



## **95.7% AT SOGGY SANDY**

### **Sub 3 Todd \* Sunshine in Ibiza & Paris plus Spartans Between the Lines**

At the soggy Sandy 10 mile race on Sunday morning Spartan YUKO GORDON won her category in 73 minutes 31 seconds which gave her an amazing age related score of 95.7%. She said her time was only 1 minute and 44 seconds off from UK's all time best for women 65 plus for 10 Miles, maybe next time. She felt her legs were heavy from Great Barrow marathon last week. Yuko was awarded the Roger Wadeley trophy for her age graded 95.7%. She was worried about gels and water stations before the race but took no gel nor water during this race. And she says she is getting more nervous about the London Marathon each day.

Both TREVOR and KAREN BROOM ran the Sandy 10 mile on Sunday. It was Trevor 's first official race and he ran the whole 10 miles without stopping and finished in 1.53.33. Karen finished just behind him in 1.53.56.

JULIE SHADBOLT ran a new personal best of 1:27:31 and TRUDIE MOLLOY a PB of 1 hour 29 minutes. BARRY KING ran his fastest “10” since turning 50 – 1:29:11.

Altogether Fairlands Valley Spartans had eleven runners. DANNY SCANLON was quickest from the club in 1 hour 8 minutes 12 seconds. Yuko was second but JIM BROWN was third in 1:22:04. Next came JULIE SIMMONS with a high scoring 1:26:45. KAREN PALMER came in just ahead of Julie in 1:27:30 and JOANNA WALKER beat the two hours with 1:59:45.

### **Todd Goes Sub Three As Spring Marathons Take Off**

On his twelfth attempt and following several near misses Spartan TODD GRAY joined the marathon sub three club at the Manchester Marathon on Sunday when he finished in 2

hours 58 minutes 36 seconds. He was 359<sup>th</sup> out of the 20,378 finishers. Two other Spartans were there JOHN ADAMSON with 3:53:38 and ROBERT WRIGHT in 4:41:33.

The Spring marathons are really getting going. Three Spartans flew off to the party isle of Ibiza to take part in the second Ibiza marathon and 12k

Carol Paul came second in her age group in the marathon and Erica Grayson got a new PB by nearly 13 mins of 4hrs 25min 7 sec.

Emma Martin ran the 12k enjoying the sunshine and support.

Erica and Carol said the Ibiza Marathon was a well organised and supported event. They recommend it even in the heat and with the 15K of incline.

Tim Robinson journeyed to Paris for his third time of running the Marathon De Paris. Most of his spring training in the UK has been in sub zero temperatures and Tim suffered again with the heat but managed to finish in a time of 5:01:57.

London is on Sunday 22<sup>nd</sup> April and the Spartans have booked two coaches.

### Track and Field

Stevenage and North Herts Athletics Club welcomed nine Spartans to their open meeting at Ridlins on Saturday afternoon. Eight competed in the 1500 metres in which STUART HAYCROFT was fastest in 5 minutes 6.57 seconds followed by ALISON WOOD in 5:24.80 and CRAIG BACON in 5:36:14. ANDY JAY was determined to get under 6 minutes and did it with 5 minutes 57.92 seconds.

In the “B” race PENNY SCHENKEL ran a new personal best of 7 minutes 4.24 seconds; “stuck” at not much more than marathon pace JIM BROWN came in with 7:14.90 closely pursued by MONICA SMITHSON in 7:19.65. PAUL HOLGATE ran the three and three quarter laps between the white lines in 7:45.65.

**Congratulations to Stephanie Mayfield who did the pole vault. She set a personal best and club record of 2 metres 10 centimetres. Some Spartans will be back at Ridlins for the county track and field championships on Monday 7<sup>th</sup> May.**

### **Harlow 10K**

**GRANT RAMSAY was fourth out of the 325 finishers in the Harlow 10K in 35 minutes 38 seconds.**

### **Bournemouth Bay Run**

**LEE PICKERSGILL finished the Bournemouth Bay Run 10K in 49:15 close to a PB (personal best) but the cliff climb at 5K was tough.**

