

News Release

27th November 2017

FAMOUS FAIRLANDS AT FIVE

Hatfield * Wolverton * Bass Belle

There were 21 Spartans winning three golds, two silvers and lots of new personal bests (PB) at Sunday's Hatfield Five. The race included the Hertfordshire five mile championship for veteran runners.



BRIAN WHITE won **GOLD** for men aged 60 plus with a fantastic 31 minutes 21 seconds. He says he has room for improvement! This year he has won County Gold at 5K, 5 miles, 10 miles and half marathon but only silver in the 10K! Then **BARRY OSBORNE** made it a Spartan one two by taking **SILVER** in the same category with 32:37.

ALISON WOOD won **GOLD** for women 45 to 54 with 33 minutes 15 seconds and **IRIS HORNSEY** **GOLD** for 75 plus with 49:14. **JULIE SIMMONS** took the **SILVER** for women 55 plus with 39:22.

There were new personal bests from SIMON JACKSON fourth 40 plus in 28:00; STEVE GREEN 31:31; ISABEL GREEN 36:34; and KAREN BROOM 46:49.

SUZY HAWKINS and CAROL PAUL just missed out on a medal. Suzy was fourth 35 plus in 33:48 and Carol fourth 55 plus with 43:34. LEE PICKERSGILL and SIMON SYPULA ran their first ever five mile races in 39:10 and 40:11 respectively.

Other Spartans included JOHN HARRIS 32:56; STUART ARCHER 33:18; ANDY JAY 38:13; STEPHANIE MAYFIELD 43:59; SHARON CROWLEY 44:28; KELLY CHAPMAN 1:01:16; CAREN THAIN 1:01:16 and TREVOR BROOM 1:01:41.

Changes at FVS

Fairlands Valley Spartans held their AGM on Friday. SOPHIE COWAN is the new chair and BEV HARLOW president. CLAIRE PULLEN is secretary and ISSY GREEN continues as treasurer. KIERAN FEETHAM is the new head coach with NIKKI WILBY and PETE SMITH as the two assistant head coaches. JOHN NELMS takes over as membership secretary.

Women and men of all abilities are very welcome. Fairlands Valley Spartans offer training sessions on five days every week including free to members coached sessions at Ridlins track on Saturday mornings. The club is affiliated to United Kingdom Athletics giving access to hundreds of events and competitions every year.

Wolverton Five

The first five mile race of the weekend was the Wolverton Five at Milton Keynes on Saturday. CRAIG HALSEY cut his personal best by over a minute to finish tenth in 26 minutes 25 seconds. Yuko Gordon won her age category with 36:48.

Kerstin Weiner has now run a personal best (PB) at every standard road race distance this year. She finished with ANDY PRIOR in 40:53.

PAUL HOLGATE's 47.30 shows he is continually improving after his accident.

The Wolverton Five is held on a Saturday afternoon, 250 participants, relatively flat course which is fast as long as the wind doesn't whip off the lakes – it was a bit cold though!!

Bright and Sunny Bass Belle

It was bright and breezy for Sunday's Bass Belle ten mile race at Bassingbourn. Spartan GRANT RAMSAY beat the hour and was third out of the 370 runners in 59 minutes 6 seconds. TOM SAUKA was next in with 1:11:52.

The fastest female from Fairlands was RUTH REILLY in 1:13:34 with MADDIE PRITCHARD not far behind in 1:15:57.

Eleven other Spartan women took part. They were KAREN ELLIS 1:22:02; CLAIRE EMMERSON in a new personal best of 1:22:33; HAZEL SMITH running her first ten mile race in 1:23:24; JENNY GARRETT in a new PB of 1:26:36; JACKIE DOWNES cutting her PB at the Great South Run by 8 minutes to 1:27:28; JULIE SHADBOLT 1:28:14; ERICA GRAYSON 1:28:27; SUE HAMER in 1:42:03 and JAN FRY in 1:44:19.

NEIL ROBINSON finished in 1:25:06; STEVE PIKE in 1:27:19 and PAUL HOLGATE in 1 hour 41 minutes 38 seconds.

Serpentine

Mild and still conditions encouraged some great runs in Hyde Park on Friday. MADDIE PRITCHARD recorded 21 minutes 17 seconds for the Serpentine 5K. There were 249 runners in the lunch-time event.

Owler Marathon

ROGER BIGGS ran the Owler Marathon on Sunday. This was a multi terrain marathon from Ashford Athletics Track with two laps set in the surroundings of Conningbrook Lakes

Country Park, and the quiet roads of Brook. A combination of quiet roads, tracks and muddy paths. Roger Biggs completed the two laps in 5:46:17.

Parkrun Highlights

It was a quiet week for parkruns with a number of Spartans lining up in the Bass Belle 10 and Hatfield 5 races the following day.

The quickest Spartan parkrunner of the week was ASHLEY SCHOENWETTER who was first woman to finish at Stevenage in a new course PB of 20 mins 34 secs. JO BOWDERY also finished in the top 10 running with her dog in 24:31. DAVID SCOTT was first Spartan man to finish in 24:32 with CHRIS HOLLAND also running sub-25 despite stopping to help a young lad who was in a collision with a cyclist, the lad then bravely continuing to finish in front of Chris!

VERITY FISHER was second woman at Torbay Velopark in a time of 23:18. Last week's furthest away parkrunner got even further. Now in New Zealand PENNY SCHENKEL ran the Hagley Parkrun, Christchurch 11,763 kilometres away in 27 minutes 6 seconds.

