



## **FESTIVE FREEZE**

### **Championship Update**

Many Spartans were looking forward to getting a five mile time on the list with the Festive Five at Welwyn Garden City but it was cancelled due to heavy snowfall. However with the rest of Fairlands Valley Spartans in the cold **CAROL PAUL** ran the Lanzarote marathon on Sunday in 4 hours 37 minutes 21 seconds in hot conditions with the occasional breeze.

#### **Championship Update**

With three weeks to go 234 different Spartans have at least one event completed in the short championships and 153 in the long championships.

**CRAIG HALSEY** leads the men's open short distance championship with 78.6% and is pursued by **SIMON JACKSON** on 76.8% and **GRANT RAMSAY** on 75.3%. However **ANDREW PATTERSON** is on 76.2% with just once race to complete. The short distance championship is calculated on the best runs in the year from three out of 1500 metres, five kilometres, five miles and 10 kilometres.

**SUZY HAWKINS** leads both women's long distance tables. In the open championship she has 68.3% compared with 63.1% for **NICOLA KENNEDY**; 61.4% for **ISABEL GREEN**; 57.2% for **HAZEL SMITH** just ahead of **KERSTIN WEINER** on 57.1%. The long distance championship consists of the three distances of 10 miles, half marathon, 20 miles and marathon.

Suzy also leads the age related championship. Her score is 70.9%. Just 0.04% separates **CAROL PAUL** second on 66.34% and **NICOLA KENNEDY** on 66.30%. **JAN FRY**, fourth, on 63.9% is just ahead of **CATHY CRAIG** on 63.8%. So far nineteen women have

completed a full qualifying series in the long distance championships. There's still for others to qualify.

**ALISON WOOD** leads the women's short distance championship with 73.3%, ahead of **SUZY HAWKINS** on 69.3% and **ISABEL GREEN** on 65.7% but there are several others "bubbling under" with just one run to complete including **RUTH REILLY** on 67.1%; **NICOLA KENNEDY** on 65.7%; **HANNAH NEALE** on 65.6%; **CLAIRE HADDLETON** on 65.3% and **MADDIE PRITCHARD** on 65.2%.

There are long and short distance championships for men and women, open and age related. The presentations will be made at Fairlands Valley Spartans' Annual Dinner, Presentation Evening and Dance on Friday 23<sup>rd</sup> February.

### Parkrun Highlights

At Stevenage parkrun **RICHARD SPRINGALL** was third finisher in 19:09 on a bitterly cold morning in Fairland Valley Park. **TIM SABAN** was the next Spartan finisher in 21:11, a new course PB. There was also a new Stevenage best for **ELLA GOWER**, finishing in 32:46.

Despite the cold there were twenty three Fairlands Valley Spartans at the Stevenage Parkrun. The others included **VERITY FISHER** volunteer tail runner in a chilly 55 minutes 23 seconds, **TRACY PEZ** in 26:57 and **VICTORIA BRETT** in 27:07.

Elsewhere **NATALIE LAWRENCE** was first woman (and 13<sup>th</sup> finisher overall) at Bognor Regis, crossing the line in 22:35, while **HANNAH NEALE** was second woman at Southwick in 22 minutes exactly.

### Coming Events

Fairlands Valley Spartans will be going into the third race of the cross country series with their women 8<sup>th</sup> out of the twenty teams – up from 12<sup>th</sup>, and their men fourth, up from sixth after the first event. The race will be at Willian at 10a.m. on Sunday 17<sup>th</sup> December.

Many Spartans will be enjoying a busy programme of races, social and training events over the next few weeks including:

