



JONATHAN WINS AT KEW Great Welsh * Ibiza

Fairlands Valley Spartans JONATHAN PARR has won another race. He won the Kew Gardens 10K on Saturday with a time of 33 minutes 54 seconds. It was part of the Richmond Running Festival and he beat 1886 other runners.

Great Welsh Half

Carmarthenshire was the setting for a great result for JOHN HARRIS. He ran the Great Welsh Half Marathon in 1 hour 31 minutes 4 seconds and was 38th out of the 576 finishers. The event started and finished in Pembrey Country Park and was along the Welsh scenic coastal path.

Essex

THOMAS SAUKA completed the Essex walker LDWA challenge marathon, in 5 hours 47 minutes. He said the event is run in a lovely area, starting at Galley Wood Heritage Centre, which is a lovely wooded area, going out to Ingatestone and back to the start, some lovely villages and lanes around the course as well as woodland.

This was his first marathon of the year. He said he's a bit out of practice but looking forward to the next one.

Ibiza Relay Marathon

Callie CHAPMAN and Hazel SMITH ran the relay marathon in Ibiza.

It was hot and hilly but both were over the moon with their combined time of 4 hours 35 minutes 18 seconds.

Flitwick

CATHY CRAIG had to run her 20 miles training run on a very windy Thursday instead of the weekend after discovering midweek that she had an entry in Sunday's Flitwick 10K. Sunday was a perfect day for a run in beautiful hilly countryside with a nice downhill finish. She ran it in 63:31, third in her age category, a nice way to start tapering for her marathon.

Brighton Marathon 10K

SAMANTHA SUTTON took part in the Brighton Marathon 10k on Sunday and finished with a time of 1 hour 12 minutes 54 seconds.

Calderdale Hike

On Saturday Sharon and Mike Crowley took part in the 42nd Calderdale Hike back after a break of two years. The walk started and finished in Sowerby Bridge, the suggested route followed part of the Pennine Way and over the M62. The route involved over a 1000 metres of climb, the pair completed the short walk of 27 miles in 8 hours and 45 minutes, Sharon being second lady home.

Parkrun Highlights 9th April

SIMON JACKSON won the Stevenage parkrun in 17 minutes 2 seconds, a parkrun PB for him.

Twenty six Spartans headed out to nine different venues for Parkrun last Saturday with Darryl STEVENS running at Stadspark, Netherlands!

Grant RAMSAY also achieved a top ten finish at Stevenage, with a time of 19:24.

Congratulations to Jenny GARRETT and Michael O'KEEFE who have achieved unofficial milestones of 40th and 130th Parkruns. Jim BROWN achieved his own unofficial milestone of 75 parkruns, halfway to his next T shirt, and this was his first run of any kind since an encounter with Omnicron.

There were 211 runners at Stevenage including 18 Spartans.

John ROXBOROUGH tried out another new venue at Bury Field, Newport Pagnell. That's John's 101st different parkrun venue.

(All the Spartan parkrun results can be found near the end of this release).

Running into 2022

The Spartans regular training has started again. There's a starter session on Monday evenings, Tuesday sessions with up to now six groups, and three choices on Thursdays, and a track session at 9.15a.m. for 9.30a.m. on Saturday mornings; plenty for a huge range of abilities and loads of opportunities to progress. You can run with the Spartans five days a week. Tuesday and Thursday sessions are from the Stevenage Hockey Club, Ditchmore Lane at 7p.m.

Home Run

The Stevenage Half Marathon, organised by Fairlands Valley Spartans, will be on Sunday 6th November. Entries are open. Come and train with the Spartans. More from shm@fvspartans.org.uk

Coming Events – the Short List

Looking ahead the first race in the 2022 Mid Week Road Race series will be in Stevenage on Wednesday 11th May.

