



GAIL'S A WINNER AT GREENWAY Nikki and Chris Win Thursday 5K

Sixteen Spartans enjoyed the Greenway Challenge around Letchworth on Sunday morning.

GAIL MACKIE was 40th overall out of the 296 finishers and **WON** the female open race with 1 hour 41 minutes 17 seconds.

JENNY MALEKPOUR ran her first ever sub two hours half marathon with 1 hour 54 minutes 21 seconds and was **THIRD** open woman.

The fastest Spartan man was **TOBY ECCLESHALL** in 1:42:10 in 43rd place.

ROS INGRAM was the club's third woman under two hours with her 1:57:50.

PAUL JENNINGS ran a new personal best (PB) of 2 hours 3 minutes 53 seconds on a course he didn't think he'd get anywhere near to a PB with the hills! It was an improvement of nearly five minutes.

WENDY THARANI said the Greenway Challenge was well organised and beautifully marshalled with stacks of enthusiasm. She was really happy and appreciated that the race director allowed her to run even though she was late! Her official time was 2 hours 14 minutes 37 seconds.

DAVID SCOTT said it was my first half marathon distance event since October and first time running anywhere near that distance at race pace since then. He finished in 2:05:34. David said, "TIM ROBINSON kept me company and provided support all the way round, and helped keep me going when I wanted to slow it right back. Thanks Tim!"

JIM BROWN said, “It turned into a great morning and the trail half marathon course was fantastic provided you were relaxed about losing a bit of time at some pinch points and road crossings. I was not in good form but enjoyed chatting with several other runners on the way round and still, somehow, managed to win my age category.

It was a fun morning for **SOPHIE COWAN**, **HAYLEY YENDELL** and **SUE HAMER** who ran round together and came in with 2 hours 28 minutes 51 seconds.

(All sixteen Spartan times can be found near the end of this release).

Wheathampstead 10K

JANE WHITROW said there was a beautiful route for Sunday’s Wheathampstead 10K. She finished in 1 hour 11 minutes 25 seconds.

Trackstar Roger Biggs

Roger Biggs survived a hail storm at the Eastbourne Trackstar Marathon on Saturday. A marathon run on an athletics track is really a simple matter, it is 105 laps (each 400m) of the track, plus 195 metres at the start to make 42,195 metres.

Despite of course being flat, and a nice even surface, **Roger** struggled to overcome the weather and finished in 5:54:52.

Nikki and Chris Win Handicap 5K

Despite some unpleasant weather 31 Spartans recorded some excellent times in the club’s Handicap 5K event on Thursday evening.

Winner was new member **Nikki Lufkin**, smashing her handicap by 7½ minutes to finish in 29:32, over 3 minutes ahead of the next runner. Winning man, second overall, improving his 5K year’s best (YB) achieved on the track at Ridlins on Monday by another 15 seconds to 22:08 was **Chris Holland**, followed by newcomer **Malcolm MacGregor** beating his

handicap by 1½ minutes to 33:43, with Jennifer Malekpour second lady in 4th position overall in a new personal best (PB) time of 23:55, 1:57 quicker than her previous PB. Third man in a new PB of his own was Matthew Newton in 22:05 with Alison Wood third lady in her first 5k of 2019 in a time of 21:40.

Fastest runner was Paul Shelley, 8th overall, in a new PB time of 19:40, with Adrian Donnelly second quickest in a season best time of 20:31, while David Pattman was 3rd quickest man in a new PB time of 21:55. Alison's 21:40 was the quickest female time, with Tanya Brazier second quickest in a new PB time of 21:56 and Yuko Gordon 3rd fastest in 23:09.

There were also PBs for Debbie Blanter +0:29 to 28:03, Nick Kleanthous +0:02 to 25:58 and newcomer Sarah Salter despite not managing to stay on the correct course and having to run further than intended!

Liz Carvell 28:35 also achieved a new season best time, and there were also year best times for David Scott, Alison Shelley, Sue Hamer, Roger Biggs, Carole Sheldrick, Hayley Peach, Sally Phillips and Sarah Pike, while Martin Dudley was 27 seconds quicker than his April Handicap 5k time.

28 of the 31 finishers were within 2 minutes of their adjusted handicap time set and total time difference between 2nd-30th position was 4:32.

The next Handicap 5k is scheduled for three weeks time on Thursday evening 30th May.

Don't forget that runners don't all start at the same time in handicap races.

(All 31 times can be found near the end of this release).

