



## **ONE AND TWO ON CHRISTMAS DAY Andrew Wins On Boxing Day**

All twenty seven Fairlands Valley Spartans wanted for Christmas was to join in the festive Parkrun fun at six different locations around the country on Christmas Day.

Christmas number one goes to Jonathan PARR finishing as first man with a time of 16:51. Spartans took one two at Stevenage with Adrian BUSOLINI (18:16) taking second place.

The fastest female Spartan this week was Tracey JACKSON who finished with a time of 23:43 and was the fifth fastest lady also at Stevenage.

There were Santa, elves, Christmas crackers, little helpers, even grinches and most of the 22 Spartans at Stevenage stepped into Christmas Parkrun fun, dressed in festive clothing with a special shout out to Carol SHELDRIK and Caroline CROFT dressed as elves.

Other Spartans were parkrun volunteers to help make it a special morning. There were 325 parkrunners in Stevenage.

Visiting relations GRANT RAMSAY enjoyed the Edinburgh parkrun which he finished in less than twenty minutes with 19:47 and 40<sup>th</sup> position out of 568.

There will be a New Year's Day parkrun in Fairlands Valley Park, Stevenage at 9a.m. on Saturday. It's free but you need to register with parkrun beforehand.

**Andrew Wins On Boxing Day**

**There was a lower attendance than usual at the Pirton Boxing Day run and miserable weather but spirits were high. Spartan ANDREW PATTERSON won the very muddy 3.2 mile event in 17 minutes 48 seconds.**

### **Cross Country Update**

**Fairlands Valley Spartans finished the cross country league fixture in Stevenage with more than three complete men's and three complete women's teams. In the participation table the club swept into second place with 45 with only Garden City Runners getting more round with 63. This time FVS overtook Royston Runners 42 and got well ahead of Trent Park 35; North Herts Road Runners 33; St Albans Striders 26; Team Trident 25 and Watford also 25. There are 19 clubs in the league.**

**This time in the race the Spartan men were again fifth out of nineteen but not far behind Garden City Runners. Their women were eleventh but only three points behind Ealing who were tenth. Now the Spartans are seventh out of nineteen in the combined team score following three races.**

**It was a murky and misty morning on 19<sup>th</sup> December but that didn't stop more than 400 people enjoying five miles of cross country running around Fairlands Valley Park in the race which was organised by Fairlands Valley Spartans.**

**Let's see what the club can do at the next league fixture which will be in Watford on Sunday 16<sup>th</sup> January.**

**The county cross country championships are in Welwyn Garden City on 9<sup>th</sup> January.**

### **Coming Events**

**The Spartans are looking forward to a busy programme of races. Unfortunately there have been several clashes due to the pandemic disruption to the calendar but here are some suggestions:**

- Lee Valley Velopark 5K, 10K, 10 miles and half marathon on Tuesday 28<sup>th</sup> December.
- Serpentine Last Friday of the Month 5K in Hyde Park on Friday 31<sup>st</sup> December.
- New Year's Day 10K in Hyde Park on Saturday 1<sup>st</sup> January 2022.
- Essex Run Fest on Debden Airfield on Sunday 9<sup>th</sup> January 2022.
- Hertfordshire County Cross Country Championships (multiple ages) at Stanborough, Welwyn Garden City on Sunday 9<sup>th</sup> January 2022. Women 8K at 12.30p.m. Men 11.25K (about 7 miles) at 1.15p.m. Entries close on 17<sup>th</sup> December.
- Cross Country League race in Cassiobury Park, Watford on Sunday 16<sup>th</sup> January 2022.
- Fred Hughes 10 miles road race (including county championships for veterans) at St Albans on Sunday 23<sup>rd</sup> January.
- Serpentine Last Friday of the Month 5K in Hyde Park on Friday 28<sup>th</sup> January.
- Southern Cross Country Championships on Saturday 29<sup>th</sup> January (Venue TBA).
- Watford Half Marathon (including county championships for seniors i.e. all over 18) on Sunday 6<sup>th</sup> February.
- Cross Country League race on Therfield Heath, Royston on Sunday 13<sup>th</sup> February 2022.
- Love Welwyn Garden City 10K on Sunday 13<sup>th</sup> February 2022.
- Bramley 20 (and 10) on Sunday 20<sup>th</sup> February 2022.
- Spartans Presentation Evening in Stevenage on Friday 25<sup>th</sup> February 2022.
- National Cross Country in London on Saturday 26<sup>th</sup> February 2022.
- Welwyn Half Marathon on Sunday 27<sup>th</sup> February 2022.
- Cambridge Half Marathon on Sunday 6<sup>th</sup> March.
- Essex 20 on Sunday 6<sup>th</sup> March.
- Milton Keynes Festival of Running (20 miles, half, 10K, 5K) on Sunday 13<sup>th</sup> March.
- Oundle 20 on Sunday 13<sup>th</sup> March.
- Hertfordshire Cross Country Championships for Veterans at Trent Park on 26<sup>th</sup> or 27<sup>th</sup> March.
- Lee Valley (White Water) Half and 10K on Sunday 27<sup>th</sup> March 2022.
- Bedford Autodrome Running Grand Prix on Sunday 27<sup>th</sup> March 2022.
- Manchester Marathon on Sunday 3<sup>rd</sup> April 2022.