The Spartans are looking forward to a busy programme of races. Here are some road race league, county championship and club organised events:

- **Herts open 1500 metres and veteran track championships at Stevenage on Saturday 23rd April. Advance entries essential.**
- **Mid Week Road Race League race one in Fairlands Valley at 7.30p.m. on Wednesday 11th May.**
- **Mid Week Road Race League race two in St. Albans on Wednesday 25th May.**
- **Mid Week Road Race League race three in Chingford on Wednesday 8th June.**
- **Welwyn 10K including County senior championships on Sunday 26th June.**
- **Mid Week Road Race League race four (final counting race) in Trent Park on Thursday 30th June.**
- **Mid Week Mob Match 10K in Welwyn Garden City on Wednesday evening 6th July.**
- **Fairlands Valley Challenge off road in Stevenage on Sunday 17th July.**
- **Relays in the Park, 3K stages in Stevenage (FVS) on Thursday evening 21st July.**
- **Hertfordshire County 10,000 metres track championships (U20, senior and veteran; men and women) at Sandy on Thursday evening 28th July.**
- **St Albans Summer 10K on Sunday 14th August 2022.**
- **Hillingdon 20, the UK's longest running 20 mile race, in Ruislip on Sunday 4th September. County 20 championship.**
- **Stevenage 10K (including county championships for veterans) on Sunday 18th September.**
- **London Marathon on Sunday 2nd October 2022.**
- **Stevenage Half Marathon (FVS. Includes county championships for veterans) on Sunday 6th November 2022. Entries are open.**
- **Possible FVS 5 and 10 mile handicap on Sunday 27th November.**

Cross country is likely to start late October / early November. Lots of other ideas for races can be found right at the end of this release.

Join The Spartans

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! They were 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 the last two years in January 2022 the Spartans had 324 members which consisted of 168 men and 156 women. They have an average age of 46, 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). In early 2022 most training sessions start are from the Stevenage Hockey and Cricket Club in Ditchmore Lane, Old Stevenage (SG1 3LJ).

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 £42 per year for 2022/2023 which includes UKA affiliation (£16) and thus discounts for many events and participation in many competitions and training opportunities. Concessions are available (£29.50). Accompanied juniors £24.50. 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

Tables – Spartan parkrunners on Saturday 9th April:

Stevenage parkrun				
Position	Gender Position	parkrunner	Run Time	
1	1	Simon JACKSON	17:02	Winner
7	7	Grant RAMSAY	19:24	Top Ten
17	17	Tony RANDFIELD	21:06	
38	35	Sam SIMMONS	23:58	
46	43	Toby ECCLESHALL	24:17	
58	53	Darren EMMERSON	25:14	
105	84	Matt CLARKE	27:33	
106	85	Matt TUTTON	27:35	
110	21	Debbie BLANTERN	28:00	
145	42	Fiona CLARKE	31:20	
146	43	Chloe CHAPMAN	31:22	
151	102	Jim BROWN	31:34	75th
152	46	Jenny GARRETT	31:35	40th
166	55	Tracy HAYGARTH	33:39	
167	56	Hilary DAVIES	33:44	
199	76	Gail MACKIE	41:40	
204	80	Angie WATERS	44:52	
208	120	Roger BIGGS	46:48	
Gunpowder parkrun				
Position	Gender Position	parkrunner	Run Time	
85	24	Mo WARRILLOW	27:15	
86	59	David PATTMAN	27:16	
Brandon Country Park parkrun				
Position	Gender Position	parkrunner	Run Time	
41	31	James MCSWEENEY	26:56	
Panshanger parkrun				

Position	Gender	Position	parkrunner	Run Time	
71		62	Mike REYNOLDS	25:34	
Teignmouth Promenade parkrun					
Position	Gender	Position	parkrunner	Run Time	
42		35	Andy JAY	24:17	
Stadspark parkrun					
Position	Gender	Position	parkrunner	Run Time	
21		9	Darryl STEVENS	39:42	Netherlands
Henlow Bridge Lakes parkrun					
Position	Gender	Position	parkrunner	Run Time	
47		26	Michael O'KEEFE	32:54	130th
Bury Field parkrun					
Position	Gender	Position	parkrunner	Run Time	
16		15	John ROXBOROUGH	24:57	

Coming Events

The Spartans are looking forward to a busy programme of races. Here are some suggestions:

