



News Release

6th May 2019

LOTS OF PRECIOUS METALS AT RIDLINS Dan McAlpine WINS the Watford 10K

Nine **GOLD**; five **SILVER** and one **BRONZE** county medals were among the winnings for Fairlands Valley Spartans in the Hertfordshire County Championships at Ridlins Track, Stevenage on Monday.

Just eight days after 42 Spartans completed the London Marathon there were lots of FVS stripes on the track running from 100 to 5,000 metres; throwing and jumping.

SUZY HAWKINS smashed it in the women's 1500 metres winning the **GOLD** medal for women 40 plus in 5 minutes 35.40 seconds with a good lead over her nearest rival.

SHARON CROWLEY had a good day with **GOLDS** in the 3K walk and hammer, and **SILVER** in the 1500 run. **ANTON McCALLA** won **GOLD** in the 100 metres plus **SILVER** in the long jump and triple jump for men (40 plus). **PENNY SCHENKEL** won **GOLD** and **BRONZE**. Gold in the 3K run for women 40 plus with 15:07.80 and bronze in the 1500 with 7:10.62.

YUKO GORDON took **GOLD** in the women's 60 plus 1500 with a tremendous 6:14.55 and **MONICA SMITHSON** won the 50 plus race with 7:21.55.

Spartan **CHRIS HOLLAND** won **GOLD** in the 5K race for men 40 plus with 22:23.39 and **TESSA STEPHENSON** won the W55 shot with 7.81 metres.

It was **SILVER** for **STEVE GOUGH** in the men's 40 plus 100 metres with 16.81 seconds and also **SILVER** for **SALLY PHILLIPS** in the women's 50 plus 1500 metres with 7:53.93.

ANDY PATTERSON was third in the open 1500 metres with 4:26.48. **RHIANNON GRIFFIN** ran the 1500 in 6 minutes 0.08 seconds (6:00.08) and an open 800 metres in 2:56.26.

Several other Spartans enjoyed other events.

Dan Wins Watford 10K

Spartan **DAN McALPINE** won, that's first place overall, Bank Holiday Monday's Watford 10K in 35 minutes 48 seconds.

100 Miles Under 24 Hours

John Nelms returned to the Thames Path 100 mile race at the weekend - his sixth start at this event - and finally succeeded in breaking the 24 hour mark - earning the coveted 100 miles one day buckle.

This event run by Centurion running started in Richmond upon Thames and follows the meandering river north and west finishing in Oxford. John finished 87th out of almost 400 starters in 22 hours 57 minutes and says he is now officially retired from 100 mile events - and will now concentrate on getting towards his next goal of 100 marathons.

MK Running Festival - marathon and half.

ERICA GRAYSON ran a new marathon person best (PB) of 4 hours 23 minutes 7 seconds (4:23:07) at the Milton Keynes Marathon.

She said, "The weather was much more favourable than the 30 degree heat of last year. Well organised and well supported. Beautiful scenery and a great course gently undulating for the first 18 miles then more hills and some dead turns. I loved it all the same. Amazing medal and T shirt. Roll on next year."

TIM SABAN finished in 3:38:35; WENDY THARANI in 4:41:36 and TIM ROBINSON in 4:49:03.

Wendy said, “The first 18 miles were lovely, took a trot through Milton Keynes village and past the peace pagoda, lots of lakes and trees. Lovely chat with Tim Robinson, made the miles slip away quickly. Miles 18-20 felt harder, and still so far to go! Then there was a big hill between miles 21 and 22. It probably wasn't that massive in reality, but it felt like a lot of hill. After the hill there was a gentle downhill for the final two miles. I really enjoyed the race, lots of facilities, lots of marshals and well organised.”

In the MK half marathon EMMA MARTIN ran her fastest time round the course, 3 hours 16 minutes 14 seconds and TAHER THARANI finished in 2:39:01.

Newport Marathon

ROGER BIGGS was in South Wales for the Newport Marathon. The course started in the town, but soon crossed the River Usk to the quiet roads to the East & North,

Apart from the wind, it was a perfect day for marathon running, Roger crossed the finish line in 5:48:29 in 1383rd position.

Parkrun Highlights Saturday 4th May

First Saturday of the month saw 56 Spartans don their stripes at ten different venues.

Congratulations to Andy JAY who completed his 100th Parkrun at Panshanger leading a Spartans takeover at the venue. 29 Spartans joined Andy at Panshanger to celebrate this milestone. Nick GILL was the fastest Spartan at Panshanger with 20:22 and Kelly MCHALE the fastest female Spartan with 24:28.

There were two new PBs for Spartans at Stevenage. Toby ECCLESHALL was 22nd finisher with 21:28 and Rhiannon GRIFFIN ran a new personal best of 23:55.

