



**News Release**

**21<sup>st</sup> October 2018**

## **CLAIRE SMASHES IT IN ABINGDON Cruising in Chelmsford**

**Fairlands Valley Spartans took full advantage of the last Sunday in “Summertime” for some amazing races from 5K to full 26.2 mile marathons.**

**CLAIRE EMMERSON completed the Abingdon Marathon in 3.53.57 on Sunday, her goal was sub four hours, so she was really pleased with her result. It’s a huge personal best (PB) by over 36 minutes. Claire is women’s captain for Fairlands Valley Spartans.**

**ANDREW PATTERSON despite suffering with a hip niggle last week and pain through the race took 34 seconds of his personal best to finish in a championship qualifying 2 hours 41 minutes 46 seconds. He was eleventh overall in the race.**

### **Chelmsford Marathon**

**The Chelmsford Marathon isn’t flat but conditions were great for tackling 26.2 miles.**

**Spartan STUART ARCHER came in 102<sup>nd</sup> with an impressive sub 3:30 3 hours 28 minutes 50 seconds.**

**JIM BROWN made a last minute decision to run. He said he had such a bad time at the overheated London Marathon that he thought he should put that behind him before the end of the year and perhaps get a “Good For Age” qualification. Well he beat his London time by 35 minutes 22 seconds and got his GFA by more than eleven minutes with 3:48:28 and 185<sup>th</sup> out of the 582 finishers. He said one of the beauties of an event with a few hundred runners rather than many thousands is that you can get a clear run most of the way. Jim commented he could have done without some of the climbs in the second half, such as into Willingale, but was delighted with his time.**

Now with well over 900 marathons done ROGER BIGGS finished in 6 hours 1 minute 13 seconds and was second veteran 70 plus.

### Get 4<sup>th</sup> November In Your Diary

More than 500 people have already entered the Stevenage Half Marathon which will be on Sunday 4<sup>th</sup> November. This superb local event is organised by Fairlands Valley Spartans and includes the senior county championships. It's on an accurately measured and licensed course starting from Ridlins and including Fairlands Valley Park. All the surplus from this volunteer organised event will go to charity. The 2018 Charity for the Stevenage Half Marathon Charity is Kawasaki Kid. Don't miss out. Enter now. Go to [https://www.activetrainingworld.co.uk/events/2018/11/04/stevenage\\_half\\_marathon](https://www.activetrainingworld.co.uk/events/2018/11/04/stevenage_half_marathon) or via [www.fvspartans.org.uk](http://www.fvspartans.org.uk)

### Three Peaks Ultra

THOMAS SAUKA finished the Three Peaks Ultra Marathon in 10 hours 40 minutes 17 seconds. He said, "I'm well chuffed with that, all I can say is if you think it was easy, think again, a lot is on the Pennine Way and there is 2353 metres of elevation over the 43 miles. I fell twice but it was a great event if a bit cloudy and drizzly on the tops."

### Bronze for Bowker

It was bronze for Bowker at the Leigh on Sea 10K. DAVID BOWKER was third Vet 60 in the EMAC (East of England Veterans) Championships for men 60 plus with 43 minutes 34 seconds.

### Great South Run – Ten Miles

The Great South Run was ERICA GRAYSON and MAGGIE MONTGOMERY's third named "Great" Run in less than two months.

Erica ran a new PB (personal best) for ten miles of 1:27:01 and ANGIE KEELING cut her PB by 12 minutes 10 seconds to 1:43:48 but JENNY GARRETT led Team Spartan when she finished in 1 hour 24 minutes 45 seconds, a new PB by nearly two minutes and a course PB by 5:14.

SAM SIMMONS also ran the GSR. He said, “This was my first big race which was a fantastic day - from the moment I arrived the atmosphere was amazing. Weather was beautiful and running along the shores and to see the boats of Portsmouth was fantastic.

I had to earn my PB as I started too far back and got stuck in some congestion but kept cool and managed my first sub 1:35.”

Jonathan JONES ran 10 miles in the Great South Run, Portsmouth in a new PB of 1 hour 37.57, knocking an incredible 22 mins off his time for the same course last year.

Hazel Jones

SUE HAMER came in with 1:46:11 and Maggie Montgomery in 2:17:42.

The previous day, Saturday, HAZEL JONES ran the Portsmouth 5K in 36:07.

### Town and Gown 10K

MEGAN TAYLOR ran the Town and Gown 10K on Sunday morning in Cambridge and got a new PB. Her official time was 53 minutes exactly.

Her previous PB set in 2013 was 55:08 and her fastest 10K so far this year was 1:01:39 in Hyde Park.

### Parkrun Round Up Saturday 20<sup>th</sup> October

Spartans ran at seven different parkrun locations this weekend with three achieving new PBs and one first timer. Liz SMITH ran Stevenage, her first parkrun in 25:10 and was 14<sup>th</sup>

female. Simon SYPULA ran in Ellenbrook for a new PB of 24:08 whilst in Stevenage, Karen ELLIS ran 26:15 PB and was 19<sup>th</sup>F and David ACKERY 28:53 PB.

