



**Fairlands Valley Spartans
Running Club**

Affiliated to UK Athletics and the Association of Running Clubs

News Release

2nd January 2018

DOZENS OF SPARTANS RACE CHRISTMAS & NEW YEAR

Year End Buntingford * Ely * Pirton Winner

YUKO GORDON won her category by a mile in the Buntingford Year End 10 on New Year's Eve. In fact it was by a lot more than a mile as she was 14 minutes ahead of her nearest competitor. She was first female veteran, 65 plus with an amazing 1 hour 14 minutes 1 second.

Fifteen from Fairlands Valley Spartans tackled the undulating course. No ice this year and no rain but a strong headwind in places and the roads were very wet and pavements slippery with damp leaves after recent downpours.

MARK COLLINS was first in for FVS with 1:09:56 and **THOMAS SAUKA** ran a new personal best of 1 hour 11 minutes 17 seconds. The second female from Fairlands was **MADDIE PRITCHARD** in 1:19:11. **JIM BROWN** ran a season's best 1:22:35 and was fourth veteran, 65 plus.

CALLIE CHAPMAN completed her first ever 10 mile race in 1:43:03. The other Spartans were **JOHN HARRIS** 1:12:54; **ANN TRYSSESOONE** 1:26:21, **JO BOWDERY** 1:28:44; **DAVID SCOTT** 1:29:40; **NEIL ROBINSON** 1:30:11; **SCOTT ROUSE** 1:32:49; **KAREN LIDDLE** 1:38:47; **JENNY GARRETT** 1:41:35 and **CLAIRE EMMERSON** 1:43:03. There were 492 finishers

Eve in Ely

The Ely New Year's Eve 10k is on a predominantly flat route across the fens starting in the village of Little Downham. The wind caught runners from all angles of the course. Post

race souvenirs were a packet of Corkers crisps (made in Little Downham) and a bottle of beer.

Spartan times were as follows: Craig Halsey 35 minutes 17 seconds; Tim Saban 41:32; Chris Holland 48:46; Maria Swift 54:09; Karen Palmer 54:57; Caroline Croft 1:00:05 and Karen Broom 1:03:44.

Boxing Day Winner

Spartan GRANT RAMSAY WON the Pirton Boxing Day Race in 18 minutes 29 seconds. This was a 3.2 miles off road event near Hitchin. Another Spartan ANDREW PATTERSON was second in 18:50.

An Early Start to the New Year

Despite an energetic Hogmanay Spartans PENNY SCHENKEL and JIM BROWN got to Hyde Park in time for the New Year's Day 10K. They both finished in 1 hour and 49 seconds (1:00:49). Jim was 399th and Penny 400th.

Velopark 10

TIM ROBINSON was third in his age category with 1:27:37 at the Olympic VeloPark. This was a Grand Prix style circuit of 10 one mile laps.

Coach to London

Got a place in the London Marathon? You can train with Fairlands Valley Spartans and then you can coach to the big event as the club have booked a bus. Cost £10. Bookings to Roger Biggs by emailing roger@thebiggs.net.

Witham Five Flyers

Taking the last opportunity to run a five mile race for the 2017 Fairlands Valley Spartans club championships TIM SABAN raced to a new personal best (PB) of 33 minutes 17 seconds; in his first event since a mishap at the St Neots Half Marathon JIM BROWN maintained fairly consistent eight minute miles (keeping a reindeer in sight) to finish in 39 minutes 38 seconds; MONICA SMITHSON ran an excellent 45:19 and PENNY SCHENKEL continued her recovery with a steady 46 minutes 29 seconds. On a bright but chilly day with a headwind to battle for a couple of miles there were 388 finishers.

Spartan Vets Have Nose Ahead In Cross Country Team Results

At the third cross country league race in Willian the Spartan men were sixth out of twenty and the club's women ninth. Overall the women are tenth and the men sixth but the FVS male veterans (40 plus) narrowly lead the masters' contest by just two race points (102 to 104) ahead of Trent Park. The next league race is in Watford on 14th January.