- Cross Country League at Willian on Sunday 17<sup>th</sup> December.
- Witham Five on Tuesday 26<sup>th</sup> December.
- Buntingford Year End 10 on Sunday 31<sup>st</sup> December.
- New Year 10K in Hyde Park on Monday 1<sup>st</sup> January 2018.
- County Cross Country Championships at Cassiobury Park on Sunday 7<sup>th</sup> January.
- Cross Country League at Watford on Sunday 14<sup>th</sup> January.
- Fred Hughes 10 miles including county championships at St. Albans on Sunday 21<sup>st</sup> January.
- Southern Cross Country Championships on Saturday 27<sup>th</sup> January.
- Watford Half Marathon inc. veteran championships on Sunday 4<sup>th</sup> February.
- Bramley 20/10 (20 miles or 10 miles) on Sunday 11<sup>th</sup> February.
- St Valentine's 30K at Stamford on Sunday 11<sup>th</sup> February.
- Cross Country League at Royston on Sunday 18<sup>th</sup> February.
- Fairlands Valley Spartans Champions Night on Friday 23<sup>rd</sup> February.
- Baldock Beast on Sunday 25<sup>th</sup> February.
- Welwyn Half Marathon on Sunday 4<sup>th</sup> March.
- Finchley 20 miles (including Herts County) on Sunday 18<sup>th</sup> March.
- Oakley 20 miles on Sunday 18<sup>th</sup> March.
- Orion 15 at Chingford (Epping Forest) on Saturday 24<sup>th</sup> March.
- London Marathon on Sunday 22<sup>nd</sup> April.
- Stirling Marathon on Sunday 29<sup>th</sup> April.

## Tables

Full results from the parkruns of 9th December 2017 were as follows:

parkrun	Pos	Gen	parkrunner	Time	Notes
Stevenage	3	3	Richard SPRINGALL	00:19:09	3rd man

Stevenage	18	17	Tim SABAN	00:21:11	New course PB
Stevenage	19	18	Nick GILL	00:21:20	
Stevenage	25	24	Barry OSBORNE	00:22:03	
Stevenage	29	28	Martin DUDLEY	00:22:34	
Stevenage	30	29	Mark BEASLEY	00:22:39	
Stevenage	35	34	Dave SMITH	00:23:11	
Stevenage	43	40	Daniel SUTTON	00:24:16	
Stevenage	47	43	Lee PICKERSGILL	00:24:30	
Stevenage	54	50	David SCOTT	00:25:03	
Stevenage	74	11	Tracy PEZ	00:26:57	
Stevenage	77	12	Victoria BRETT	00:27:07	
Stevenage	83	69	Simon SYPULA	00:27:54	
Stevenage	86	71	James SOUTH	00:28:28	
Stevenage	98	78	Michael O'KEEFE	00:28:56	
Stevenage	107	26	Liz CARVELL	00:30:18	
Stevenage	108	27	Angie KEELING	00:30:21	
Stevenage	112	29	Tracy STILES	00:30:41	
Stevenage	116	31	Karen BROOM	00:30:59	
Stevenage	138	46	Ella GOWER	00:32:46	New course PB
Stevenage	156	57	Emma POULTER	00:36:55	
Stevenage	168	67	Chantal O'FLAHERTY	00:51:34	
Stevenage	170	69	Verity FISHER	00:55:23	Tail runner
Southwick	20	2	Hannah NEALE	00:22:00	2nd woman
Brockenhurst	122	79	Darryl STEVENS	00:42:10	
Bognor Regis	13	1	Natalie LAWRENCE	00:22:35	1st woman
Panshanger	45	39	Andy JAY	00:23:59	
Panshanger	49	43	Tim ROBINSON	00:24:09	
Panshanger	50	44	Paul WHYTE	00:24:10	

### **Join The Spartans**

**Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! The club was voted the UK's Best Running Club in 2010. It now has hundreds of members and encourages participation by all. The Spartans have a varied training programme to suit those who want to run 5 kilometres through to full marathons.**

**The Spartans weekday training sessions are on Tuesday and Thursday evenings. Go along to the new sports centre at Marriotts School – a Sports College, Telford Avenue, Stevenage (SG2 8UT) at 7p.m. Up to five running groups go out on training nights – there will be one to suit you!**

**The Spartan Starter group starts from Marriotts at 7.30p.m. every Monday (except public holidays) and 7p.m. every Thursday.**

**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 9.15a.m. There are events to enter every Sunday. Newcomers are very welcome – those who have not yet done very much running might prefer to start with a Thursday, Saturday or Monday session.**

**Try a few sessions before joining. Membership is only £41 per year which includes UKA affiliation. Concessions are available. 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); Ken Jude (07783 597182); Claire Pullen 0790 001 6094 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; Ken Jude 07783 597182 and 01438 816889 or Claire Pullen (Secretary) 0790 001 6094.**

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