



YUKO A WINNER AT SAFFRON WALDEN Stevenage Half Marathon This Sunday * Adrian Escapes

The Remembrance Runs were held at Debden Airfield near Saffron Walden around the perimeter of the airfield. The airfield is in remote rural countryside in Essex and it was a challenging drive to get there.

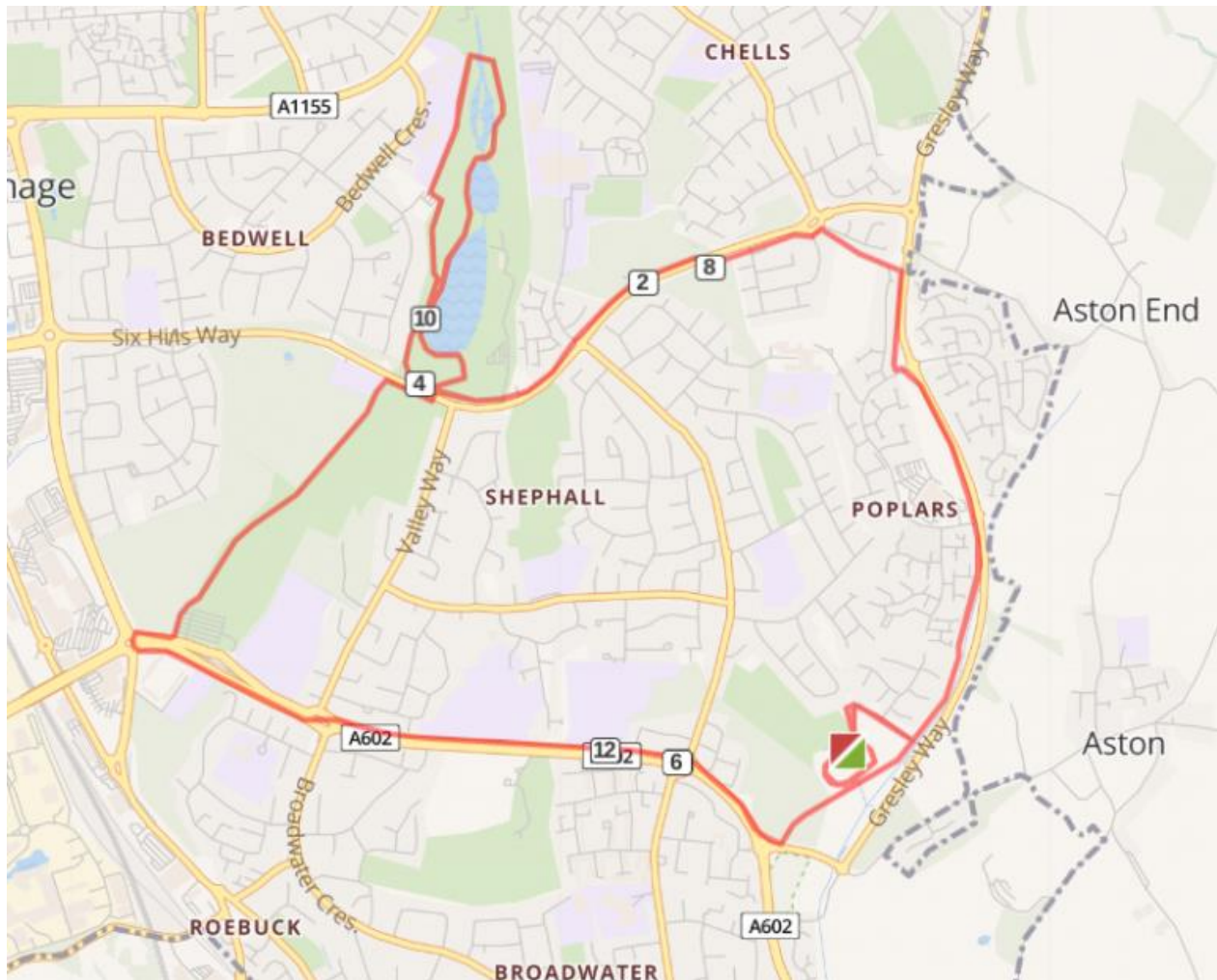
The course was flat, mainly dry and the surface was concrete and tarmac. Five Spartans joined the run, Jonathan Jones, Paul Shelley, David Pattman, Dzenana Topic and Yuko Gordon.

Yuko Gordon running the 5K finished first in her age category with 22 minutes 25 seconds. The other four Spartans ran the 10K. Paul was sixth overall and second man 50 plus in 39 minutes 21 seconds. David came in with 49:27, Jonathan 1:01:16 and Dzenana 1.04.55

The Stevenage Half is this Sunday, 21st November.

The Stevenage Half Marathon is this Sunday and it's full but you can turn out to cheer on the hundreds of runners on 21st November. This year the race is a couple of weeks later than usual. It's in Stevenage and organised by local club runners with a knowledge and love for the sport.

