



GOLD AND SILVER FOR SPARTANS

Team Gold for Men and Women at Half Marathon

Sunday's Stevenage Half Marathon was a huge success and Fairlands Valley Spartans took first and second in the 13.1 miles races.

Spartan **ANDREW PATTERSON** won the event overall in a new personal best (PB) of 1 hour 12 minutes 53 seconds and also took **GOLD** in the Hertfordshire County Championships. **SIMON JACKSON** was second in 1 hour 15 minutes 48 seconds and took **SILVER** in the county champs. Together with **DAVID HARRIS CHERGUIT** (PB 1:19:25) and **STUART ARCHER** (PB 1:26:27) they won **GOLD** in the County team competition and won the team contest in the race.

The Spartans won **GOLD** in the county team competition with **LIZ SMITH** (1:53:59); **ALISON SHELLEY** (PB 1:57:22) and **WENDY THARANI** (1:57:50). Three to count in the women's competition.

And Bronze for Women and Men

Then there were County team **BRONZE** medals for the women's team of **ANN TRYSSESOONE** (2:01:14), **CHLOE CHAPMAN** (improving her PB by more than nine minutes to 2:01:39) and **KERSTIN WEINER** (2:04:07) and the men's team of **GRANT RAMSEY** (1:27:32); **DANNY SCANLON** (1:28:56); **TONY RANDFIELD** (1:33:34) and **PAUL SHELLEY** (1:36:57).

David Harris Cherguit was first man aged 40 plus in the race and **Tony Randfield**, running his first half as a Spartan, was first man aged 60 plus.

The Spartans topped and tailed the event with a total of 38 runners. Dozens more Spartans and their friends marshaled, rode lead and sweep bikes, provided water stations, supervised the shuttle buses and did the other jobs that made it a success.

On a cold but mainly Sunday morning the race started on Ridlins Athletics track then followed two equal laps on cycleway and footpaths via Gresley Way, Six Hills Way, Fairlands Valley Park north and south, football club, Broadhall Way to cross Woodcock Road and into the second lap before finishing on the track.

This time there was a welcome tailwind in the south part of Fairlands Valley Park. After a one year gap due to Covid it was back and it was great.

There were several half marathon first timers including MIKE JEFFS (1:31:22); NICK KLEANTHOUS (1:57:45); CHRIS SAUNDERS (2:12:32); NICHOLA DURENT (3:16:32) and JUDY KING (3:18:39). LEE PICKERGILL ran a new PB of 1:47:45; NIGEL STRONGITHARM ran a new PB of 1:48:08, and NICHOLA ANDERSSON a new PB of 2:04:48. STEPH BIGGAR ran her first ever real race, everything else has been virtual, and finished in 3:16:32.

TIM ROBINSON was aiming for sub 2 hours and managed to improve on his target and achieve 1:54:33 in his fastest half since 2017. The long incline at mile 8 was hard going, sapped a lot of energy and lost some time but was the only part of the course that presented any real difficulty.

JIM BROWN was apprehensive after two recent disaster half marathons including a DNF (did not finish) but improved his time from August (2:04:05) by 5 minutes 56 seconds to 1:58:09 to get under two hours by maintaining almost exactly nine minute miles all the way round.

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

Did you run on Sunday? Do you fancy running a half in 2022? Join Fairlands Valley Spartans. See www.fvspartans.org.uk Once you join all the many training sessions each week and the advice is free.

The Last Fly

Fairlands Valley Spartans were represented in the last Fly 5K in the current series on Saturday. 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. This was race 80.

In the MARIAN MORLEY was 55th and first woman aged 55 plus in 26 minutes 41 seconds; NICOLA ANDERSSON was 71st in 29:02 and PENNY SCHENKEL and JIM BROWN went round together to finish 100th equal in 30:56. This was Jim's 58th Fly 5K and he received a special not (virtual) T-shirt for running at least fifty.

There will be a Christmas edition and a real reunion in 2022.

St Neots

CRAIG BACON said, "Sunday at the St Neots Half Marathon was my first mass event since February 2020. There have been months of solo running and virtual events since the last time I lined up at the start of a race with over 1000 people ready to complete the 13.1 miles.

There was a chill in the air as I made my way to the start and so I was glad that I had put my woolly hat and gloves in my kit bag. We gathered at the line and at 10 o'clock we were sent on our way out of St Neots and along the Huntingdonshire country roads. The route was a figure of eight course with a rise at about 3 miles, another before half way and then a final hill at 9 miles. The hills did mean there was an opportunity to go downhill too, so every cloud has a silver lining.

