



IRIS IS A WORLD CHAMPION

Grand Prix Wins for Jim, Cathy, Hazel and Trevor

Spartan IRIS HORNSEY is a world champion at 800 and 1500 metres. She also took bronze in the 400 metres.

At the World Indoor Masters Track and Field Championships in Torun, Poland Iris won the BRONZE medal for women 75 plus in the 400 metres with 1 minute 24.16 seconds (84.16) then moved up to GOLD in the 800 metres with 3:55.07 and GOLD in the 1500 metres with 8:04.42.

Both wins were by a comfortable margin of seven seconds over second placed Milena Hovorkova of the Czech Republic.

Andrea Westcott was eighth in W45 (women 45 plus) Pentathlon. She achieved new personal bests (PB) in four of the events and smashed her points PB for the whole event, scoring 1625 points.

Grand Prix Wins, a Good For Age and a Load of PBs

Four Spartans won categories in the multi-distance Running Grand Prix at Bedford Autodrome on Sunday morning.

There was no shelter on the racing circuit, wind and a cold start but JIM BROWN was amazed and delighted to win the men 65 plus race in the marathon in a time faster than he has done for nine years. He said the course was practically flat but eight times into that head wind was tough and made pace judging difficult. He was 20th overall in the whole race in 3 hours 42 minutes 33 seconds. That means he achieved his Good For Age (GFA) standard by more than 17 minutes and beat the younger age group standard by more than

two. He only entered on Thursday! “Now,” said Jim, “I can relax and enjoy the London Marathon on 28th April.”

In the half marathon KELLY McHALE beat the conditions to get under two hours with 1:59:26.

The 20 mile race was a popular option as many prepared for Spring Marathons. CATHY CRAIG won the women’s 65 plus contest in 3 hours 50 minutes 1 second. The fastest Spartan was ED HARE, third male 35 plus in 3:08:59. MEGAN TAYLOR came in with 3:16:54 and JULIE SHADBOLT was third woman 50 plus in 3:19:39.

Ed Hare said, “That’s a 14 minutes improvement from the MK20 just two weeks ago. It’s been a tough couple of weeks with illness but I bounced back with a really encouraging run, and one which will give me a lot of confidence, before tapering for London. It was tough going down some of the long straights which were straight into a gusting wind but battled through to finish with a PB (personal best).”

Five Spartans tackled the 16 miles option. HAZEL SMITH was first woman (40 plus) in 2 hours 40 minutes 37 seconds. PAUL SHELLEY was first in for the club at 13th in 2:10:00 exactly with RICHARD COWLISHAW 14th in 2:11:08. CLAIRE EMMERSON was second woman (45 plus) in 2:20:25 and ALISON SHELLEY came in with 2:36:18.

ANTON McCALLA took part in the very flat, fast and windy 10K race and achieved his best 10K time for many years of 54:04. KAREN BROOM was very happy with her 1:00:15 in the same race.

In the 5K VICKY ARCHER was quite excited to be second in my age category! She says, “I think my husband is reeling I’m getting faster and I may catch him one day. I’m proper proud of myself now with my new PB of 27:42, that’s an improvement of 2 minutes 7 seconds. I totally smashed it and thoroughly enjoyed it! Pretty chuffed with myself too. Bring on the next challenge.”

TREVOR BROOM took a minute of his 5K personal best with 28:46.

NICOLA PATTMAN ran the 5K at Bedford aerodrome and gained her first sub 30 personal best (PB) of 29.07! **CHLOE EMMERSON** came in with 31:08 for the 5K.

JENNY GARRETT used the event for a 10.6 miles training run.

Braintree Five

SALLY HARRIS ran at Braintree Five on Sunday with at time of 49:20. The course was a one lap route of undulating countryside roads starting and finishing at the race course. No medal but a nice T shirt was on offer to all finishers.

Grantham 10K

Mylo and **MARIA SWIFT** took part in the ‘female with one dog’ Canicross Category at the stunning Grantham 10K on Sunday 31st March, and they came fourth in our category. She highly recommends this event if you wish to take part in a beautiful off road 10K, with some stunning views and a couple of cheeky hills in it. You also get to spend the day at The Belton Horse Trials as it all takes part in the same venue.