Race headquarters will be at Ridlins Athletic Stadium, with the race itself comprising of two loops taking in Fairlands Valley Park, Stevenage Showground, and passing Stevenage Football Club before passing close to Ridlins Stadium before the second lap and then the race to the finish on the track at Ridlins. The start is at 10a.m.



(Two equal laps).

With a break due to Covid 19 in 2020 Stevenage Half Marathon is back for 2021. It began in 1984 and takes place annually with a full marathon every 10 years (the next Stevenage marathon is due 2024). The event is a charity fundraiser, with volunteers from Fairlands Valley Spartans Running Club, The Rotary Club of Stevenage, Grange Rotary Club, Stevenage Scouts and Stevenage Air Cadets giving their time freely to make the event a huge success. All proceeds go to local charities. The 2019 event raised in excess of £3000 in donations to worthy causes and the Spartans hope the Stevenage Half Marathon 2021 is even more successful.

Each Year the Spartans nominate a charity to support and the chosen charity for 2021 is Feed Up Warm Up.

And, of course, you can join Fairlands Valley Spartans. See www.fvspartans.org.uk Once you join all the many training sessions each week and the advice is free.

Escape From Meriden, the Centre of England – Adrian Busolini

Spartan ADRIAN BUSOLINI has escaped from Meriden. Starting from the stone cross in Meriden which marks the traditional centre of England, he was given a bright orange boiler suit, and 24 hours to 'escape' from Meriden – to get as far as one can, as the crow flies. Adrian wound up at Heathrow Airport; quite a way short of his target, but nonetheless a novel self-supported run along a mix of roads, towpaths and trails for 100+ miles. The canal sections were a highlight, along with various cries of "what the F*** is he wearing" in Coventry city centre (the orange boiler suit was a hit!)

Alton Towers

FIONA, MATT, ETHAN and TALA CLARKE had a great family weekend at Alton Towers. On Saturday they all did the 10K race.

The lead up to the race was a bit messy but once they got going it was a fun race, passing all the major attractions through the theme park.

The entry fee got them a medal, a t-shirt and park entry for the rest of the day. Great value if like them you enjoy running and rollercoasters. Best of all said Fiona it was easy to get the kids involved.

Someone recognised their Spartan vests and acknowledged that they were a long way from Stevenage. It was lovely to get a shout out 130 miles from home.

Ethan and Tala both finished with new personals bests (PBs) – Tala with 57 minutes 40 seconds and Ethan with 1:06:59. Tala was 619th and Matt 621st in 57:41. Ethan was 1,107th and Fiona 1,110th in 1:07:03. Fiona added it was so good to have this shared experience.

On Sunday Matt ran the half marathon in 1 hour 49 minutes 37 seconds and was 395th out of the 1,865 finishers.

Blesma 11K

CAROLYN LINSELL should have been running the BLESMA 11k Remembrance Day virtual event with NICOLA ANDERSSON.

However due to her little ‘misadventure’ last Sunday she could no longer take part. KAREN ELLIS very kindly took her place and ran with Nicola. Carolyn met them at the start for two minutes silence and to cheer them on.

Carolyn’s son pushed her in the wheelchair to the football ground side of the park and then she hobbled on her crutches all the way back to the start point. The girls caught her right near the end so they finished together!

The Last Fly

The last Fly 5K in the current series will be the 80th on Saturday 20th November. This virtual free run anywhere event on a Saturday morning helped to get a lot of people through lockdown when all in person events were cancelled. More than 15,000 Fly 5K runs have been recorded since the series was launched. There will be a Christmas edition and a real reunion in 2022.

In the penultimate and 79th Fly 5K JIM BROWN was second in his age group and 25th overall in 26 minutes 31 seconds; NICK KLEANTHOUS was just behind at 26th in 26:33 and NICOLA ANDERSSON 48th in 27:15.

Parkrun Highlights for Saturday 13th November 2021 (by Danik Bates)

In this week's roundup of Spartans on the Parkrun circuit, Grant Ramsay grabs a top five finish and Ashley Schoenwetter was first female home at Stevenage.

Stevenage Parkrun Results where 283 runners including 17 Spartans took part. Grant Ramsay 19 minutes 18 seconds (4th), Toby Eccleshall 22:04 (20th), Ashley Schoenwetter 22:43 (33rd), James McSweeney 24:45 (65th), Susan McAneny 25:34 (84th), Grace Coventry 25:47 (88th); Jim Brown, first in age group with 26:31 (105th), Nick Kleanthous 26:33 (106th), Mark Beasley 26:43 (110th), Nicola Andersson 27:15 (121st), Gail Mackie 27:19 (123rd), Catherine Craig 30:39 (173rd), Tracy Haygarth 31:02 (179th), Beth Foley 33:10 (210th), Sally Phillips 33:50 (217th), Roger Biggs 57:37 (280th), Helen Harris, the volunteer tailwalker 61:01 (283rd).