Steffan FORD was fourth finisher at Stevenage in 18:17, followed by **Todd GRAY**, 16th place in 20:46. **Claire PULLEN** was 4th female in 23:40 and **Rhiannon GRIFFIN** was 6th. At Dunstable Downs, **Isabel GREEN** was first female in 23:24 and at Letchworth, **Adrian DONNELLY** was 6th in 21:46.

Coming Events

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

- **FVS Handicap 5K in Stevenage on Thursday evening 9th May.**
- **Greenway Challenge in Letchworth on Sunday 12th 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.**
- **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.**
- **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

Milton Keynes Marathon

Position	Name	Time	Comments
380	TIM SABAN	3:38:35	
1094	ERICA GRAYSON	4:23:07	PB
1322	WENDY THARANI	4:41:36	
1410	TIM ROBINSON	4:49:03	

Parkrun Results – Saturday 4th May.

Parkrun	Position	Gender	Parkrunner	Time	Notes
St Albans	409	145	Michelle MARCHANT	00:31:33	
Torbay Velopark	80	69	Daniel SUTTON	00:24:15	
Torbay Velopark	145	31	Verity FISHER	00:27:07	

Milton Keynes	568	358	Graham HILL	00:38:50	
Medina I.O.W.	99	85	Nick KLEANTHOU	00:26:25	
Stevenage	4	4	Steffan FORD	00:18:17	
Stevenage	16	15	Todd GRAY	00:20:46	
Stevenage	22	21	Toby ECCLESHALL	00:21:28	PB
Stevenage	43	41	Martin DUDLEY	00:22:57	
Stevenage	44	42	Lee PICKERSGILL	00:22:57	
Stevenage	56	4	Claire PULLEN	00:23:40	
Stevenage	63	6	Rhiannon GRIFFIN	00:23:55	PB
Stevenage	65	59	Darren EMMERSON	00:23:57	
Stevenage	105	93	Jonathan JONES	00:25:31	
Stevenage	124	110	Mark BEASLEY	00:26:29	
Stevenage	169	29	Penny SCHENKEL	00:28:12	
Stevenage	179	32	Debbie BLANTERN	00:28:40	
Stevenage	185	151	Jim BROWN	00:28:49	
Stevenage	243	65	Dzenana TOPIC	00:31:50	
Stevenage	311	113	Caren THAIN	00:39:04	
Stevenage	327	124	Emma POULTER	00:44:52	
Conkers parkrun	41	39	Richard COWLISHAW	00:21:10	
Harrow Lodge	199	129	Darryl STEVENS	00:33:46	
Panshanger	24	24	Nick GILL	00:20:22	
Panshanger	59	57	John ROXBOROUGH	00:22:10	
Panshanger	69	67	Brian WHITE	00:22:46	
Panshanger	75	71	Mark GOODWIN	00:22:57	
Panshanger	99	92	Craig BACON	00:23:33	
Panshanger	118	108	Barry OSBORNE	00:24:01	
Panshanger	122	111	David PATTMAN	00:24:08	
Panshanger	129	114	Steven DOBNER	00:24:21	
Panshanger	140	16	Kelly MCHALE	00:24:48	
Panshanger	146	17	Yuko GORDON	00:24:54	
Panshanger	155	136	Ryan DUNNING	00:25:09	
Panshanger	193	28	Jo BOWDERY	00:25:56	
Panshanger	200	169	Edward HARE	00:26:12	
Panshanger	229	190	Vishal SHAH	00:27:02	
Panshanger	262	214	Paul JENNINGS	00:28:07	
Panshanger	275	221	Chris HOLLAND	00:28:30	
Panshanger	284	226	Karl SHREEVE	00:28:43	
Panshanger	286	60	Sheryl HANN	00:28:45	
Panshanger	345	259	Tim ROBINSON	00:30:36	
Panshanger	353	90	Fiona CLARKE	00:30:57	
Panshanger	355	91	Liz SMITH	00:31:00	
Panshanger	380	112	Jane WHITROW	00:31:56	
Panshanger	395	121	Hazel SMITH	00:32:13	
Panshanger	396	122	Callie CHAPMAN	00:32:13	

Panshanger	399	123	Catherine CRAIG	00:32:29
Panshanger	415	136	Monica SMITHSON	00:33:03
Panshanger	428	145	Tracy STILES	00:33:59
Panshanger	442	291	Andy JAY	00:34:50
Panshanger	443	292	Barry KING	00:34:58
Panshanger	444	293	Nick WITCOMBE	00:34:59
Letchworth	6	6	Adrian DONNELLY	00:21:46
Dunstable Downs	14	1	Isabel GREEN	00:23:24

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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