More Than A Marathon

TIM SABAN ran the River Arun Marathon on Saturday. He felt it was more of an ultra with feed stations and pretty much self guided except for the two marshals out on the

course, as well as being a mile too far. There was an out and back route which started at Littlehampton Marina and followed most of the river Arun, until it met the South Downs Way. At which point we had to run, (sorry walk) up a steep hill. A 600ft rise over two miles. Even walking was a challenge. Tim said, “Running back down once we’d reach the half way checkpoint was tricky enough. Once we reached the bottom it was just a case of retracing the route back. Fully loaded with all my ultra kit on my back just to see how that felt. We endured wind, heavy rain then glorious sunshine just as I finished. A good training day and a few lessons learnt.” He finished in 4 hours 9 minutes.

EMAC

Recently Fairlands Valley Spartans women came first and the club’s men third in an EMAC evening track and field fixture at Sandy. EMAC is the East of England organisation for veteran athletes.

Parkrun Highlights Saturday 11th May

This week’s parkruns saw Spartans participating across twelve different venues.

There was a parkrun PB for John Harris in Llanelli (19:56).

In Stevenage many Spartans volunteered at the pacer event. Jonathan Parr was 2nd overall in a new PB of 17:07. Others PBs in Stevenage were Paul Shelley (19:31), Toby Eccleshall (20:56), Alison Shelley (25:34), Karl Shreeve (26:30) and Debbie Blanter (28:09). Congratulations go to Jonathan Jones completing his 50th parkrun at Stevenage. Jim Brown won his age category.

Kelly McHale ran a new PB (23:39) at Ellenbrook Fields.

Adrian Donnelly also ran a new PB (21:32) at Letchworth.

Coming Events

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

- Hitchin 10K 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.
- Handicap 5K in Stevenage on Thursday 30th May.
- Serpentine 5K in Hyde Park on Friday 31st May.
- Mid Week League Race 2 in Harlow on Wednesday 5th June.
- EMAC (Track and Field for veterans) in Cambridge on Wednesday 5th June.
- St. Albans Half Marathon on Sunday 9th June.
- Mid Week League Race 3 in Watford on Wednesday 12th June.
- Summer Solstice 10K in St Albans on Friday evening 21st June.
- Welwyn 10K including Hertfordshire Veteran Championships on Sunday 23rd June.
- Mid Week League Race 4 at Hitchin on Wednesday 26th June.
- EMAC (Track and Field for Veterans in Bedford on Wednesday 3rd July.
- Hertfordshire County 10,000 metres track championships (open and veteran) at Sandy on Thursday 4th July.
- Ware Ten (10 miles and 10K) on Sunday 7th July.
- Mid Week League Mob Match at Welwyn GC on Thursday 11th July.
- Bedford 10K at 7.30p.m. on Friday evening 19th July.
- Fairlands Valley Challenge (Off Road) on Sunday 21st July.
- Relays in the Park (3K) on Thursday evening 25th July.
- EMAC (Veterans' Track and Field) at Milton Keynes on Wednesday 31st July.
- Clacton Half Marathon and 10K on Sunday 18th August.
- County 5K Senior Championships in open race at Hatfield on Wednesday 28th August.
- Bedford Half Marathon on Sunday 1st September.
- County 5K Veterans Championships in open race at Hatfield on Wednesday 11th 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.
- 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.
- Stevenage Half Marathon (organised by FVS) including senior and veteran county championships on Sunday 3rd 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 (TBC).
- The 2020 London Marathon is on Sunday 26th April.

Tables

Spartan Results From The Greenway Challenge

Position	Name	Time	Comments
40	GAIL MACKIE	1:41:17	1 st Open Woman
43	TOBY ECCLESHALL	1:42:10	
50	CRAIG BACON	1:43:33	
105	JENNIFER MALEKOUR	1:54:21	3 rd Open Woman PB.
132	ROS INGRAM	1:57:50	
143	LEE PICKERSGILL	1:59:45	
162	PAUL JENNINGS	2:03:53	PB
170	DAVID SCOTT	2:05:34	
172	TIM ROBINSON	2:05:54	
196	JIM BROWN	2:08:42	1 st Male 65 plus
229	WENDY THARANI	2:14:37	
236	SOPH GEORGIOU	2:17:07	
266	SOPHIE COWAN	2:28:51	
267	HAYLEY YENDELL	2:28:51	
268	SUE HAMER	2:28:51	
295	EMMA SOUTHERINGTON	2:57:05	

There were 296 finishers.

Parkrun Results – Saturday 11th May.