Top twenty gender positions included Madeleine PRICHARD 5<sup>th</sup> in Letchworth 24:51, Verity FISHER 6<sup>th</sup> in Stevenage 23:59. Danny SCANLON was 15<sup>th</sup> in Stevenage 19:29, John ROXBOROUGH was 15<sup>th</sup> in Aldenham 23:58 and John NELMS was 18<sup>th</sup> in Stevenage 21:03.

(See the end of this release for all Saturday's Spartan Parkrun results).

### Coming Events

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

- Serpentine Last Friday of the Month 5K in Hyde Park at 12.30p.m. on 26<sup>th</sup> October.
- First Cross Country League race at Cheshunt on Sunday 28<sup>th</sup> October.
- Stevenage Half Marathon on Sunday 4<sup>th</sup> November.
- Stebbing 10 in Great Dunmow on Sunday 11<sup>th</sup> November.
- St Neots Half Marathon on Sunday 18<sup>th</sup> November.
- Hatfield Five Mile Race (including Herts Senior Championships) on Sunday 25<sup>th</sup> November.
- Wolverton Five Mile Race on Sunday 25<sup>th</sup> November.
- Serpentine Last Friday of the Month 5K in Hyde Park at 12.30p.m. on 30<sup>th</sup> November.
- Second Cross Country League race at Trent Park on Sunday 2<sup>nd</sup> December (new date).
- Bedford Harriers Half Marathon on Sunday 2<sup>nd</sup> December.
- Third Cross Country League race on Sunday 16<sup>th</sup> December.
- Witham Boxing Day Five on Wednesday 26<sup>th</sup> December.
- Buntingford End of Year ten miles races on Sunday 30<sup>th</sup> December.
- New Year 10K in Hyde Park on Tuesday 1<sup>st</sup> January 2019.
- Fourth Cross Country League race in Watford on Sunday 13<sup>th</sup> January 2019.

- **Fred Hughes 10 miles (inc. county veterans) in St Albans on Sunday 20<sup>th</sup> January.**
- **Watford Half Marathon on Sunday 3<sup>rd</sup> February 2019.**
- **Fifth Cross Country League race in Royston On Sunday 10<sup>th</sup> February 2019.**
- **Bramley 20 on Sunday 17<sup>th</sup> February 2019.**
- **Finchley 20 on Sunday 10<sup>th</sup> March 2019 (new course).**
- **Oakley 20 on Sunday 24<sup>th</sup> March 2019.**
- **Brighton Marathon on Sunday 14<sup>th</sup> April 2019.**
- **London Marathon on Sunday 28<sup>th</sup> April 2019.**
- **Stirling Marathon (and half marathon) on 28<sup>th</sup> April 2019.**
- **Edinburgh Marathon on Sunday 26<sup>th</sup> May 2019.**

## Tables

<b>Parkrun</b>	<b>Pos</b>	<b>Gen</b>	<b>Parkrunner</b>	<b>Time</b>	<b>Notes</b>
Aldenham	17	15	John ROXBOROUGH	00:23:58	
Ellenbrook Fields	74	63	Lee PICKERSGILL	00:23:51	
Ellenbrook Fields	79	67	Simon SYPULA	00:24:08	PB
Great Denham	19	18	John NELMS	00:21:03	
Letchworth	34	5	Madeleine PRITCHARD	00:24:51	
Malling	61	54	Michael O'KEEFE	00:26:14	
St Albans	426	133	Michelle MARCHANT	00:31:07	5th parkrun
Stevenage	16	15	Danny SCANLON	00:19:29	
Stevenage	44	42	Martin DUDLEY	00:22:23	
Stevenage	51	48	Daniel SUTTON	00:22:48	
Stevenage	62	59	David PATTMAN	00:23:26	
Stevenage	71	66	James MCSWEENEY	00:23:52	40th parkrun
Stevenage	72	67	Luke VINCENT	00:23:53	
Stevenage	76	6	Verity FISHER	00:23:59	
Stevenage	80	74	Chris HOLLAND	00:24:08	
Stevenage	103	14	Liz SMITH	00:25:10	1st parkrun
Stevenage	134	19	Karen ELLIS	00:26:15	PB
Stevenage	141	121	Nigel STRONGITHARM	00:26:35	
Stevenage	145	22	Alison SHELLEY	00:26:49	
Stevenage	163	135	David SCOTT	00:27:43	
Stevenage	177	142	Stephen SMITHSON	00:28:39	
Stevenage	187	146	David ACKERY	00:28:53	PB
Stevenage	222	66	Hannah SYPULA	00:30:33	
Stevenage	236	70	Ida LEO	00:31:42	
Stevenage	240	169	Peter CARPENTER	00:31:54	

Stevenage	247	76	Callie CHAPMAN	00:32:30	
Stevenage	255	81	Sally MCBRIDE	00:32:47	
Stevenage	277	181	Steven DOBNER	00:34:25	
Stevenage	298	187	Dave PEACH	00:36:29	
Stevenage	317	193	Jon SYPULA	00:38:07	

### **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. It puts back into the sport by organising events such as the Stevenage Half Marathon, Fairlands Valley Challenge, the Relays in the Park and events for the Mid Week and Cross Country Leagues.**

**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)**