- Maidenhead Easter Ten on Friday 15th April 2022.
- St Albans Easter 10K on Friday 15th April.
- Herts open 1500 metres and veteran track championships at Stevenage on Saturday 23rd April.
- Run Dorney Marathon and Half Marathon at Dorney Lakes on Sunday 24th April 2022.
- Hitchin 10K on Sunday 1st May 2022.
- Mid Week Road Race League race one in Fairlands Valley at 7.30p.m. on Wednesday 11th May.
- Dorney events on Saturday 21st May.
- Hackney Half Marathon on Sunday 22nd May.
- Mid Week Road Race League race two in St. Albans on Wednesday 25th May.
- Edinburgh Marathon Festival on 28/29 May 2022.
- Hatfield Broad Oak 10K on 4th June.
- Richmond Park Half Marathon on Saturday 4th June.
- Mid Week Road Race League race three in Chingford on Wednesday 8th June.
- Marston Forest 5K on Friday evening 10th June 2022.
- St Albans Half Marathon and 5K on Sunday 12th June 2022.
- Regent's Park 5K and 10K on Saturday 18th June.
- Run Through Half, 10 miles, etc., at Lee Valley Velo on Saturday 25th June.
- Welwyn 10K including County senior championships on Sunday 26th June.
- Hitchin Hard Half (plus 10K and 5K) on Sunday 26th June 2022.
- Chase the Sun 5K and 10K in Battersea Park on Wednesday 29th June.
- Mid Week Road Race League race four (final counting race) in Trent Park on Thursday 30th June.
- Ware Festival of Running 10 miles Welwyn 10K on Sunday 3rd July.
- Milton Keynes 10K on Tuesday evening 5th July.

- **Mob Match 10K in Welwyn Garden City on Wednesday evening 6th July.**
- **Race for Life in Stevenage on Sunday 10th July.**
- **Fairlands Valley Challenge off road in Stevenage on Sunday 17th July.**
- **Run Dorney 5K, 10K and half marathon events at Dorney Lakes on Sunday 17th July.**
- **Doug Anderson Memorial 5K in Bedford on Wednesday 20th July 2022.**
- **Relays in the Park, 3K stages in Stevenage (FVS) on Thursday evening 21st July.**
- **Hertfordshire County 10,000 metres championships (U20, senior and veterans – men and women) at Sandy on Thursday evening 28th July.**
- **St Albans Summer 10K on Sunday 14th August 2022.**
- **Clacton Half Marathon and 10K on Sunday 21st August.**
- **Dorney Events on Sunday 28th August.**
- **Bedford Running Festival 3rd and 4th September including 5K and 10K on Saturday; Half Marathon and 20 miles on Sunday.**
- **Hillingdon 20, the UK's longest running 20 mile race, in Ruislip on Sunday 4th September. County 20 championship.**
- **Big Half (London) on Sunday 4th September 2022.**
- **Stevenage 10K (including county championships for veterans) on Sunday 18th September.**
- **Robin Hood Marathon and Half in Nottingham on Sunday 25th September.**
- **Bristol Half Marathon on Sunday 25th September.**
- **Oakley 20 in September (date to be announced).**
- **London Marathon on Sunday 2nd October 2022.**
- **Essex Marathon and Half (ATW) on Sunday 9th October.**
- **Willow 10K at Hatfield House on Sunday 9th October.**
- **Chelmsford Marathon on Sunday 16th October.**
- **Peterborough Great Eastern Run on Sunday 16th October.**
- **Beachy Head Marathon on Saturday 22nd October.**
- **Running GP at Bedford Autodrome on Sunday 23rd October.**
- **Hertfordshire Half Marathon (Knebworth House) on Sunday 30th October.**
- **Love Luton Half and 10K on Sunday 30th October.**

- **Stevenage Half Marathon (FVS. Includes county championships for veterans) on Sunday 6th November 2022. Entries are open.**
- **St Neots Half Marathon on Sunday 20th November.**
- **Possible FVS 5 and 10 mile handicap on Sunday 27th November.**
- **London Marathon on Sunday 23rd April 2023.**

Cross country is likely to start late October / early November.