I finished in a time of 1 hour 41 minutes 16 seconds, which is 2 minutes 19 seconds faster than my pre-pandemic Half in 2020. It was also my fastest Half since May 2016. I finished 303rd overall, 233rd male and 54th male vet 50.”

Fellow Spartan John Harding finished in 2:11:10 to finish 823rd overall and 535th male.

Parkrun Highlights for Saturday 20th November 2021

This week 30 Spartans participated across 8 different parkrun venues.

A couple of first timer mentions: Kieran Feetham at Plymvalley in 23:18 and Eva Ramsey at Cassiobury in 23:21.

Peter Carpenter was at Squerryes Winery parkrun at Westerham running a new PB of 44:19. Graham Hoare also got himself a new PB 23:29 at Southsea parkrun and Yuko Gordon was second female at Letchworth in 23:50.

Grant Ramsay was first Spartan home out of the 21 Spartans at Stevenage in 19:06. Ken Jude was running his 99th parkrun at Stevenage. Mark Goodwin was the sole Spartan at Panshanger this week clocking 23:43.

(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:

- **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 at Bassingbourn 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.**
- **SEAA Masters Cross Country Championships at Croydon on Saturday 11th December. Closing date 26th November.**
- **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.**
- **Christmas Day parkrun in Stevenage on Saturday 25th 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.**
- **Hertfordshire County Cross Country Championships (multiple ages) at Stanborough, Welwyn Garden City 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.**
- **Bramley 20 (and 10) on Sunday 20th 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.**
- **Cambridge Half Marathon on Sunday 6th March.**
- **Essex 20 on Sunday 6th March.**
- **Oundle 20 on Sunday 13th March.**
- **Oakley 20 on Sunday 20th March 2022.**
- **Hertfordshire Cross Country Championships for Veterans at Trent Park on 26th or 27th March.**
- **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.

Spartan Gun Times At The Stevenage Half Marathon

Pos	Race No	Name	GunTime	Category	Cat Pos	Gender	Gen Pos	
1	321	Andrew PATTERSON	01:12:55	Top3	1	Male	1	PB
2	218	Simon JACKSON	01:15:50	Top3	2	Male	2	YB
8	179	David HARRIS-CHERGUIT	01:19:30	Ages 40 - 49	1	Male	8	PB
26	13	Stuart ARCHER	01:26:33	Ages 20 - 39	12	Male	25	PB
29	346	Grant RAMSAY	01:27:35	Ages 40 - 49	8	Male	26	
31	369	Danny SCANLON	01:29:00	Ages 40 - 49	10	Male	28	
37	224	Mike JEFFS	01:31:22	Ages 20 - 39	15	Male	33	New
46	347	Tony RANDFIELD	01:33:39	Ages 60 - 69	1	Male	42	New
79	375	Paul SHELLEY	01:37:02	Ages 50 - 59	17	Male	69	YB
82	384	Peter SMITH	01:37:07	Ages 50 - 59	18	Male	71	SB
87	178	John HARRIS	01:37:29	Ages 50 - 59	20	Male	75	SB
100	277	Reece McCULLAGH	01:40:42	Ages 20 - 39	32	Male	65	SB
121	140	Nick GILL	01:44:47	Ages 20 - 39	33	Male	102	SB
135	110	Toby ECCLESHALL	01:48:06	Ages 20 - 39	36	Male	112	YB
136	399	Nigel STRONGITHARM	01:48:08	Ages 50 - 59	31	Male	113	PB
137	329	Lee PICKERSGILL	01:48:08	Ages 20 - 39	37	Male	114	PB
184	387	Liz SMITH	01:54:30	Ages 40 - 49	16	Female	38	YB
189	357	Tim ROBINSON	01:54:56	Ages 50 - 59	38	Male	150	SB
206	376	Alison SHELLEY	01:57:42	Ages 50 - 59	7	Female	47	PB
211	241	Nick KLEANTHOUS	01:58:10	Ages 50 - 59	41	Male	163	New
218	411	Wendy THARANI	01:58:26	Ages 40 - 49	20	Female	50	SB
219	50	Jim BROWN	01:58:27	Ages 60 - 69	9	Male	169	
222	118	Robert EVANS	01:58:37	Ages 40 - 49	59	Male	170	SB
243	419	Ann TRYSSESOONE	02:01:30	Ages 50 - 59	8	Female	59	YB
244	62	Chloe CHAPMAN	02:02:15	Ages 20 - 39	20	Female	60	PB
254	437	Kerstin WEINER	02:04:30	Ages 50 - 59	9	Female	67	SB
257	406	Jon SYPULA	02:05:10	Ages 40 - 49	66	Male	189	SB
259	12	Nicola ANDERSSON	02:05:23	Ages 50 - 59	11	Female	70	PB
270	323	Carol PAUL	02:07:41	Ages 50 - 59	13	Female	75	SB
288	367	Chris SAUNDERS	02:13:02	Ages 20 - 39	59	Male	207	New
309	202	Paul HOLGATE	02:23:16	Ages 60 - 69	15	Male	216	SB
312	362	Gerry ROSEN	02:27:19	Ages 50 - 59	60	Male	218	SB
313	458	Robert WRIGHT	02:27:19	Ages 20 - 39	62	Male	219	
320	378	Karl SHREEVE	02:32:46	Ages 50 - 59	62	Male	223	SB
334	444	Jane WHITROW	03:17:05	Ages 50 - 59	22	Female	109	SB
335	36	Steph BIGGAR	03:17:09	Ages 40 - 49	49	Female	110	
336	107	Nichola DURENT	03:17:10	Ages 40 - 49	50	Female	111	New
337	236	Judy KING	03:18:39	Ages 50 - 59	23	Female	112	New

