



## **GOOD FRIDAY FOR LUCKY THIRTEEN Ciaran and Suzy are Winners \* Steeple Win For Grant**

Fairlands Valley Spartans SIMON JACKSON was fifth overall and first veteran in the St Albans 10K on Good Friday. He was under 35 minutes with 34 minutes 37 seconds. There were 633 finishers.

ROSS GALLAGHER also beat 40 with 39 minutes 18 seconds for 35<sup>th</sup> place.

Thirteen Spartans enjoyed the run the others being ANDREW VAUGHAN 41:08; SAM SIMMONS 45:46; TRACY PEZ 48 minutes exactly; ABBIE PEZ 48:04; DAVID PATTMAN 49:16; GEORGIE HOOPER 50:10; STEVEN DODNER 54:13; NICOLA ANDERSSON 56:06; JIM BROWN 57:29; DZENANA TOPIC 1:15:52 and JONATHAN JONES 1:15:57.

### **Ramsay Top Of The Euros**

On Saturday GRANT RAMSAY took part in the first London Inter Club Challenge (LICC) meeting of the season. All members of running clubs outside of London are also welcome. He got a very good result in the 3000 metres steeplechase and achieved high positions in World & European Masters Rankings. (No 1 in Europe)! This was over 35 barriers which included 7 water jumps. Grant won his event in 12 minutes 1 second which shot him up to the number one spot in the rankings.

### **Ten Marathons in Ten Days for Davie**

On Monday DAVIE STAFFORD today completed his 10 marathons in 10 days challenge in Walton on Thames with Phoenix Running. His average time over the 10 days was 4 hours 1

**minute and 16 seconds. His fastest marathon was on day 5 when he ran a 3.55.40. Every day had a different name – Fortitude; Gauntlet; Dauntless; Resolute; Perseverance; Adversity; Intrepid; Indomitable; Unbreakable and Invincible**

### **Boston Marathon**

**ROB WRIGHT ran the Boston Marathon in a new personal best (PB) of 3 hours 35 minutes 46 seconds.**

### **Parkrun Highlights 16<sup>th</sup> April**

**The Saturday of the Easter weekend saw thirty Fairlands Valley Spartans run in Parkrun events worldwide.**

**Running in Stevenage's Spring sunshine resulted in a first-place finish and parkrun PB for Ciaran McANENY in a time of 17 minutes and 23 seconds. With Vishal SHAH also running a PB of 25:01 and Suzy HAWKINS completing the course as the first female in 20:16.**

**Paul MAGUIRE joined those running PBs with a time of 23:46 at the Westmill event.**

**Trying out new courses for the Bank holiday were Linda GREENE at Huntingdon (43:12) and Monica SMITHSON (31:20) and Stephen SMITHSON (34:34) at the Thomas Mills event. Darryl STEVENS headed all the way to the Netherlands for his 193<sup>rd</sup> Parkrun to complete the Kralingse Bos course in 37:07.**

**301 finishers at Stevenage including nineteen Spartans.**

**(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 6<sup>th</sup> November. Entries are open. Come and train with the Spartans. More from [shm@fvspartans.org.uk](mailto: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 11<sup>th</sup> 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 23<sup>rd</sup> April. Advance entries essential.
- Mid Week Road Race League race one in Fairlands Valley at 7.30p.m. on Wednesday 11<sup>th</sup> May.
- Mid Week Road Race League race two in St. Albans on Wednesday 25<sup>th</sup> May.
- The 28<sup>th</sup> May will be Stevenage parkrun's sixth birthday exactly and traditionally runners dress up so break out those fancy dress outfits to celebrate.
- Mid Week Road Race League race three in Chingford on Wednesday 8<sup>th</sup> June.
- Welwyn 10K including County senior championships on Sunday 26<sup>th</sup> June.
- Mid Week Road Race League race four (final counting race) in Trent Park on Thursday 30<sup>th</sup> June.
- Mid Week Mob Match 10K in Welwyn Garden City on Wednesday evening 6<sup>th</sup> July.