Llanelli Coast parkrun

A total of 212 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
10	10	John HARRIS	00:19:56

Milton Keynes parkrun

A total of 661 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
246	197	Matthew PATTMAN	00:27:34

Stevenage parkrun

A total of 353 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
2	2	Jonathan PARR	00:17:07
12	12	Paul SHELLEY	00:19:31
19	18	Toby ECCLESHALL	00:20:56
34	33	Danny SCANLON	00:21:58
49	46	Ryan DUNNING	00:22:53
51	48	Martin DUDLEY	00:22:54
57	53	Nick GILL	00:23:04
60	55	Jay PAPA	00:23:16
66	7	Georgie HOOPER	00:23:34
77	11	Jo BOWDERY	00:24:01

84	73	Thomas SAUKA	00:24:30
109	97	Chris HOLLAND	00:25:23
114	14	Alison SHELLEY	00:25:34
118	104	Jim BROWN	00:25:47
140	116	Karl SHREEVE	00:26:30
169	34	Karen PALMER	00:27:39
176	139	Tim ROBINSON	00:28:02
181	41	Debbie BLANTERN	00:28:09
184	142	Richard SPRINGALL	00:28:11
206	153	David ACKERY	00:28:57
207	154	Nick KLEANTHOUS	00:28:59
237	75	Angie KEELING	00:31:03
238	76	Tanya BRAZIER	00:31:04
243	165	Sam SIMMONS	00:31:14
244	166	Paul JENNINGS	00:31:20
253	83	Callie CHAPMAN	00:32:04
254	84	Hazel SMITH	00:32:04
346	145	Sally PHILLIPS	00:45:03

Gunpowder parkrun

A total of 208 runners took part.

<u>Position</u>	<u>Gender</u> <u>Position</u>	<u>parkrunner</u>	<u>Run Time</u>
160	60	Rowena RUTLEDGE	00:59:59

Eastville parkrun

A total of 602 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
84	76	Daniel SUTTON	00:22:38

East Grinstead parkrun

A total of 92 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
79	51	Darryl STEVENS	00:35:07

Panshanger parkrun

A total of 414 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
99	10	Isabel GREEN	00:24:45

Hove Promenade parkrun

A total of 372 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
232	177	Michael O'KEEFE	00:27:42

Rushmere parkrun

A total of 170 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
19	19	John ROXBOROUGH	00:23:06

Ellenbrook Fields parkrun

A total of 290 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
27	26	Barry OSBORNE	00:21:13
57	5	Kelly MCHALE	00:23:39

Letchworth parkrun

A total of 122 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
8	8	Adrian DONNELLY	00:21:32

Pocket parkrun

A total of 200 runners took part.

<u>Position</u>	<u>Gender Position</u>	<u>parkrunner</u>	<u>Run Time</u>
134	86	Nick WITCOMBE	00:34:42

Handicap 5K Thursday 9th May 2019

Pos	First Name	Last Name	Running Time	Comments	
1	NIKKI	LUFKIN	29:32	PB	New
2	CHRIS	HOLLAND	22:08	YB	0:15
3	MALCOLM	MacGREGOR	33:43	PB	New
4	JENNIFER	MALEKPOUR	23:55	PB	1:57
5	MATTHEW	NEWTON	22:05	PB	1:41
6	DAVID	SCOTT	23:10	YB	1:21
7	ADRIAN	DONNELLY	20:31	SB	0:26
8	PAUL	SHELLEY	19:40	PB	0:37
9	ALISON	WOOD	21:40	YB	1st
10	DEBBIE	BLANTERN	28:03	PB	0:29
11	RHIANNON	GRIFFIN	23:22		

12	TANYA	BRAZIER	21:56	PB	0:25
13	ALISON	SHELLEY	26:10	YB	0:55
14	LIZ	CARVELL	28:35	SB	0:33
15	MARTIN	DUDLEY	23:39		
16	NICK	KLEANTHOS	25:58	PB	0:02
17	DAVID	PATTMAN	21:55	PB	0:11
18	SIMON	SYPUA	25:26		
19	MARK	GOODWIN	22:33		
20	SUE	HAMER	29:08	YB	1st
21	ROGER	BIGGS	31:11	YB	0:34
22	CAROLE	SHELDRIK	26:16	YB	0:19
23	YUKO	GORDON	23:09		
24	TIM	ROBINSON	27:28		
25	FIONA	CLARKE	25:33		
26	JONATHAN	JONES	25:36		
27	DZENANA	TOPIC	31:53		
28	HAYLEY	PEACH	37:53	YB	1:37
29	SALLY	PHILLIPS	30:25	YB	1st
30	SARAH	PIKE	26:56	YB	1st
31	SARAH	SALTER	49:59	PB	New

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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