



GOOD FRIDAY EASTER 10 Mad March Comes To An End

To finish their month of mad march races (they had planned a race every weekend but the snow meant one was cancelled) ERICA GRAYSON and TIM SABAN headed to Richmond Park for a very well organised hilly and slightly muddy 5K race.

Tim was first man home in a time of 21 minutes 17 seconds (second place overall) and was awarded a trophy.

Erica came home in a time of 27min 16 sec. No trophy for her but she was second in her age group, 11th overall and very happy with that. They managed to defy all the odds with a dry race.

Easter 10

The Maidenhead Easter 10 has become something of a Good Friday pilgrimage over the years. Spartan PENNY SCHENKEL aimed to average 6 minutes per kilometre and achieved that for her first ten mile race with a finishing time of 1 hour 35 minutes 53 seconds (5.96 minutes per kilometre for 16.09 kilometres).

JIM BROWN ran his fastest ten mile race for at least ten years with 1 hour 21 minutes 40 seconds to finish just before the rain started. The popular local club organised event had 1,239 finishers.

Second in Suffolk

YUKO GORDON ran the marathon Great Barrow Challenge Marathon, Friday morning in 3 hours 38 minutes 11 seconds. She was second woman.

David Bowker On Track

In contrast DAVID BOWKER was on a flat track as he ran the Herts Phoenix open 1500 in 5 minutes 30 seconds.

Parkrun Highlights 31st March 2018

The final day of March saw 19 Fairland Valley Spartans take part in the weekly Parkrun event. Stevenage drew the largest crowd with DANNY SCANLON completing his 80th Parkrun in 19 minutes and 57 seconds and LEE PICKERSGILL his 30th in a time of 24 minutes and 50 seconds. Top 50 finishes were recorded for MARTIN DUDLEY in 22 minutes and 42 seconds, RYAN DUNNING in 23 mins and 58 secs, and BARRY OSBORNE in 24 mins and 24 secs. They were closely followed by STEVEN DOBNER completing the course in 27 mins and 55 secs, MICHAEL O'KEEFE in 28 mins and 21 secs, DAVID SCOTT in 28 mins and 58 secs, LIZ GUEMACHE in 29 mins and 47 secs, ANGIE KEELING in 30 mins and 07 secs, and NIKI PLUMB in 36 mins and 20 secs.

In Letchworth VERITY FISHER was the first female home in 25 minutes and 59 seconds, joined by DANIEL SUTTON in the 10th male position in 23:56. Another first female position fell to MADELEINE PRITCHARD at the Beckton event with a time of 23:35.

While JOHN ROXBOROUGH's 60th Parkrun took place on the Panshanger course, which he finished in 21 mins and 49 secs, first time runs at new venues saw JAMES SOUTH complete the Lanhydrock course in 38 mins and 17 secs, and DARRYL STEVENS run the Hogsmoor Inclosure event in 54 mins and 58 secs. TRACY STILES managed to avoid the mud at Houghton Hall completing the course in 30 mins and 54 secs, and ROGER HARDMAN finished the Newcastle run in 27:53.

Club Training Twenty

Many Spartans prepared for Spring marathons by enjoying Fairlands Valley Spartans club training 20 mile run on Friday morning.

Coming Events

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

- **Sandy Ten on Sunday 8th April.**
- **London Marathon on Sunday 22nd April.**
- **Flitwick 10K on Sunday 29th April.**
- **Stirling Marathon on Sunday 29th April.**
- **EMAC track and field event one at Stevenage on Wednesday 2nd May.**
- **County open 1500 and veteran track and field championships on Monday 7th May.**
- **Pednor Five including county championships for veterans on Monday 7th May.**
- **Mid Week Road Race League race one 6 miles in Epping Forest on Thursday 10th May at 7.30p.m.**
- **Mid Week Road Race League race two 10K in St. Albans on Thursday 24th May.**
- **Edinburgh Marathon on Sunday 27th May.**
- **Hatfield Broad Oak 10K on Monday 28th May.**
- **EMAC track and field event two at Bedford on Wednesday 6th June.**
- **Mid Week League Race 3 8K in Trent Park on Thursday 7th June.**
- **Welwyn 10K including senior county championships on Sunday 24th June.**
- **Mid Week League Race 4 in Stevenage on Wednesday 27th June.**
- **EMAC track and field event three at Cambridge on Wednesday 4th July.**
- **County Track 10K Championships on Thursday 5th July (tbc).**
- **Mid Week League Mob Match on 12th July.**
- **Fairlands Valley Challenge off road on Sunday 15th July.**
- **EMAC track and field event four at Milton Keynes on Wednesday 1st August.**
- **Welwyn Half Marathon on Sunday 9th September (new date).**
- **Standalone 10K on Sunday 7th October.**
- **Peterborough Half Marathon (GER) on Sunday 14th October.**
- **Abingdon Marathon on Sunday 21st October.**
- **Stevenage Half Marathon on Sunday 4th November.**

- **St Neots Half Marathon on Sunday 18th November.**

Tables

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Newcastle	236	189	Roger HARDMAN	00:27:53	
Stevenage	6	6	Danny SCANLON	00:19:57	
	26	25	Martin DUDLEY	00:22:42	
	43	40	Ryan DUNNING	00:23:58	
	50	47	Barry OSBORNE	00:24:24	
	52	49	Lee PICKERSGILL	00:24:50	
	106	86	Steven DOBNER	00:27:55	
	112	90	Michael O'KEEFE	00:28:21	
	120	94	David SCOTT	00:28:58	
	141	33	Liz GUEMACHE	00:29:47	
	145	35	Angie KEELING	00:30:07	
	212	76	Niki PLUMB	00:36:20	
Houghton Hall	92	17	Tracy STILES	00:30:54	
Beckton	8	1	Madeleine PRITCHARD	00:23:35	
Lanhydrock	230	160	James SOUTH	00:38:17	
Panshanger	22	21	John ROXBOROUGH	00:21:49	
Letchworth	10	10	Daniel SUTTON	00:23:56	
	17	1	Verity FISHER	00:25:59	
Hogmoor Inclosure	143	87	Darryl STEVENS	00:54:58	

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); Claire Pullen 0790 001 6094 or visit their website www.fvspartans.org.uk

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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