### **South Downs Way**

**John NELMS (and 399 others) ran the 50 mile South Downs way race on Saturday. Weather was perfect with light wind and clear skies. Some beautiful views across the south coast from the top of the ridge. He finished comfortably in 10 hours 35 mins. That's his last long training run done for the upcoming Thames Path 100 miler in four weeks.**

### **Parkrun Highlights 7<sup>th</sup> April 2018**

**Congratulations to Daniel SUTTON and Verity FISHER who ran their first parkrun as a married couple in Barry Curtis, New Zealand with times of 22:23 and 24:55 respectively. Two others travelled overseas this weekend, Adrian DONNELLY ran Malahide in Dublin in 21:01 and Madeleine PRITCHARD ran Hasenheide in Berlin with a time of 32:41.**

**More locally, 11 Spartans ran in their stripes for the first Saturday of the month in Stevenage with 4 achieving new PBs. Danny SCANLON was 4<sup>th</sup> finisher with 19:20 PB, David SCOTT completed in 22:35 PB, Jonathon JONES 24:01 PB and Niki PLUMB 35:25 PB. Jo BOWDERY was 3<sup>rd</sup> female in a time of 23:23. Other Spartans to complete the**

course included Barry OSBORNE 20:56, Martin DUDLEY 22:30, Calantha CHAPMAN 28:29, Steven DOBNER 29:20, Sally PHILLIPS 31:54 and Karen BROOM 32:03.

Others to run this weekend included 1<sup>st</sup> place Dan MCALPINE with a time of 17:10 at Luton Wardown. Natalie LAWRENCE completed Houghton Hall, third position overall, first female, in a time of 19:24. Completing their 10th Parkruns, Hannah NEALE (28:17) and Alexandra WHITEHOUSE (34:20) competed Market Horborough parkrun, Roger HARDMAN completed Newcastle in 27:42, and Michael O'KEEFE completed Westmill in a time of 28:28.

### Decathlon 5K

On Sunday CAROLE SHELDRIK enjoyed the Stevenage Decathlon 5k race with Caroline Croft and many other Spartans. She said it wasn't the easiest 5k she's run, Stevenage likes to make us work hard with all those lovely Stevenage hills. Carole finished in 27:49 with CAROLINE CROFT in 30:12. SIMON SYPULA had a bit of fun during his 26:45 while SAM SIMMONS, recently back from injury, achieved 27:52.

### Second Capital Challenge

On Saturday Sharon and Mike Crowley completed the 2nd Capital Challenge. This was a LDWA event around London. It started on the South Bank taking in some familiar sites, but passing through some hidden gems. The walk was surprisingly hard with 2000 feet of climb, they finished the 27.6 miles in 7hrs 47, finishing in the Olympic Park. (LDWA = Long Distance Walkers' Association).

### Coming Events

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

- Victoria Park 5 Miles on Saturday afternoon 14<sup>th</sup> April.
- London Marathon on Sunday 22<sup>nd</sup> April.

