



News Release

25<sup>th</sup> March 2018

## **MULTI-MEDALLIST INTERNATIONAL IRIS Gold and Silver at County Cross Country**

**Spartan IRIS HORNSEY** was a multi-GOLD medallist at the European Masters Indoor Athletics Championships in Madrid.

On Tuesday she won GOLD in the women's 75 plus 400 metres with 1 minute 41.35 seconds; on Thursday GOLD in the women's 75 plus 800 metres in 3:52.46 seconds; on Friday GOLD in the women's 75 plus 1500 metres in 7:51.4; and on Saturday she was second leg in the GOLD medal winning Great Britain and Northern Ireland 4 x 200 metres women 75 plus relay team.

At the same championships **RICHARD BRUCE** was fourth in the 800 metres final for men 45 plus. He had qualified with 2:05.46 in his semi-final. **CHRIS WESTCOTT** just missed out finishing fourth in his semi final in 2:07.10.

### **Gold and Silver at Veterans Cross Country**

**YUKO GORDON** took GOLD for women 65 plus in the Hertfordshire county veterans cross country championship on Therfield Heath, at Royston in 25 minutes 47 seconds. She helped the Spartans to team SILVER for all over 55 with **SHARON CROWLEY** 33:18 and **CATHY CRAIG** who was second FV65 in 34:08. The women ran about five kilometres.

For the men, **Tim Saban** and **Andy Jay** represented FVS, over approximately 9km. **Tim** was first Spartan home in 42.44, 37<sup>th</sup> place overall and 16<sup>th</sup> place in the V50 category. **Andy** finished in 51.36, in 54<sup>th</sup> place overall, and 29<sup>th</sup> place in the V50 category.

### **Inaugural Bedford 20**

After the weather disappointments of the last few weeks there were another ten Spartan twenties on Sunday as a team competed in the inaugural Bedford 20. It was billed as an incredibly scenic, superfast and traffic free two-lap course through stunning Bedfordshire countryside, and two of the three were true. But the 40% of the route on grass and gravel turned out to be very boggy, and often muddy in places, resulting in the route sapping the energy from the legs.

Nevertheless, the Spartans still performed well with STUART HAYCROFT fastest Spartan home in 40th position in a time of 2:23:29 with KAREN ELLIS wasn't complaining as she was the first female Spartan home with a new personal best of 3:13:01. The following table represents all the results of the Spartans out at this event.

**KAREN BROOM** wanted a sub 4 hour so she was happy with her new PB of 3:46:39.

It was **JO BOWDERY's** first 20 mile race and the furthest she has run so far in her preparations for the London Marathon. She finished in 3:14:36.

**ADRIAN BUSOLINE** was a top 100 finisher with 2:27:37. **PETE SMITH** came in with 2:43:03 and **WENDY THARANI** with 3:27:41.

**GERRY ROSEN** finished in 3 hours 56 minutes 31 seconds; **LIZ CARVELL** in 3:59:00 exactly and **ELLA GOWER** in 4:15:16.

### London Landmarks Half Marathon

Nine Spartans ran the inaugural London Landmarks Half Marathon on Sunday. They say it was really well organised with bands and lots of support along the way. It was flat if a bit twisty and turny.

**DUNCAN FLOUNDERS** came in with 1 hour 34 minutes 19 seconds; **NICK GILL** in 1:38:39; **ERICA GRAYSON** in 1:57:48 and **KAREN PALMER** in 1:57:49. **DAVID SCOTT** improved his PB (personal best) by five minutes with 2:00:08. **VICKY COTTOM** finished in 2:10:42 and **IAN ALEXANDER** in 3:39:51.

**Erica said “On Sunday I replaced her Spartan stripes with a Tommy’s charity shirt and ran the inaugural London Landmarks Half Marathon. What an amazing day. Very well organised and supported. Then to top it all off Dr Ian Fergusson the co-founder and the original chairman of Tommy’s stopped me and thanked me for my support raising money for Tommy’s.” Tommy’s funds research into stillbirth, premature birth and miscarriage.**

### **Lee Valley Half**

**At the Lee Valley Half DANNY SCANLON finished his first ever half marathon in 1 hour 33 minutes and 41 seconds. ANGIE KEELING improved her PB by just under 10 minutes with 2:14:42.**

**In the Lee Valley 10K ROWENA RUTLEDGE finished in 59 minutes 1 second and KELLY CHAPMAN in 1:21:50.**

### **Hyde Park Sunshine**

**It was a lovely day in Hyde Park on Friday and having enjoyed a great training session with Fairlands Valley Spartans on Thursday evening JIM BROWN went round the Serpentine 5K in 25 minutes 26 seconds. MADDIE PRITCHARD did rather better with 23:27. Cool, dry and breezy.**

**A couple of days later MEGAN TAYLOR and CHRISTOPHER JOHANNSEN ran the Hyde Park 10K in 1:01:35 and 1:28:21 respectively.**

### **Eton Dorney 16**

**NATALIE LAWRENCE was second female senior in the Eton Dorney 16 mile race in a time of 1 hour 56 minutes 27 seconds. She was 10<sup>th</sup> out of the 108 finishers.**

### **Sandy Track**

**DAVID BOWKER** went to Sandy on Saturday for Biggleswade AC's open meeting. He ran the 3,000 metres in 11 minutes 38 seconds.

