county championships on Sunday 24th June.**

Tables

Full results from the 6th January parkruns were as follows:

parkrun/date	Pos	Gen	parkrunner	Time	Notes
Bedford	421	128	Michelle MARCHANT	00:32:04	New course PB
Westmill	26	22	Andy JAY	00:25:57	
Wycombe Rye	511	315	Darryl STEVENS	00:41:49	
Stevenage	5	5	Danny SCANLON	00:20:29	
Stevenage	22	21	Barry OSBORNE	00:22:52	
Stevenage	32	31	Martin DUDLEY	00:23:30	
Stevenage	34	33	Mark BEASLEY	00:23:35	
Stevenage	37	36	Craig BACON	00:23:45	
Stevenage	60	57	James SOUTH	00:26:14	
Stevenage	72	66	Dave SMITH	00:26:50	
Stevenage	84	76	Clive CANNON	00:27:10	
Stevenage	88	78	Darren EMMERSON	00:27:13	
Stevenage	89	79	Lee PICKERSGILL	00:27:14	
Stevenage	95	12	Verity FISHER	00:27:41	
Stevenage	96	13	Claire EMMERSON	00:27:43	
Stevenage	106	91	Sam SIMMONS	00:28:04	
Stevenage	114	18	Karen PALMER	00:28:30	
Stevenage	130	23	Tracy PEZ	00:29:01	
Stevenage	204	61	Liz GUEMACHE	00:33:15	
Stevenage	218	67	Sally PHILLIPS	00:34:02	
Stevenage	274	174	Robert Lloyd EVANS	00:40:05	
Stevenage	286	177	Trevor BROOM	00:43:56	

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