



**Fairlands Valley Spartans
Running Club**

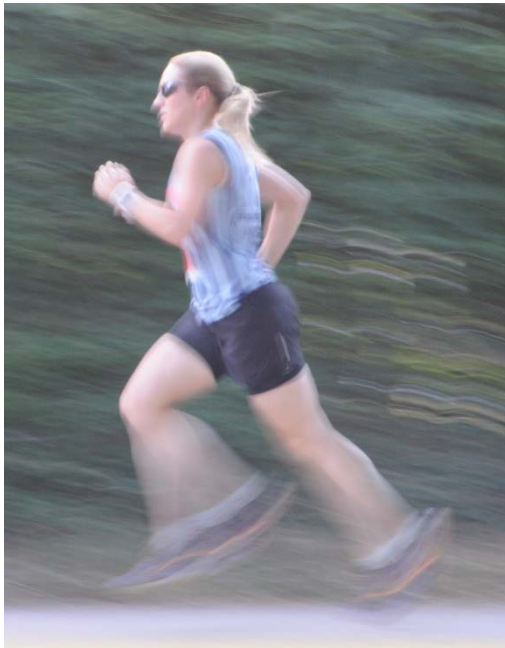
Affiliated to UK Athletics and the Association of Running Clubs

News Release

1st September 2019

GOLDEN SPARTANS WIN COUNTY CHAMPIONSHIP

Fairlands Valley Spartans women's team WON the Hertfordshire County 5 kilometre title on Wednesday night. MICHELLE REEVES, ALISON WOOD and TANYA BRAZIER took the GOLDS. Michelle also won BRONZE in the individual county championships.



Ten of the fifteen Spartans in the open race were women as were the first four club members to finish. They were ASHLEY KING, fourth senior overall in 19 minutes 21 seconds; SUZY HAWKINS, winner of the women 35 plus category in 19:31; Michelle in 19:45; and Alison, third woman 45 plus in 20:18.

Tanya was second woman 35 plus with 21:17 and YUKO GORDON won the women 65 plus event with 22:14.

TIM SABAN was the first man in for the Spartans with 20:27. He was followed by BARRY OSBORNE second man 60 plus in 20:41 and JIM BROWN in 25 minutes exactly.

GRACE BROWN came in with 25:37; KEN JUDE with 26:14; ANTON McCALLA with 26:25; SHERYL HANN 26:44; ERICA GRAYSON 27:08 and SHARON CROWLEY in 28:54.

Bedford Running Festival

It was great for runners not to have to endure the extreme temperatures of the previous weekend and many Spartans enjoyed the Bedford Running Festival which included half marathon, 10K and 5K races.



Evening Jim

Got to say you looked strong today, I hope you enjoyed the Half, I certainly did.

What a great weekend of Running at the Bedford Running Festival. I ran the Twilight 10K on Saturday evening in a new PB of 40.35 which felt great - even got a sprint finish in! Sunday saw the Half Marathon which I set a new PB of 1.31.26 (with a stop as both shoe laces came undone) but I had nothing left in the tank for the last 3 miles!! What an amazing weekend with a great atmosphere amongst the runners, spectators and the FVS family. Paul was 133rd out of the 2,516 finishers.

Thanks for already picking up Alison's result for the Half Marathon, which was also a PB - a 5min improvement on her previous half. 1181st in 2:02:46. Many thanks.. Paul Shelley

TIM SABAN 1:36:05.

My time today was 1:44:12 which is roughly 8 minutes faster than previous PB.

Thanks and kind regards. David Pattman

Valuable time was lost in the congested first three miles of the half marathon but JIM BROWN cut his time from the previous week by six minutes to 1 hour 51 minutes 51 seconds.

On a bright and sunny Bedford half marathon, Rob Evans beat his 2hr target by completing the course in 1:56:47.

Afternoon,

My results from Bedford are:

10k 52:26 new PB

Half marathon 1:59:02 new PB by over 5 minutes

Tight course with not many places to move through the field to start with. I was surprised by my Pb in the 10k as I didn't set out to achieve one. Sunday's half marathon was run in ideal conditions and although I felt Saturday evenings 10k I am very happy to beat my Pb by over 5 minutes. Many thanks to Ed Hare for pacing me round. STEVE DOBNER.