- **London Landmarks Half Marathon on Sunday 3<sup>rd</sup> April 2022.**
- **Essex Marathon and Half on Debden Airfield on Sunday 3<sup>rd</sup> April 2022.**
- **Flitwick 10K on Sunday 10<sup>th</sup> April 2022.**
- **Brighton Marathon on Sunday 10<sup>th</sup> April 2022.**
- **Maidenhead Easter Ten on Friday 15<sup>th</sup> April 2022.**
- **Dorney Marathon on Sunday 24<sup>th</sup> April 2022.**
- **Hitchin 10K on Sunday 1<sup>st</sup> May 2022.**
- **Edinburgh Marathon Festival on 28/29 May 2022.**
- **Marston Forest 5K on Friday evening 10<sup>th</sup> June 2022.**
- **St Albans Half Marathon and 5K on Sunday 12<sup>th</sup> June 2022.**
- **Hitchin Hard Half (plus 10K and 5K) on Sunday 26<sup>th</sup> June 2022.**
- **Doug Anderson Memorial 5K in Bedford on Wednesday 20<sup>th</sup> July 2022.**
- **St Albans Summer 10K on Sunday 14<sup>th</sup> August 2022.**
- **Big Half (London) on Sunday 4<sup>th</sup> September 2022.**
- **Oakley 20 in September (date to be announced).**
- **London Marathon on Sunday 2<sup>nd</sup> October 2022.**
- **Stevenage Half Marathon (FVS) on Sunday 6<sup>th</sup> November 2022.**
- **London Marathon on Sunday 23<sup>rd</sup> April 2023.**

## Tables

### **Spartans at parkruns on Christmas Day:**

Position	Gender Position	Name	Run Time
Stevenage parkrun			
1	1	Jonathan PARR	16:51
2	2	Adrian BUSOLINI	18:16
20	18	Steve WELLS	20:27
60	5	Tracey JACKSON	23:43
61	53	Thomas SAUKA	23:44
70	59	Andy JAY	24:10
138	100	Tim ROBINSON	27:29
174	43	Ann TRYSSESOONE	29:05
176	119	Ken JUDE	29:09

184	48	Jo BOWDERY	29:31
189	126	Matt CLARKE	29:35
190	51	Fiona CLARKE	29:36
192	53	Claire EMMERSON	29:38
193	127	Darren EMMERSON	29:38
194	54	Debbie BLANTERN	29:45
235	72	Monica SMITHSON	31:51
236	73	Tracy HAYGARTH	31:58
242	77	Carole SHELDRIK	32:15
243	78	Caroline CROFT	32:15
244	79	Harriet PACE	32:19
272	96	Sharon CROWLEY	34:51
317	123	Helen HARRIS	44:53
Edinburgh parkrun			
40	33	Grant RAMSAY	19:47
Houghton Hall parkrun			
87	63	Michael O'KEEFE	29:30
Panshanger parkrun			
83	72	Mike REYNOLDS	26:02
Lee-on-the-Solent parkrun			
174	119	Edward HARE	27:24
Bartley Park parkrun			
117	64	Darryl STEVENS	39:51