### **Ashridge Boundary Run**

**Karen Liddle, Tricia Hopper and Barry King** completed the Ashridge Boundary Run on Saturday 17th March in 3 hours 55 minutes and 8 seconds.

On a day that snowed all day and with a wind chill of -10 and ankle deep mud it was a relief just to finish.

### **Parkrun Highlights 24<sup>th</sup> March 2018**

**The first parkruns of Spring (24<sup>th</sup> March)**

The weekend parkrun's action saw Spartans taking part across 5 different locations.

**Craig Halsey** came in second place on his second visit to Hove on the South coast in a new course PB of 16:28.

Meanwhile at Stevenage 14 Spartans ran. **Danny Scanlan** was 6th in a new PB of 19:22. **Claire EMMERSON** was first lady in a new PB of 22:53.

Other Spartans running at Stevenage were **Mark BEASLEY 23:04, Jonathan JONES 24:41** in a new PB of 24:41, **Jo BOWDERY 25:31, Verity FISHER 25:57, Steven DOBNER** in new PB of 27:38, **Paul HOLGATE 27:46, Monica SMITHSON 28:07, James SOUTH 29:29 , Callum BEASLEY 30:42, Sally PHILLIPS 32.16, Peter CARPENTER 32.17 and Nicola PLUMB 36:21.**

**Darryl STEVENS** completed his 34th run at Brockenhurst in the New Forest in 41:37.

Back in Herts at Ellenbrook Fields, **John ROXBOROUGH** ran a new course PB of 21:20.

**Tim SABAN made his second visit to Finsbury Park and ran a time of 21:15.**

**Some other Spartans rode the Stevenage Start of Summertime cycle rides from Fairlands Valley Park.**

### **Coming Events**

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

- **Maidenhead Easter Ten on Good Friday 30<sup>th</sup> March.**
- **Club training twenty from Marriotts 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 at Stevenage on Wednesday 2<sup>nd</sup> May.**
- **County open 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.**
- **Mid Week Road Race League race one 6 miles in Epping Forest on Thursday 10<sup>th</sup> May at 7.30p.m.**
- **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.**
- **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.**
- **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.**

- Welwyn Half Marathon on Sunday 9<sup>th</sup> September (new date).
- Standalone 10K on Sunday 7<sup>th</sup> October.
- Peterborough Half Marathon (GER) on Sunday 14<sup>th</sup> October.
- Stevenage Half Marathon on Sunday 4<sup>th</sup> November.
- St Neots Half Marathon on Sunday 18<sup>th</sup> November.

## Tables

### London Landmarks Half Marathon

Position	Name	Time	Comments
326	DUNCAN FLOUNDERS	1:34:19	
	NICK GILL	1:38:39	
2729	ERICA GRAYSON	1:57:48	
	KAREN PALMER	1:57:49	
	DAVID SCOTT	2:00:08	PB (5:00)
	VICKY COTTOM	2:10:42	
4715	EMMA MARTIN	2:10:59	
8948	MARGARET MONTGOMERY	2:58:04	
	IAN ALEXANDER	3:39:51	

### Lee Valley Half Marathon

Position	Name	Time	Comments
55	DANNY SCANLON	1:33:41	First Half
157	CARLA HOWELL	1:49:08	
169	NEIL ROBINSON	1:49:50	
361	ANGIE KEELING	2:14:42	PB (10:00)

### Parkruns Saturday 24<sup>th</sup> March

#### Finsbury parkrun

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
35	35	<a href="#">Tim SABAN</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:21:15

#### Stevenage

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
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6	6	<a href="#">Danny SCANLON</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:19:22
31	1	<a href="#">Claire EMMERSON</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:22:53
33	32	<a href="#">Mark BEASLEY</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:23:04
51	47	<a href="#">Jonathan JONES</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:24:41
66	9	<a href="#">Jo BOWDERY</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:25:31
76	12	<a href="#">Verity FISHER</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:25:57
115	93	<a href="#">Steven DOBNER</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:27:38
118	94	<a href="#">Paul HOLGATE</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:27:46
124	26	<a href="#">Monica SMITHSON</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:28:07
154	118	<a href="#">James SOUTH</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:29:29
181	130	<a href="#">Callum BEASLEY</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:30:42
194	61	<a href="#">Sally PHILLIPS</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:32:16
195	134	<a href="#">Peter CARPENTER</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:32:17
235	86	<a href="#">Nicola PLUMB</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:36:21

### **Brockenhurst parkrun**

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
197	106	<a href="#">Darryl STEVENS</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:41:37

### **Hove Promenade parkrun**

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
2	2	<a href="#">Craig HALSEY</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:16:28

### **Ellenbrook Fields parkrun**

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Club</u>	<u>Run Time</u>
13	11	<a href="#">John ROXBOROUGH</a>	<a href="#">Fairlands Valley Spartans RC</a>	00:21:20

### **Bedford 20**

<b>Pos.</b>	<b>Chip time</b>	<b>Finish time</b>	<b>Participant</b>
40	2:23:29	2:24:09	Stuart Haycroft
59	2:27:37	2:28:18	Adrian Busolini
144	2:43:03	2:43:43	Pete Smith
408	3:13:01	3:13:50	Karen Ellis
421	3:14:36	3:15:16	Joanne Bowdery
537	3:27:41	3:28:59	Wendy Tharani
687	3:46:39	3:47:28	Karen Broom
726	3:56:31	3:57:10	Gm Rosen
734	3:59:00	3:59:50	Liz Carvell

## **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)**