Coming Events

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

- Herts Sports Partnership Awards at Hatfield on Tuesday 28th November.
- Bedford Harriers Half Marathon on Sunday 3rd December.
- Spartans Christmas Party with an 80s theme on Friday 8th December.
- Festive Five at Welwyn Garden City on Sunday 10th December.
- Cross Country League at Willian on Sunday 17th December.
- Witham Five on Tuesday 26th December.
- Buntingford Year End 10 on Sunday 31st December.
- New Year 10K in Hyde Park on Monday 1st January 2018.
- County Cross Country Championships at Cassiobury Park on Sunday 7th January.

- Cross Country League at Watford on Sunday 14th January.
- Fred Hughes 10 miles including county championships at St. Albans on Sunday 21st January.
- Southern Cross Country Championships on Saturday 27th January.
- Watford Half Marathon inc. veteran championships on Sunday 4th February.
- Bramley 20/10 (20 miles or 10 miles) on Sunday 11th February.
- St Valentine's 30K at Stamford on Sunday 11th February.
- Cross Country League at Royston on Sunday 18th February.
- Baldock Beast on Sunday 25th February.
- Welwyn Half Marathon on Sunday 4th March.
- Finchley 20 miles (including Herts County) on Sunday 18th March.
- Oakley 20 miles on Sunday 18th March.
- Orion 15 at Chingford (Epping Forest) on Saturday 24th March.
- London Marathon on Sunday 22nd April.
- Stirling Marathon on Sunday 29th April.

Tables

Hatfield Five

Pos	Name	Net Time	Category	Cat Pos	Gender	Gen Pos	County and Comments
14	SIMON JACKSON	28:00	M40	4	Male	14	4 th MV40. PB
65	BRIAN WHITE	31:21	M60	2	Male	61	Gold M60
69	STEVE GREEN	31:31	M40	15	Male	64	PB (5 seconds)
93	BARRY OSBORNE	32:37	M60	3	Male	87	Silver M60
99	JOHN HARRIS	32:56	M50	14	Male	93	
106	ALISON WOOD	33:15	W50	1	Female	7	Gold W45
113	STUART ARCHER	33:18	Senior	61	Male	105	
119	SUZY HAWKINS	33:48	W40	3	Female	12	4 th W35
173	ISABEL GREEN	36:34	Lady	15	Female	27	PB (2:40)
204	ANDY JAY	38:13	M50	24	Male	167	
227	JULIE SIMMONS	39:22	W60	2	Female	45	Silver W55
230	LEE PICKERSGILL	39:10	Senior	92	Male	184	First 5 miles
247	SIMON SYPULA	40:11	M40	56	Male	196	First 5 miles
326	CAROL PAUL	43:34	W50	16	Female	90	4 th FV55
347	STEPHANIE MAYFIELD	43:59	W40	37	Female	102	
360	SHARON CROWLEY	44:28	W50	19	Female	107	
407	KAREN BROOM	46:49	W40	49	Female	131	PB
450	IRIS HORNSEY	49:14	W70	1	Female	161	Gold W75

551	KELLY CHAPMAN	1:01:16	W40	93	Female	244	
552	CAREN THAIN	1:01:16	W40	94	Female	245	
556	TREVOR BROOM	1:01:41	M50	57	Male	309	

Bass Belle Bassingbourn (10 miles)

Position	Name	Time	Comments
3	GRANT RAMSAY	59:06	2nd MV40
43	THOMAS SAUKA	1:11:52	
56	RUTH REILLY	1:13:34	4th in category
72	MADELEINE PRITCHARD	1:15:57	4th in category
141	KAREN ELLIS	1:22:02	
144	CLAIRE EMMERSON	1:22:33	PB
154	HAZEL SMITH	1:23:24	First ten miles
167	NEIL ROBINSON	1:25:06	
192	JENNY GARRETT	1:26:36	PB
198	JACKIE DOWNES	1:27:28	PB (8 minutes)
201	STEVE PIKE	1:27:19	
212	JULIE SHADBOLT	1:28:14	PB
215	ERICA GRAYSON	1:28:27	
285	CATHY CRAIG	1:39:00	
301	PAUL HOLGATE	1:41:38	
304	SUE HAMER	1:42:03	
317	JAN FRY	1:44:19	

Parkruns, Saturday 25th November:

parkrun	Pos	Gen	parkrunner	Time	Notes
Newcastle	257	194	Roger HARDMAN	00:28:27	
Torbay Velopark	34	2	Verity FISHER	00:23:18	2nd woman
Torbay Velopark	58	48	Daniel SUTTON	00:24:54	
Winchester	291	177	Darryl STEVENS	00:40:46	
Stevenage	12	1	Ashley SCHOENWETTER	00:20:34	1st woman, new course PB
Stevenage	61	9	Jo BOWDERY	00:24:31	
Stevenage	63	54	David SCOTT	00:24:32	
Stevenage	64	55	Chris HOLLAND	00:24:37	
Stevenage	79	69	Barry OSBORNE	00:25:55	
Stevenage	91	14	Tracy PEZ	00:26:43	
Stevenage	101	17	Karen PALMER	00:27:14	
Stevenage	134	103	James SOUTH	00:29:13	
Stevenage	215	81	Chantal O'FLAHERTY	00:49:15	First parkrun

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 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 visit their website 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 2017-2018) Number TBA.

www.fvspartans.org.uk