**All 45 Spartan finishers at the Stevenage cross country (19<sup>th</sup> December):**

Position	Name	Official	Gender	Category	Team
<b>4</b>	<b>ANDREW PATTERSON</b>	<b>27:33</b>	<b>M</b>	<b>40</b>	<b>MA</b>
<b>9</b>	<b>SIMON JACKSON</b>	<b>28:30</b>	<b>M</b>	<b>40</b>	<b>MA</b>
<b>10</b>	<b>JONATHAN PARR</b>	<b>28:32</b>	<b>M</b>	<b>S</b>	<b>MA</b>
<b>46</b>	<b>CHARLIE WHITE</b>	<b>30:56</b>	<b>M</b>	<b>S</b>	<b>MA</b>
<b>57</b>	<b>KELVIN BEYOKU</b>	<b>31:32</b>	<b>M</b>	<b>S</b>	<b>MA</b>
<b>70</b>	<b>STUART ARCHER</b>	<b>32:27</b>	<b>M</b>	<b>S</b>	<b>MA</b>
<b>99</b>	<b>STEVE WELLS</b>	<b>33:30</b>	<b>M</b>	<b>50</b>	<b>MA</b>
<b>104</b>	<b>DANNY SCANLON</b>	<b>33:34</b>	<b>M</b>	<b>40</b>	<b>MA</b>
<b>142</b>	<b>MARK COLLINS</b>	<b>35:23</b>	<b>M</b>	<b>40</b>	<b>MB</b>
<b>146</b>	<b>JOHN HARRIS</b>	<b>35:30</b>	<b>M</b>	<b>50</b>	<b>MB</b>
<b>150</b>	<b>PETE SMITH</b>	<b>35:37</b>	<b>M</b>	<b>50</b>	<b>MB</b>
<b>164</b>	<b>THOMAS SAUKA</b>	<b>36:33</b>	<b>M</b>	<b>40</b>	<b>MB</b>
<b>186</b>	<b>STEVE MAYFIELD</b>	<b>37:27</b>	<b>M</b>	<b>50</b>	<b>MB</b>
<b>201</b>	<b>MARTIN WOOD</b>	<b>38:00</b>	<b>M</b>	<b>50</b>	<b>MB</b>

210	YUKO GORDON	38:20	F	65	FA
218	TRACEY JACKSON	38:34	F	45	FA
226	CRAIG BACON	38:56	M	50	MB
236	MARK GOODWIN	39:15	M	60	MB
249	ANNABELLE WHITE	39:38	F	S	FA
273	MATT CLARKE	40:50	M	40	MC
276	TIM ROBINSON	41:02	M	50	MC
280	LUKE GURNEY	41:07	M	S	MC
284	TRACEY PEZ	41:16	F	45	FA
291	DAVID KENNEDY	42:02	M	S	MC
300	ZOE JACKSON	42:27	F	35	FA
301	DARREN EMMERSON	42:28	M	50	MC
306	ANDY JAY	42:44	M	50	MC
319	CAROLE SHELDRIK	43:47	F	45	FB
325	JON SYPULA	44:02	M	40	MC
326	MARK FREEMAN	44:04	M	60	MC
335	NICK KLEANTHOUS	44:55	M	50	
338	FIONA CLARKE	45:12	F	35	FB
345	MARIAN MORLEY	45:49	F	55	FB
346	NICOLA ANDERSSON	45:50	F	45	FB
360	SIMON SYPULA	47:04	M	40	
368	ROGER HARDMAN	48:01	M	70	
382	MICHAEL O'KEEFE	49:43	M	50	
396	CATHY CRAIG	52:11	F	65	FB
399	SHARON CROWLEY	53:07	F	55	FC
400	PAUL HOLGATE	53:18	M	60	
411	JENNY GARRETT	56:03	F	45	FC
412	CALLIE CHAPMAN	56:12	F	35	FC
418	CHRISTINE ZVEREV	57:05	F	35	FC
419	HAZEL SMITH	57:05	F	45	FC
420	CLAIRE EMMERSON	57:06	F	45	

16 women and 29 men. There were 421 finishers, 165 women and 256 men, altogether.

### Join The Spartans

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! Founded in 1984 and named after the local park in June 2019 they were promoted to division one in the mid week road race league, a position they still hold.

Despite the lack of races and restrictions on group training in January 2021 the Spartans had 333 members, 171 men and 162 women. They have an average age of 45, from late teens to 70 plus, with a very wide range of ability and running interests.

The Spartans encourage participation by all. They 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. Up to six running groups go out on training nights – there will be one to suit you! The Spartan Starter group runs every Monday (except public holidays). During December 2021 most training sessions start are from the Stevenage Hockey and Cricket Club in Ditchmore Lane, Old Stevenage (SG1 3LJ). There will be a Christmas holiday break between 24<sup>th</sup> December and 2<sup>nd</sup> January though, of course, there will be parkruns and open events between those dates.

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 9.30a.m. There are events to enter every Sunday and all Spartans get free entry to the summer Mid Week Road Race League. Newcomers are very welcome – those who have not yet done very much running might prefer to start with a Thursday, Saturday or Monday session.

Membership is only £41 per year for 2021/2022 which includes UKA affiliation. Concessions are available (£28.50). Membership forms are available on the Spartans website [www.fvspartans.org.uk](http://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); Vicky Archer 07403 096582; [info@fvspartans.org.uk](mailto:info@fvspartans.org.uk); or visit their website [www.fvspartans.org.uk](http://www.fvspartans.org.uk)

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