



SCORCHED SPARTAN

During the hottest August bank holiday weekend ever JIM BROWN ran the Lee Valley Half Marathon. As temperatures soared towards thirty degrees at the finish line more than 11 per cent of the starters failed to finish. On the rolling course with almost no shelter Jim tried to keep it steady and to stay hydrated. He finished the 13.1 miles in 1 hour 57 minutes 19 seconds. Jim won his age group and was 73rd overall – in fact he was the oldest runner to finish!

Leila's Run - Wheathampstead, Hertfordshire – Sunday 18th August 2019

A week earlier eight Spartans enjoyed Leila's Run. Leila's Run is a low key event in memory of Leila Taylor. Leila enjoyed life and many interests and a love for running as an active member of the Garden City Runners and 100 Marathon Club having completed over two hundred marathons. The course includes track covered by Leila during her many training runs starting in Wheathampstead, taking in Heartwood Forest and Sandridge in a 6½ mile loop that competitors can run once (10km), twice (Half marathon), 3 times (20 miles) or 4 times (marathon).

Marathon (four laps)

Yuko Gordon finished in 3 hours 54 minutes 43 seconds; Mick Andrews 4:52:43; Erica Grayson 5:52:00; Tricia Hopper 6:06:32; Barry King 6:06:32; and Karen Liddle 6:06:32.

20 miles (three laps). Paul Holgate in 6:13:42

Half marathon (two laps). Roger Biggs in 3:35:38

Get Ready For The Stevenage Half Marathon

The Stevenage Half Marathon will be on Sunday 3rd November. Have a look at www.fvspartans.org.uk Train with the Spartans for the 13.1 miles event.

Parkrun Highlights 24th August 2019

Saturday saw 48 Spartans race at 17 different locations. At Stevenage Paul SHELLEY [19:24] was the fastest male Spartan securing fourth place, with a new PB of 19 minutes 24 seconds.

Nine further PBs were achieved for Gail MACKIE [19:49], Toby ECCLESHALL [21:51], John HARRIS [19:54], Suzy HAWKINS [19:56], Andrew MCGUINNESS [21:48], Matt CLARKE [21:58], Claire COKER [28:57], Yuko GORDON [22:35] and Nick KLEANTHOUS [25:22].

JONATHAN JONES ran the Aviemore, Scotland Parkrun on Saturday 24th in a time of 24.41. Like other Scottish parkruns it started at 9.30a.m. The course was undulating with the Cairngorms mountains either side. The path was gravel with masses of heath with small and large Christmas trees either side. He highly recommends the race.

Coming Events

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

- County 5K Senior Championships in open race at Hatfield on Wednesday 28th August.
- Serpentine 5K in Hyde Park on Friday lunch-time 30th August.
- Bedford Half Marathon on Sunday 1st September.
- 1500 metres opportunity at Ridlins Track, Stevenage on Sunday 8th September (you must enter by 2nd September).
- Great North Run on Sunday 8th September.
- County 5K Veterans Championships in open race at Hatfield on Wednesday 11th September.

- **Final Evening 5K Handicap Race in Stevenage on Thursday evening 12th September.**
- **Harrow Half Marathon on Sunday 15th September.**
- **Stevenage 10K on Sunday 15th September.**
- **Inaugural 5000 metre track challenge at Ridlins Track, Stevenage on Wednesday 18th September (enter in advance).**
- **Welwyn Autumn Half Marathon Challenge on Sunday 22nd September.**
- **EMAC Final at Milton Keynes on Sunday 22nd September.**
- **Great East Run in Ipswich on Sunday 22nd September.**
- **Hatfield open 5K race on Wednesday 25th September.**
- **Serpentine Last Friday of the Month 5K in Hyde Park on Friday lunch time 27th September.**
- **Biggleswade Open including 1500 and 5000 on Saturday 28th September.**
- **Northampton Half Marathon on Sunday 29th September.**
- **Berlin Marathon on Sunday 29th September.**
- **Standalone 10K including County 10K Championships on Sunday 6th October.**
- **Peterborough Half Marathon on Sunday 13th October.**
- **Chelmsford Marathon on Sunday 20th October.**
- **Cross Country League Race One in Cheshunt on Sunday 20th October.**
- **Serpentine Last Friday of the Month 5K in Hyde Park on Friday 25th October.**
- **Stevenage Half Marathon (organised by FVS) including senior and veteran county championships on Sunday 3rd November.**
- **Stebbing Ten road race on Sunday 10th November.**
- **St. Neots Half Marathon on Sunday 17th November.**
- **Hatfield Five including County Veterans Championship on Sunday 24th November.**
- **Bass Belle 10 miles in Bassingbourn on Sunday 24th November.**
- **Bedford Harriers Half Marathon on Sunday 1st December.**
- **Cross Country League Race Two in Trent Park on Sunday 1st December.**
- **Finsbury Park 10K on Sunday 15th December.**
- **Cross Country League Race Three in Stevenage (FVS) on Sunday 22nd December.**
- **Buntingford Year End ten miles on Sunday 29th December.**
- **New Year 10K in Hyde Park on Monday 1st January 2020.**
- **Cross Country League Race Four in Watford on Sunday 12th January.**