Conway Marathon

ROGER BIGGS was in the Welsh coastal town of Llandudno for the inaugural Conwy Marathon. Starting by circling the “Great Orme”, this was certainly a scenic marathon, but of course scenic usually means hilly and sure enough!

Roger had a hard day to finish last in a time of 6:37:37. The only consolation was that he has now completed a marathon in 96 Counties in the UK & Ireland, with four others planned.

Serpentine

Lunch-time conditions were great for the Last Friday of the Month 5K round the Serpentine in Hyde Park, London. It was sunny, mild with a light breeze as the host club welcomed Spartan YUKO GORDON, who topped this month's age gradings with 93%. Yuko ran in the Marathon in the 1984 Los Angeles Olympics and placed second in the 1985 Asian Marathon Championships. She finished in 22 minutes 5 seconds.

JIM BROWN was third man (65 plus) in a year's best 24 minutes 34 seconds.

London Landmarks Half Marathon.

Spartan times at the recent London Landmarks Half Marathon included NEAL MUGGLETON in 2 hours 3 minutes 11seconds; HAZEL SMITH in 2:03:13 and JODY HANAFIN in 2:07:15.

Welwyn 10k

A while ago NICHOLA DURENT did her first race as a Spartan at the Welwyn 10K. Her time was 1:24:23.

Dorney Training

GERRY ROSEN took part in the Dorney Lake marathon training event. He ran 16 miles in an unofficial 3 hours 2 minutes 10 seconds.

Join the Spartans

Fairlands Valley Spartans membership has increased to 345. 175 women and 170 men. Why not join them? Have a look at www.fvspartans.org.uk There are opportunities to run with the Spartans five days a week.

Parkrun Highlights Saturday 30 March

36 Spartans ran Parkrun on Saturday, across 11 separate locations. 5 PBs were achieved, including John HARRIS with his 3rd successive PB in three weeks (20:44). Other PBs included David PATTMAN (22:06), Lee PICKERGILL (22:23), Nick KLEANTHOS (26:00), Karl SHREEVE (27:08). Fastest male Spartan was John Harris at Letchworth in 4th place, fastest female was Louise PACK (25:32) at Stevenage as 12th female finisher. Congratulations to Maria THORNE (27:14) on her first Parkrun. She finished Gorleston Cliffs, in 148th overall place in a field of 383 runners (22nd female).

Full Spartan Parkrun results can be found near the end of this release.

(All the Spartan parkrun results can be found at the end of this release).

Spring Marathon?

Fairlands Valley Spartans are into week thirteen of their marathon training plan. Are you running a Spring marathon? Whether you want to get round and enjoy; are a first timer; want a personal best or expect to go “Sub Three” the Spartans are the local club for you, there are group training opportunities five days a week. Have a look at www.fvspartans.org.uk or the club’s Facebook page.

Coming Events

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

- Victoria Park Open Five Miles on Saturday 6th April.
- Sandy Ten on Sunday 7th April.
- Spartans Club Training 20 from Marriotts Sports Centre on Sunday 7th April.
- Brighton Marathon on Sunday 14th April.
- Flitwick 10K on Sunday 14th April.
- Spartans Handicap 5K in Stevenage on Thursday evening 18th April.
- Maidenhead Easter Ten on Good Friday 19th April.
- Serpentine Last Friday of the Month 5K in Hyde Park on Friday 26th April.