- Fairlands Valley Challenge off road in Stevenage on Sunday 17<sup>th</sup> July.
- Relays in the Park, 3K stages in Stevenage (FVS) on Thursday evening 21<sup>st</sup> July.
- Hertfordshire County 10,000 metres track championships (U20, senior and veteran; men and women) at Sandy on Thursday evening 28<sup>th</sup> July.
- St Albans Summer 10K on Sunday 14<sup>th</sup> August 2022.
- Hillingdon 20, the UK's longest running 20 mile race, in Ruislip on Sunday 4<sup>th</sup> September. County 20 championship.
- Hatfield 5K. Wednesday 7<sup>th</sup> September
- Hatfield 5K including Hertfordshire senior championships on Wednesday evening 14<sup>th</sup> September
- Hatfield 5K including Hertfordshire veteran championships on Wednesday evening 21<sup>st</sup> September
- Stevenage 10K (including county championships for veterans) on Sunday 18<sup>th</sup> September.
- London Marathon on Sunday 2<sup>nd</sup> October 2022.
- Stevenage Half Marathon (FVS. Includes county championships for veterans) on Sunday 6<sup>th</sup> November 2022. Entries are open.
- Possible FVS 5 and 10 mile handicap on Sunday 27<sup>th</sup> 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.

## Tables.

### Spartans at the St Albans 10K

Pos	Name	Time	Category	Cat Pos	Gender	Gen Pos	Age Grade %	Pace
5	<b>Simon JACKSON</b>	<b>34:37</b>	Ages 40 - 49	1	Male	5	82.87	3:28 min/km
35	<b>Ross GALLAGHER</b>	<b>39:18</b>	Ages 30 - 39	12	Male	29	68.54	3:56 min/km
56	<b>Andrew VAUGHAN</b>	<b>41:08</b>	Ages 50 - 59	8	Male	49	71.85	4:08 min/km
146	<b>Sam SIMMONS</b>	<b>45:46</b>	Ages 30 - 39	34	Male	120	56.99	4:38 min/km
185	<b>Tracy PEZ</b>	<b>48:00</b>	Ages 40 - 49	12	Female	39	68.91	4:50 min/km
188	<b>Abbie PEZ</b>	<b>48:04</b>	Under 20	5	Female	40	61.91	4:50 min/km
221	<b>David PATTMAN</b>	<b>49:16</b>	Ages 40 - 49	58	Male	172	57.10	4:59 min/km
232	<b>Georgie HOOPER</b>	<b>50:10</b>	Ages 30 - 39	16	Female	53	59.72	5:02 min/km

327	<b>Steven DOBNER</b>	<b>54:13</b>	Ages 40 - 49	85	Male	243	53.26	5:29 min/km
370	<b>Nicola ANDERSSON</b>	<b>56:06</b>	Ages 50 - 59	14	Female	101	60.02	5:40 min/km
408	<b>Jim BROWN</b>	<b>57:29</b>	Ages 60 - 69	19	Male	284	59.92	5:54 min/km
600	<b>Dzenana TOPIC</b>	<b>01:15:52</b>	Ages 50 - 59	54	Female	249	46.62	7:39 min/km
602	<b>Jonathan Clive JONES</b>	<b>01:15:57</b>	Ages 50 - 59	81	Male	351	40.83	7:39 min/km

### Tables – Spartan parkrunners on Saturday 16<sup>th</sup> April:

Parkrun	Position	Gender Position	Parkrunner	Time
Stevenage	1	1	Ciaran MCANENY	00:17:23
	17	1	Suzy HAWKINS	00:20:16
	51	42	Toby ECCLESHALL	00:23:01
	68	56	Danik BATES	00:24:01
	73	60	Martin DUDLEY	00:24:22
	79	65	Darren EMMERSON	00:24:50
	85	70	Vishal SHAH	00:25:01
	127	29	Fiona CLARKE	00:27:04
	128	94	Sam SIMMONS	00:27:05
	159	116	Matt CLARKE	00:28:21
	161	118	Jim BROWN	00:28:30
	168	41	Debbie BLANTERN	00:28:50
	225	70	Caroline CROFT	00:32:08
	237	77	Tracy HAYGARTH	00:33:08
	246	83	Hilary DAVIES	00:33:54
	266	98	Samantha SUTTON	00:35:39
	299	119	Helen HARRIS	00:52:46
	300	120	Vicky ARCHER	00:53:25
	301	121	Claire EMMERSON	00:53:26
Westmill	13	13	Paul MAGUIRE	00:23:46
	22	19	Andy JAY	00:25:21
Ferry Meadows	20	19	Steve WELLS	00:19:40
Wimpole Estates	100	82	Steven DOBNER	00:26:43