- **Watford Half Marathon on Sunday 2nd February.**
- **Cross Country League Race Five in Royston on Sunday 9th February.**
- **Bramley 20 miles in mid-February.**
- **Hillingdon 20 on Sunday 8th March (TBC).**
- **Oakley 20 on Sunday 29th March.**
- **The 2020 London Marathon is on Sunday 26th April.**

Tables

Parkrun Results Saturday 24th August

A full list of the Spartan results is below.

Parkrun	Pos	Gen	Parkrunner	Time	PB
Norwich	20	1	Gail MACKIE	19:49	PB
Norwich	61	60	Toby ECCLESHALL	21:51	PB
Bedford	7	7	Simon BELL	19:39	
Bedford	152	22	Annette BELL	26:56	
Llanelli Coast	5	5	John HARRIS	19:54	PB
Aviemore	23	17	Jonathan JONES	24:41	
Stevenage	1	1	Natalie LAWRENCE	18:39	PB
Stevenage	4	3	Paul SHELLEY	19:24	PB
Stevenage	10	2	Suzy HAWKINS	19:56	PB
Stevenage	29	27	Andrew MCGUINNESS	21:48	PB
Stevenage	32	29	Stuart ARCHER	21:55	
Stevenage	34	31	Matt CLARKE	21:58	PB
Stevenage	65	61	Martin DUDLEY	23:16	
Stevenage	72	67	Yordan YORDANOV	23:48	
Stevenage	76	7	Jo BOWDERY	23:57	
Stevenage	77	70	Barry OSBORNE	24:01	
Stevenage	109	92	Nigel STRONGITHARM	25:12	
Stevenage	169	141	David PATTMAN	27:53	
Stevenage	172	143	James NICHOLLS	27:59	
Stevenage	178	31	Alison SHELLEY	28:10	
Stevenage	192	38	Claire COKER	28:57	PB
Stevenage	194	39	Debbie BLANTERN	28:59	
Stevenage	206	46	Jenny GARRETT	29:17	
Stevenage	207	47	Hazel SMITH	29:17	
Stevenage	208	161	Darren EMMERSON	29:18	
Stevenage	211	49	Kerstin WEINER	29:23	
Stevenage	230	175	David ACKERY	30:00	

Stevenage	248	64	Jan FRY	30:45	
Stevenage	251	66	Marian MORLEY	30:56	
Stevenage	266	194	Steven DOBNER	31:38	
Stevenage	272	75	Catherine CRAIG	32:17	
Stevenage	329	216	Peter CARPENTER	37:38	
Stevenage	374	230	Anthony OSBORNE	50:52	
Wimpole Estate	313	220	Paul JENNINGS	32:08	
Haverfordwest	85	24	Sheryl HANN	32:11	
Pangshanger	45	4	Yuko GORDON	22:35	PB
Penrose	277	169	Roger BIGGS	34:57	
Aldenham	47	9	Monica SMITHSON	30:11	
Aldenham	66	17	Tracy STILES	34:11	
Ellenbrook	83	15	Grace BROWN	24:56	
Ellenbrook	93	75	Nick KLEANTHOS	25:22	PB
Letchworth	24	21	Craig BACON	23:29	
Pocket	186	126	Nick WITCOMBE	33:11	
Severn Bridge	234	76	Karen BROOM	30:51	
Severn Bridge	249	163	Trevor BROOM	31:37	
Wendover Woods	14	13	John ROXBOROUGH	22:53	
Jersey Farm	89	17	Verity FISHER	28:12	
Jersey Farm	93	75	Daniel SUTTON	28:22	
The Old Showfield	175	108	Darryl STEVENS	33:49	

Join The Spartans

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! In June 2019 they were promoted to division one in the mid week road race league. At February 2019 FVS had 345 members, 175 women and 170 men. They encourage 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, Brittain Way, 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

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