- **Flitwick 10K on Sunday 29<sup>th</sup> April.**
- **Stirling Marathon on Sunday 29<sup>th</sup> April.**
- **EMAC track and field event one at Stevenage on Wednesday 2<sup>nd</sup> May.**
- **County open 1500 and veteran track and field championships on Monday 7<sup>th</sup> May.**
- **Pednor Five including county championships for veterans on Monday 7<sup>th</sup> May.**
- **Mid Week Road Race League race one 6 miles in Epping Forest on Thursday 10<sup>th</sup> May at 7.30p.m.**
- **Mid Week Road Race League race two 10K in St. Albans on Thursday 24<sup>th</sup> May.**
- **Edinburgh Marathon on Sunday 27<sup>th</sup> May.**
- **Hatfield Broad Oak 10K on Monday 28<sup>th</sup> May.**
- **EMAC track and field event two at Bedford on Wednesday 6<sup>th</sup> June.**
- **Mid Week League Race 3 8K in Trent Park on Thursday 7<sup>th</sup> June.**
- **St Albans Half Marathon on Sunday 10<sup>th</sup> June.**
- **Welwyn 10K including senior county championships on Sunday 24<sup>th</sup> June.**
- **Mid Week League Race 4 in Stevenage on Wednesday 27<sup>th</sup> June.**
- **EMAC track and field event three at Cambridge on Wednesday 4<sup>th</sup> July.**
- **County Track 10K Championships on Thursday 5<sup>th</sup> July (tbc).**
- **Mid Week League Mob Match on 12<sup>th</sup> July.**
- **Fairlands Valley Challenge off road on Sunday 15<sup>th</sup> July.**
- **EMAC track and field event four at Milton Keynes on Wednesday 1<sup>st</sup> August.**
- **County 5K Senior Championships at the Hatfield 5K on Wednesday 5<sup>th</sup> September.**
- **Welwyn Half Marathon on Sunday 9<sup>th</sup> September (new date).**
- **County 5K Vets Championship at the Hatfield 5K on Wednesday 19<sup>th</sup> September.**
- **Hatfield 5K (Open Race) on Wednesday 3<sup>rd</sup> October.**
- **Standalone 10K on Sunday 7<sup>th</sup> October.**
- **Peterborough Half Marathon (GER) on Sunday 14<sup>th</sup> October.**
- **Abingdon Marathon on Sunday 21<sup>st</sup> October.**
- **Stevenage Half Marathon on Sunday 4<sup>th</sup> November.**
- **St Neots Half Marathon on Sunday 18<sup>th</sup> November.**

## Tables

## Sandy Ten

Pos	Name	Cat Pos.	Category	Chip Time	Age % Perf	Comments
56	<b>Danny SCANLON</b>	20.	SM	1:08:12.7	65.1%	
97	<b>Yuko GORDON</b>	1.	FV65	1:13:31.0	95.7%	FV65 and graded winner
212	<b>Jim BROWN</b>	21.	MV60	1:22:04.3	68.8%	
265	<b>Julie SIMMONS</b>	9.	FV55	1:26:45.9	73.4%	
270	<b>Karen PALMER</b>	26.	FV45	1:27:30.1	64.9%	
271	<b>Julie SHADBOLT</b>	27.	FV45	1:27:31.4	64.8%	PB (Personal Best)
301	<b>Trudie MOLLOY</b>	35.	FV45	1:29:00.8	60.2%	PB (Personal Best)
302	<b>Barry KING</b>	59.	MV50	1:29:11.4	55.6%	Quickest since 50
471	<b>Trevor BROOM</b>	72.	MV50	1:53:33.2	44.8%	
473	<b>Karen BROOM</b>	75.	FV45	1:53:56.3	48.6%	
487	<b>Joanna WALKER</b>	36.	SF	1:59:45.4	41.3%	

## Parkruns

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Barry Curtis	15	15	Daniel SUTTON	00:22:23	Auckland New Zealand
Barry Curtis	36	4	Verity FISHER	00:24:55	Auckland New Zealand
Hasenheide	149	43	Madeleine PRITCHARD	00:32:41	Berlin
Houghton Hall	3	1	Natalie LAWRENCE	00:19:24	
Luton Wardown	1	1	Dan MCALPINE	00:17:10	
Malahide	34	30	Adrian DONNELLY	00:21:01	Dublin
Market Harborough	200	48	Hannah NEALE	00:28:17	10th Parkrun
Market Harborough	320	118	Alexandra WHITEHOUSE	00:34:20	10th Parkrun
Newscastle	301	238	Roger HARDMAN	00:27:42	
Stevenage	4	4	Danny SCANLON	00:19:20	New PB
Stevenage	10	10	Barry OSBORNE	00:20:56	

Stevenage	28	27	Martin DUDLEY	00:22:30	
Stevenage	29	28	David SCOTT	00:22:35	New PB
Stevenage	40	3	Jo BOWDERY	00:23:23	
Stevenage	49	44	Jonathan JONES	00:24:01	New PB
Stevenage	122	29	Callie CHAPMAN	00:28:29	
Stevenage	133	101	Steven DOBNER	00:29:20	
Stevenage	154	39	Sally PHILLIPS	00:31:54	
Stevenage	158	43	Karen BROOM	00:32:03	
Stevenage	195	65	Niki PLUMB	00:35:25	New PB
Westmill	30	24	Michael O'KEEFE	00:28:28	

### **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)**