	101	83	David PATTMAN	00:26:48
Huntingdon	234	90	Linda GREENE	00:43:12
Brandon Country Park	33	28	James MCSWEENEY	00:26:15
Thomas Mills	46	18	Monica SMITHSON	00:31:20
	54	26	Stephen SMITHSON	00:34:34
Kralingse Bos	43	26	Darryl STEVENS	00:37:07
Henlow Bridge Lakes	77	48	Michael O'KEEFE	00:33:38

### **301 finishers at Stevenage**

#### **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](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)

**E N D S**

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

[www.fvspartans.org.uk](http://www.fvspartans.org.uk)

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

## Coming Events

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

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



- **Mob Match 10K in Welwyn Garden City on Wednesday evening 6<sup>th</sup> July.**
- **On July 9<sup>th</sup> it will be the milestone 250<sup>th</sup> Stevenage parkrun. Dress in green for the day as per the t-shirt colour as a theme.**
- **Race for Life in Stevenage on Sunday 10<sup>th</sup> July.**
- **Fairlands Valley Challenge off road in Stevenage on Sunday 17<sup>th</sup> July.**
- **Run Dorney 5K, 10K and half marathon events at Dorney Lakes on Sunday 17<sup>th</sup> July.**
- **Doug Anderson Memorial 5K in Bedford on Wednesday 20<sup>th</sup> July 2022.**
- **Relays in the Park, 3K stages in Stevenage (FVS) on Thursday evening 21<sup>st</sup> July.**
- **Hertfordshire County 10,000 metres championships (U20, senior and veterans – men and women) at Sandy on Thursday evening 28<sup>th</sup> July.**
- **St Albans Summer 10K on Sunday 14<sup>th</sup> August 2022.**
- **Clacton Half Marathon and 10K on Sunday 21<sup>st</sup> August.**
- **Dorney Events on Sunday 28<sup>th</sup> August.**
- **Bedford Running Festival 3<sup>rd</sup> and 4<sup>th</sup> 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 4<sup>th</sup> September. County 20 championship.**
- **Big Half (London) on Sunday 4<sup>th</sup> September 2022.**
- **Hatfield 5K. 7<sup>th</sup> September.**
- **Hatfield 5K. 14<sup>th</sup> September.**
- **Hatfield 5K. 21<sup>st</sup> September.**
- **Stevenage 10K (including county championships for veterans) on Sunday 18<sup>th</sup> September.**
- **Robin Hood Marathon and Half in Nottingham on Sunday 25<sup>th</sup> September.**
- **Bristol Half Marathon on Sunday 25<sup>th</sup> September.**
- **Oakley 20 in September (date to be announced).**
- **London Marathon on Sunday 2<sup>nd</sup> October 2022.**
- **Essex Marathon and Half (ATW) on Sunday 9<sup>th</sup> October.**
- **Willow 10K at Hatfield House on Sunday 9<sup>th</sup> October.**
- **Chelmsford Marathon on Sunday 16<sup>th</sup> October.**
- **Peterborough Great Eastern Run on Sunday 16<sup>th</sup> October.**

- **Beachy Head Marathon on Saturday 22<sup>nd</sup> October.**
- **Running GP at Bedford Autodrome on Sunday 23<sup>rd</sup> October.**
- **Hertfordshire Half Marathon (Knebworth House) on Sunday 30<sup>th</sup> October.**
- **Love Luton Half and 10K on Sunday 30<sup>th</sup> October.**
- **Stevenage Half Marathon (FVS. Includes county championships for veterans) on Sunday 6<sup>th</sup> November 2022. Entries are open.**
- **St Neots Half Marathon on Sunday 20<sup>th</sup> November.**
- **Possible FVS 5 and 10 mile handicap on Sunday 27<sup>th</sup> November.**
- **London Marathon on Sunday 23<sup>rd</sup> April 2023.**

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