Away days:

Brockenhurst (Dorset): Darryl Stevens 47-56 (133rd out of 133 runners)

Gunpowder (North London): Paul Jennings 31-40 (101st out of 152 runners).

Letchworth (Hertfordshire): John Harris 21-46 (11th out of 108 runners), Georgie Hooper 29-23 (67th), Nick Gill 29-24 (68th).

Oxford (Oxfordshire): Lucy May Field 24-24 (83rd out of 333 runners).

Panshanger (Hertfordshire): Mike Reynolds 27-31 (95th out of 229 runners).

Squerryes Winery (Kent): Peter Carpenter 44-46 (90th out of 98 runners).

(You can find all the Spartan parkrun times near the end of this release).

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:

- **The 80th and final Fly 5K. Run anywhere on Saturday 20th November.**

- **Stevenage Half Marathon on Sunday 21st November (Note unusual date). County Championships for seniors (18 plus). Start and finish at Ridlins Track.**
- **Serpentine Last Friday of the Month 5K in Hyde Park on Friday 26th lunchtime November.**
- **Lee Valley Velo Park races on Saturday 27th November.**
- **Hatfield Five (2021 edition) on Sunday 28th November. Includes Hertfordshire Championships for Seniors (18 plus).**
- **Bass Belle Ten Miles on Sunday 28th November.**
- **Fairlands Valley Spartans AGM preceded by a club fun session on 30th November.**
- **Victoria Park 5K, 10K and Half Marathon on Saturday 4th December.**
- **Festive Five at Stanborough, Welwyn on Sunday 5th December.**
- **Minsden Chapel FVS off road run on Sunday 5th December. Meet at Coreys Mill Sainsburys 9am for 11 miles; Meadway 9.15a.m. for 8 miles or the Rusty Gun at 9.30a.m. for 4.5 miles.**
- **Battersea Park 5K and 10K on Saturday 11th December.**
- **Cross Country League Race in Trent Park on Sunday 12th December.**
- **Queen Elizabeth Park 5K and 10K on Saturday 18th December.**
- **Cross Country League Race in Stevenage on Sunday 19th December.**
- **Witham Five (miles) on Monday 27th December.**
- **Lee Valley Velopark 5K, 10K, 10 miles and half marathon on Tuesday 28th December.**
- **Serpentine Last Friday of the Month 5K in Hyde Park on Friday 31st December.**
- **New Year's Day 10K in Hyde Park on Saturday 1st January 2022.**
- **Essex Run Fest on Debden Airfield on Sunday 9th January 2022.**
- **Cross Country League race in Cassiobury Park, Watford on Sunday 16th January 2022.**
- **Fred Hughes 10 miles road race (including county championships for veterans) at St Albans on Sunday 23rd January.**
- **Southern Cross Country Championships on Saturday 29th January (Venue TBA).**
- **Watford Half Marathon (including county championships for seniors i.e. all over 18) on Sunday 6th February.**

- **Cross Country League race on Therfield Heath, Royston on Sunday 13th February 2022.**
- **Love Welwyn Garden City 10K on Sunday 13th February 2022.**
- **Spartans Presentation Evening in Stevenage on Friday 25th February 2022.**
- **National Cross Country in London on Saturday 26th February 2022.**
- **Welwyn Half Marathon on Sunday 27th February 2022.**
- **Essex 20 on Sunday 6th March.**
- **Oakley 20 on Sunday 20th March 2022.**
- **Lee Valley (White Water) Half and 10K on Sunday 27th March 2022.**
- **Bedford Autodrome Running Grand Prix on Sunday 27th March 2022.**
- **Manchester Marathon on Sunday 3rd April 2022.**
- **London Landmarks Half Marathon on Sunday 3rd April 2022.**
- **Essex Marathon and Half on Debden Airfield on Sunday 3rd April 2022.**
- **Brighton Marathon on Sunday 10th April 2022.**
- **Maidenhead Easter Ten on Friday 15th April 2022.**
- **Dorney Marathon on Sunday 24th April 2022.**
- **London Marathon on Sunday 2nd October 2022.**
- **Edinburgh Marathon Festival on 28/29 May 2022.**
- **St Albans Half Marathon and 5K on Sunday 12th June 2022.**
- **St Albans Summer 10K on Sunday 14th August 2022.**
- **Big Half (London) on Sunday 4th September 2022.**
- **London Marathon on Sunday 23rd April 2023.**

Tables

Full results for all Spartans when there are a lot at an event will be listed below.

Spartans at parkrun on Saturday 13th November (in the text this time).

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, 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 with a very wide range.

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.

In “normal” times 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). For the time being most training sessions are starting from the Lakes in Fairlands Valley Park, Stevenage (SG2 0BL).

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 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; or visit their website www.fvspartans.org.uk

E N D S

More from Jim Brown (Press Officer) 0793 968 7509 or secretary@fvspartans.org.uk

www.fvspartans.org.uk

Jim Brown, 4 Hammond Close, Stevenage, SG1 3JQ