ED HARE had a great weekend with the Spartans at Bedford.

I tried to push as hard as I could during the 10k and just fell shy of my PB target which wasn't help with congestion and a very tight course, but I was still very pleased to finish with my 2nd ever fastest 10k.

Ran the Half with Steven Dobner this morning and had a great time running with him and finishing with a 1:59:02.

Sorry Jim

Just realised I hadn't actually put in my 10k time! It was 47:53. ED HARE.

SAM SIMMONS scored a double PB (personal best) – 24 minutes 27 seconds in the Bedford 5K and 2:00:31 in the half marathon.

SIMON SYPULA ran the Bedford Half today hoping for a Pb and got one coming in at 2.04.29. Cheers, Simon SYPULA. JON SYPULA finished in 2:05:53 (!! There seems to be some confusion here between the message and the official results – were the times switched over somehow !!).

ERICA GRAYSON. Saturday Bedford Festival of Running Twilight 10k 57:18

Sunday Bedford Festival if Running Half Marathon 2:13:17. ROBERT WRIGHT 2:13:19.

My time for the bedford half marathon was 2.23.40. Thanks Jonathan JONES.

KAREN BROOM 2:30:08.

ROWENA ROUTLEDGE first half marathon as a guide runner. Fantastic experience, tough at times, but had a brilliant time and a great result! 2:31:48.

DZENANNA TOPIC 2:43:56.

GRACE BROWN ran the Bedford Twilight 10K in 50 minutes 36 seconds.

Maidenhead Half

"Along with Yuko Gordon's excellent run, Grant Ramsay took part and represented the Celtic Nations (combined team from Scotland, Wales and Ireland) against the English Masters.

It was England who went on to win the contest. Ramsay was happy with his run, despite re-occurring injury problems and pleased to be the 1st Scottish athlete home, in a time of 1hr27:17".

Maidenhead Half Marathon - hoped a little cooler, it took 50 minutes to queue for baggage collection and we had to find our bags by ourselves when our turn came true story. results for Grant Ramsay 1:27:17 and myself 1:36:03 (FV60 - 1st). My 10 mile mark was post 65 PB of 72 minutes. 5k was faster than last Wednesday but the warm sunshine tired us towards end. Grant Ramsay might like to add about his race. I didn't have a chance to take a photo with him as I was in the long slow queue of baggage collection. Entrants were around 1500.

Spitfire 10K

Today a few Spartans completed the spitfire 10k at the Hendon RAF base, hilly course with a nice finish though the hanger and under the sunderland aircraft.

My time was 50:58.

Thanks

Lee PICKERSGILL

Hi Jim

First official race or should that be races since the Brighton Marathon last April

Double header yesterday ,Spitfire 10k at the RAF museum 1h 9m 22s and then the Bedford twilight last night 1h 15m 11s - legs a little bit tired !!

Gerry Rosen

Twisty 5K

ANDREW PATTERON ran the Inter Advertising 5k on Thursday night around Regent's Park. The course was flat but quite twisty. Media firms seem to generate speedy runners with the top three finishing in sub 16:15s. A summer of injuries made for a tough slog, I finished seventh in 16:54.

St Albans Stampede

Roger Biggs competed in the St Albans Stampede at the weekend.

The event is a 12 hour ultra, held in the Village of Sandridge near Wheathampstead over a 4 mile multi terrain undulating course.

Roger took part in the solo event, completing his 5th lap (20 miles) in a time of 6:10:21.

Roger finishing in 78th of 87 runners.

Last Friday

It was dry and sunny with a medium breeze for the Serpentine Last Friday of the Month 5K. On the two lap boathouse course JIM BROWN improved on Wednesday evening's time by six seconds to finish in 24:54.

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 31st August 2019

Saturday saw 48 Spartans race at 17 different locations. At Stevenage Paul SHELLEY

Coming Events

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

- **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 31st August

A full list of the Spartan results is below.

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

Jim Brown, 106 Oaks Cross, Stevenage, SG2 8LT