



## **SPECTACULAR STIRLING MWL Wednesday**

On a visit back to Stirling where he worked before coming to Stevenage Jim Brown ran the inaugural Stirling Scottish Marathon in a Good For Age qualifying and season's best time of 3 hours 46 minutes 32 seconds. He was ninth in his category and 863<sup>rd</sup> out of about 4300 finishers. Roger Biggs finished in 5:13:48. The course was beautiful, starting in Blairdrummond Safari Park, passing the Wallace Monument and finishing below Stirling Castle. Despite some drizzle conditions were almost perfect for runners. A team of Spartans will be at next week's Edinburgh Marathon.

### **Best for Tim**

**TIM SABAN** ran the Chester Half in a new personal best (PB) of 1:31:39.

### **Hoohah Harris**

There was a tough course for Wimpole Hoohah but **JOHN HARRIS** was second man 50 plus in 43:04.

### **Portchester 10K**

And **JENNY GARRETT** ran the Portchester 10K, near Portsmouth, in 54:02.

### **Battersea Bowker**

**David Bowker went to Battersea Park on Tuesday for the monthly Veterans' Athletic Club five miles race walk league. He finished fourth overall and second man in a recent personal best of 50 minutes 11 seconds.**

### **Spartans Host Race in Stevenage This Wednesday**

**Hundreds of runners will race around Stevenage on Wednesday evening as Fairlands Valley Spartans are hosting the second race in the 2017 Mid Week Road Race League series. Over about ten kilometres the finish will be in Fairlands Valley Park,**

### **Parkrun Reports**

**Stevenage parkrun saw its second largest ever field on Saturday and MIKE GREEN was the leading Spartan, finishing 9<sup>th</sup> in 19mins 11secs. BRIAN WHITE was 11<sup>th</sup> in 19:36 and NICK GILL 27<sup>th</sup> in 21:13, both achieving new course PBs. GARETH COWELL just missed a top 30 slot in 21:31 but notched a new course PB too. The other Spartan men were MARTIN DUDLEY (22:29), PAUL MAGUIRE (22:48, new course PB), MARK BEASLEY (23:24), DARREN EMMERSON (23:26), TIM ROBINSON (25:29), KARTIK SHARMA (25:57), ROBERT EVANS (26:56), SELVAN NAICKER (31:37) and DAVE PEACH (36:30 on his parkrun debut).**

**For the women, there was a fantastic course PB for HAZEL SMITH who followed up her recent 10k PB in the midweek league by smashing more than a minute and a half off her previous best here. She finished 6<sup>th</sup> woman in 23:26. NIKKI WILBY was 13<sup>th</sup> in 24:56, CAROL PAUL 22<sup>nd</sup> in 26:24 and CALLIE CHAPMAN 28<sup>th</sup> in 27:02. KAREN PALMER (28:31) and SALLY PHILLIPS (30:42, a new course PB) were the other Spartan women.**

**In the other local parkruns, ANDY JAY ran at Panshanger finishing in 25:20, while VERITY FISHER was 15<sup>th</sup> woman at Ellenbrook Fields in 24:44, a new course PB. Heading in to Essex, JOHN ROXBOROUGH finished in 23:24 at Hatfield Forest, and BARRY OSBORNE was 8<sup>th</sup> at Great Notley in 21:45.**

Finally, DANIEL SUTTON finished in 25:37 at Coventry, and HAYLEY BIRONNEAU crossed the line in 26:38 at Poole parkrun.

### **Something Completely Different**

Something completely different. On Sunday JENNY PAUL the PARAS 10 with her dog.

She finished in 1 hour 52 minutes 28 seconds. A bit slower than a normal ten mile race due to obstacles, wees etc. (dog, not Jenny) lots of water stops for dog as it was very hot. A fun course across the army training ground at Colchester barracks including swamp, water (swimming for dog) and plenty of mud. The Red Devils flew in at the start, gunfire around the course. She says it was a fab race.

### **Coming Events**

Many Spartans will be enjoying a busy programme of races, social and training events over the next few weeks. The opportunities include the County 1500 and other track championships in Stevenage on Monday 1<sup>st</sup> May. Others are:

- Second Mid Week Road Race League in Stevenage on Wednesday 24<sup>th</sup> May.
- EMAC Track and Field at Cambridge on Wednesday 7<sup>th</sup> June.
- Third Mid Week Road Race League in Hitchin on Wednesday 14<sup>th</sup> June.
- Herts Veteran 10K Championships at Welwyn on Sunday 25<sup>th</sup> June.
- Fourth Mid Week Road Race League from Ridlins on Wednesday 28<sup>th</sup> June.
- EMAC Track and Field at Milton Keynes on Wednesday 5<sup>th</sup> July.
- Mob Match at Welwyn Garden City on Thursday 13<sup>th</sup> July.
- Fairlands Valley Challenge from Stevenage on 15<sup>th</sup> and 16<sup>th</sup> July
- EMAC Track and Field at Stevenage on Wednesday 26<sup>th</sup> July.
- Fairlands Valley Relays in Stevenage on Thursday 27<sup>th</sup> July.
- Herts Senior 5K Championships at Hatfield on Wednesday 30<sup>th</sup> August.
- Herts Veteran 5K Championships at Hatfield on Wednesday 13<sup>th</sup> September.
- Herts Senior 10K Championships at Standalone on Sunday 1<sup>st</sup> October.
- Peterborough Half Marathon on Sunday 8<sup>th</sup> October.

- **Stevenage Half Marathon on Sunday 22<sup>nd</sup> October.**
- **St Neots Half Marathon on Sunday 19<sup>th</sup> November. Enter fast.**
- **Hertfordshire Five Mile Championship for Veterans at Hatfield on Sunday 26<sup>th</sup> Nov.**
- **Bass Belle 10 near Royston on Sunday 26<sup>th</sup> November.**

### **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 £39 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); or Karen Palmer (07734678566) 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; Andy Neatham 0777 197 5499 and  
01438 816889 or Karen Palmer (Secretary) 0773 467 8566**

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