- **London Marathon on Sunday 28th April.**
- **Stirling Marathon (and half marathon) on 28th April.**
- **EMAC (Eastern Veterans) Track and Field League at Sandy on Wednesday 1st May.**
- **Pednor Five including senior county championships at 7p.m. on Monday 6th May 2019.**
- **County 1500 metres open track and veteran track and field championships at Ridlins, Stevenage on Monday 6th May.**
- **Hackney Half Marathon on Sunday 19th May.**
- **Mid Week League Race 1 in Harpenden on Wednesday 22nd May.**
- **Edinburgh Marathon on Sunday 26th May.**
- **Hatfield Broad Oak 10K on Monday 27th May.**
- **Mid Week League Race 2 in Harlow on Wednesday 5th June.**
- **St. Albans Half Marathon on Sunday 9th June.**
- **Mid Week League Race 3 TBA**
- **Welwyn 10K on Sunday 23rd June.**
- **Mid Week League Race 4 at Hitchin on Wednesday 26th June.**
- **Hertfordshire County 10,000 metres track championships (open and veteran) at Sandy on Thursday 4th July.**
- **Mid Week League Mob Match at WGC on Thursday 11th July.**
- **Fairlands Valley Challenge (Off Road) on Sunday 21st July.**
- **Relays in the Park (3K) on Thursday evening 25th July.**
- **Bedford Half Marathon on Sunday 1st September.**
- **Peterborough Half Marathon on Sunday 13th October.**
- **Chelmsford Marathon on Sunday 20th October.**
- **Stevenage Half Marathon (FVS) on Sunday 3rd November.**
- **Hatfield Five on Sunday 24th November.**
- **Bass Belle 10 miles in Bassingbourn on Sunday 24th November.**
- **Bedford Harriers Half Marathon on Sunday 1st December (TBC).**

Tables

Parkrun Results

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Letchworth	4	4	John HARRIS	20:44	PB (PBs in last three successive runs). Fastest male Spartan.
Stevenage	12	12	Stuart ARCHER	21:06	
Bedford	31	28	Paul SHELLEY	21:44	First time at Bedford
Stevenage	22	22	David PATTMAN	22:06	PB
Ellenbrook Fields	43	36	Lee PICKERSGILL	22:23	PB (2nd run at Ellenbrooks Field)
Nant y Pandy	8	8	John ROXBOROUGH	22:58	First time at Nant y Pandy
Stevenage	43	42	Darren EMMERSON	23:31	
Stevenage	64	58	Jonathan JONES	24:22	
Stevenage	72	64	Nick GILL	24:51	
Stevenage	87	76	Simon SYPULA	25:18	
Stevenage	91	12	Louise PACK	25:32	Fastest female Spartan.
Westmill	19	17	Thomas SAUKA	25:47	3rd time at Westmill
Westmill	20	18	Andy JAY	25:58	96th Parkrun, 11th at Westmill
Stevenage	103	90	Nick KLEANTHOS	26:00	PB
Stevenage	118	17	Susan MCANENY	26:31	
Stevenage	132	110	Chris HOLLAND	27:00	
Stevenage	138	114	Karl SHREEVE	27:08	PB
Gorleston Cliffs	148	22	Maria THORNE	27:14	First Parkrun!
Preston Park, Brighton	324	228	Michael O'KEEFE	27:45	1st run at Preston Park.
Stevenage	156	30	Penny SCHENKEL	28:21	
Stevenage	171	134	David ACKERY	28:37	
Stevenage	174	136	Daniel SUTTON	28:47	
Stevenage	185	41	Debbie BLANTERN	29:10	
Stevenage	200	154	Dave SMITH	29:52	
Stevenage	201	47	Sharon CROWLEY	29:56	
Panshanger	275	193	Tim ROBINSON	30:57	59th run at Panshanger
Stevenage	224	164	Barry KING	31:14	1st run at Stevenage
Stevenage	225	165	Nick WITCOMBE	31:14	
Stevenage	231	65	Dzenana TOPIC	31:59	
Chippenham	243	169	Darryl STEVENS	33:04	1st time at Chippenham
Stevenage	282	100	Hilary DAVIES	36:22	
Stevenage	303	116	Hazel JONES	38:28	
Stevenage	318	193	Jim BROWN	40:25	25 th parkrun
Stevenage	330	197	Robert Lloyd EVANS	42:37	

Stevenage	344	143	Verity FISHER	46:55	
Stevenage	345	202	Anthony OSBORNE	47:50	

Join The Spartans

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! In 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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