Chip times were not available at the time of writing.

Spartans at parkrun on Saturday 20th November.

Stevenage parkrun

A total of 291 runners took part including 21 Spartans.

<u>Position</u>	<u>Gender</u>	<u>Position</u>	<u>parkrunner</u>	<u>Run Time</u>
5	4		<u>Grant RAMSAY</u>	00:19:06
21	20		<u>Andrew MCGUINNESS</u>	00:21:53
68	59		<u>James MCSWEENEY</u>	00:24:33
80	68		<u>Darren EMMERSON</u>	00:25:04
118	21		<u>Fiona CLARKE</u>	00:27:11
127	101		<u>Ken JUDE</u>	00:27:37
156	117		<u>Matt CLARKE</u>	00:28:57
159	37		<u>Nicola ANDERSSON</u>	00:29:00
169	41		<u>Debbie BLANTERN</u>	00:29:36
175	128		<u>Toby ECCLESHALL</u>	00:30:10
176	44		<u>Gail MACKIE</u>	00:30:14
177	45		<u>Ashley SCHOENWETTER</u>	00:30:17
180	47		<u>Catherine CRAIG</u>	00:30:29
190	131		<u>Jim BROWN</u>	00:30:55
191	54		<u>Penny SCHENKEL</u>	00:30:56
201	60		<u>Tracy HAYGARTH</u>	00:31:54
210	66		<u>Karen PALMER</u>	00:32:55
215	69		<u>Beth FOLEY</u>	00:33:43
226	142		<u>Stephen SMITHSON</u>	00:34:37
289	113		<u>Helen HARRIS</u>	00:53:51
290	166		<u>Roger BIGGS</u>	00:59:19

Plymvalley parkrun

A total of 110 runners took part.

<u>Position</u>	<u>Gender</u>	<u>Position</u>	<u>parkrunner</u>	<u>Run Time</u>
9	8		<u>Kieran FEETHAM</u>	00:23:18

Southsea parkrun

A total of 357 runners took part.

<u>Position</u>	<u>Gender</u>	<u>Position</u>	<u>parkrunner</u>	<u>Run Time</u>
86	76		<u>Graham HOARE</u>	00:23:29

Brockenhurst parkrun

A total of 138 runners took part.

<u>Position</u>	<u>Gender</u>	<u>Position</u>	<u>parkrunner</u>	<u>Run Time</u>
138	62		<u>Darryl STEVENS</u>	00:45:09

Panshanger parkrun

A total of 247 runners took part.

<u>Position</u>	<u>Gender</u>	<u>Position</u>	<u>parkrunner</u>	<u>Run Time</u>
34	32		<u>Mark GOODWIN</u>	00:23:43

Cassiobury parkrun

A total of 407 runners took part.

<u>Position</u>	<u>Gender</u>	<u>Position</u>	<u>parkrunner</u>	<u>Run Time</u>
77	7		<u>Eva RAMSEY</u>	00:23:21

Letchworth parkrun

A total of 97 runners took part.

<u>Position</u>	<u>Gender</u>	<u>Position</u>	<u>parkrunner</u>	<u>Run Time</u>
17	2		<u>Yuko GORDON</u>	00:23:50

Squerryes Winery parkrun (Westerham)

A total of 86 runners took part.

<u>Position</u>	<u>Gender</u>	<u>Position</u>	<u>parkrunner</u>	<u>Run Time</u>
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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, 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.

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

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