New Year Parkrun Highlights

New Year's Day is the only day of the year when runners can officially log two parkrun results, and ten Spartans set off to Panshanger to run the first leg of their double, accompanied by an eleventh who presumably had breakfast in mind rather than a second parkrun helping!

GRANT RAMSEY finished second male (third overall) in 18:02, happy with his effort but not totally satisfied with the time in testing conditions following the recent rain. TIM SABAN, was 25th in 21:23, and ANDY JAY 77th in 25:08. JACKIE DOWNES was 39th woman in 28:32 with VERITY FISHER 43rd in 29:00 and RUTH REILLY accompanied her son in 32:55. ANDREW SMITH, DAVE SMITH, TOM SAUKA, TIM ROBINSON and JAMES SOUTH also ran and all bar ANDY KAY headed off to a second run.

GRANT RAMSAY chose to go to Barclay parkrun, retracing his steps from New Years Day 2017. There he again finished second male in 19:15 to round off a good morning's work.

The other doublers headed to Stevenage, where JACKIE DOWNES topped off her morning's work by achieving a new Course PB of 26:40. TIM SABAN. DAVE SMITH and TOM SAUKA showed that running an earlier parkrun was no barrier to running a decent second one and were the first three Spartans home with top 30 finishes in 21:13, 21:43 and 22:22 respectively. MADDIE PRITCHARD was first woman to finish for the Spartans in 3rd place in 22:23, with YUKO GORDON next in 4th in 23:07 and JULIE SIMMONS 8th woman in 24:28.

In all, 36 Spartans ran at Stevenage and Fairlands Valley Park was awash with stripes as most ran in club vests to celebrate the start of a new year of running with the club.

Finally, MICHAEL O'KEEFE opted to do a New Year's Day double with a different starting point. He began at Luton Wardown where he finished 71st in a new course PB of 28:44, before then heading to Stevenage to complete the double there.

Pre- Christmas Parkrun Highlights for Fairlands Valley Spartans

On Saturday 23rd at Stevenage it was a Spartan first across the line as GRANT RAMSAY ran his first parkrun in a while to finish in 17 mins 17 secs. THOMAS SAUKA rushed round in 21:12 in 25th place and DAVE SMITH was just outside the top 30 men in 22:05. Three Spartan women finished in the top 30. YUKO GORDON was second in 22:45. MADELEINE PRITCHARD was 7th in 23:23 and JO BOWDERY continues to run well, finishing 9th in 23:51.

For a day when you want to run fast you really need to line up near the front rank at Panshanger due to congestion through the gate and the early part of the course in the woods. RUTH REILLY didn't do that on this occasion but still notched a new course PB of 22:45 for sixth place woman as she continues to run really well. TRACY STILES was the other Spartan to achieve a new course PB this weekend, finishing 13th woman at Westmill parkrun,

Finally BARRY OSBORNE secured a top 20 finish at Ellenbrook Fields, crossing the line in 21:23 for 15th place.

Christmas Day Parkrun Highlights

The recent Spartan favourite of a Christmas Day parkrun at Panshanger was challenged this year as Stevenage held a festive run for the first time, and nineteen Spartans duly lined up in Fairlands Valley. ERICA GRAYSON has been improving well recently and celebrated the festive season with a new course PB (personal best) of 26 minutes 50 seconds. She was two places behind the first Spartan woman, TRACY PEZ, who finished 9th in 26:24. CLAIRE EMMERSON, KERSTIN WEINER and JENNY GARRETT were the other Spartans in the Top 30 women finishers.

TOM SAUKA finished 9th in 20:49 to be the best placed male Spartan. BARRY OSBORNE and DAVE SMITH also finished in the top 30.

Spartans were in festive action up and down the country with Top 30 finishes also achieved by STEVE and ISABEL GREEN in Newcastle, VERITY FISHER at Peterborough, KAREN PALMER at Clair and TIM SABAN at Canons Park.

Clair for Karen at Christmas

KAREN PALMER ran the Christmas Day park run in Haywards Heath. The course was 4 and a half laps and a hilly one. Supposedly more downhill than up! Pre race briefing for newbies said to expect a time at least a minute and a half longer. She was pleased to finish in 28:48.

Coming Events

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

- County Cross Country Championships at Cassiobury Park, Watford on Sunday 7th January.
- Cross Country League at Watford on Sunday 14th January.

- **Fred Hughes 10 miles including senior county championships at St. Albans on Sunday 21st January.**
- **Southern Cross Country Championships on Saturday 27th January.**
- **Watford Half Marathon inc. veteran county 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.**
- **Fairlands Valley Spartans Champions Night on Friday 23rd 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.**
- **Welwyn 10K including senior county championships on Sunday 24th June.**

Tables

Spartans at Buntingford

POSITION	FIRSTNAME	LASTNAME	CATEGORY	CAT POS	TIME	COMMENTS
69	Mark	Collins	Male Vet 40	22	01:09:56	
77	Thomas	Sauka	Male Vet 40	26	01:11:17	PB
85	John	Harris	Male Vet 50	10	01:12:54	
95	Yuko	Gordon	Female Vet 65	1	01:14:01	1 st FV65
148	Madeleine	Pritchard	Senior Female	10	01:19:11	
185	Jim	Brown	Male Vet 60	4	01:22:35	SB
243	Ann	Tryssoone	Female Vet 45	30	01:26:21	
269	Joanne	Bowdery	Senior Female	23	01:28:44	

POSITION	FIRSTNAME	LASTNAME	CATEGORY	CAT POS	TIME	COMMENTS
280	David	Scott	Senior Male	66	01:29:40	
283	Neil	Robinson	Senior Male	67	01:30:11	
307	Scott	Rouse	Senior Male	69	01:32:49	
361	Karen	Liddle	Female Vet 55	10	01:38:47	
382	Jenny	Garrett	Female Vet 45	63	01:41:35	
393	Claire	Emmerson	Female Vet 45	66	01:43:03	
394	Callie	Chapman	Senior Female	34	01:43:03	1 st 10 mile race

Full Spartan results from the New Years Day parkruns are as below:

parkrun/date	Pos	Gen	parkrunner	Time	Notes
1st January					
Panshanger	3	2	Grant RAMSAY	00:18:02	NYD Double 1st leg
Panshanger	28	25	Tim SABAN	00:21:23	NYD Double 1st leg
Panshanger	87	77	Andy JAY	00:25:08	
Panshanger	153	120	Andrew SMITH	00:28:14	NYD Double 1st leg
Panshanger	154	121	Dave SMITH	00:28:15	NYD Double 1st leg
Panshanger	165	39	Jackie DOWNES	00:28:32	NYD Double 1st leg
Panshanger	175	43	Verity FISHER	00:29:00	NYD Double 1st leg
Panshanger	176	133	Thomas SAUKA	00:29:02	NYD Double 1st leg
Panshanger	178	135	Tim ROBINSON	00:29:05	NYD Double 1st leg
Panshanger	232	164	James SOUTH	00:32:51	NYD Double 1st leg
Panshanger	235	70	Ruth REILLY	00:32:55	NYD Double 1st leg
Barclay	2	2	Grant RAMSAY	00:19:15	NYD Double 2nd leg
Stevenage	14	13	Tim SABAN	00:21:13	NYD Double 2nd leg
Stevenage	19	18	Dave SMITH	00:21:43	NYD Double 2nd leg
Stevenage	26	24	Thomas SAUKA	00:22:22	NYD Double 2nd leg
Stevenage	33	3	Madeleine PRITCHARD	00:22:33	
Stevenage	40	4	Yuko GORDON	00:23:07	
Stevenage	48	44	Barry OSBORNE	00:23:42	
Stevenage	59	8	Julie SIMMONS	00:24:28	
Stevenage	61	53	Mark BEASLEY	00:24:36	
Stevenage	62	54	Andrew SMITH	00:24:40	NYD Double 2nd leg
Steveange	64	10	Rosie INGRAM	00:24:48	

Stevenage	66	56	Lee PICKERSGILL	00:24:59	
Stevenage	95	75	Ken JUDE	00:26:29	
Stevenage	100	21	Jackie DOWNES	00:26:40	NYD Double 2nd leg, new course PB
Stevenage	101	22	Ruth REILLY	00:26:41	NYD Double 2nd leg
Stevenage	113	85	Tim ROBINSON	00:27:14	NYD Double 2nd leg
Stevenage	114	23	Hazel SMITH	00:27:14	
Stevenage	115	87	Paul MAGUIRE	00:27:15	
Stevenage	116	30	Jenny GARRETT	00:27:15	
Stevenage	125	34	Verity FISHER	00:27:27	NYD Double 2nd leg
Stevenage	129	95	Darren EMMERSON	00:27:36	
Stevenage	130	36	Nikki WILBY	00:27:37	
Stevenage	143	39	Carole SHELDRIK	00:28:27	
Stevenage	144	40	Victoria BRETT	00:28:28	
Stevenage	155	112	Jon SYPULA	00:29:04	
Stevenage	164	46	Hannah SYPULA	00:29:15	
Stevenage	168	49	Karen PALMER	00:29:23	
Stevenage	172	51	Catherine CRAIG	00:29:35	
Stevenage	176	126	James SOUTH	00:29:47	NYD Double 2nd leg
Stevenage	192	59	Caroline CROFT	00:30:23	
Stevenage	196	137	Michael O'KEEFE	00:30:29	NYD Double 2nd leg
Stevenage	212	67	Karen BROOM	00:31:33	
Stevenage	247	92	Sarah SAPSTEAD	00:34:34	
Stevenage	282	112	Emma POULTER	00:37:59	
Stevenage	297	126	Caren THAIN	00:39:40	
Stevenage	299	128	Lynsey CHALKLEY	00:41:12	
Stevenage	315	183	Ian ALEXANDER	00:54:57	Tail walker
Luton Wardown	96	71	Michael O'KEEFE	00:28:44	NYD Double 1 st leg, New course PB

Full parkrun results for 23rd December below:

parkrun/date	Pos	Gen	parkrunner	Time	Notes
23rd December					
Westmill	41	13	Tracy STILES	00:33:06	13th woman, new course PB
Medina IOW	303	197	Paul WHYTE	00:34:47	
Stevenage	1	1	Grant RAMSAY	00:17:17	1st finisher
Stevenage	26	25	Thomas SAUKA	00:21:12	
Stevenage	35	34	Dave SMITH	00:22:05	
Stevenage	38	37	Martin DUDLEY	00:22:22	

Stevenage	39	38	David RIDDELL	00:22:37	
Stevenage	41	40	Chris HOLLAND	00:22:42	
Stevenage	43	2	Yuko GORDON	00:22:45	
Stevenage	55	7	Madeleine PRITCHARD	00:23:23	
Stevenage	64	9	Jo BOWDERY	00:23:51	
Stevenage	71	60	Daniel SUTTON	00:24:20	
Stevenage	77	65	Lee PICKERSGILL	00:24:58	
Stevenage	86	72	Neil ROBINSON	00:26:01	
Stevenage	149	113	James SOUTH	00:30:19	
Stevenage	185	128	Michael ANDREWS	00:33:33	
Stevenage	224	81	Verity FISHER	00:42:53	
Panshanger	48	6	Ruth REILLY	00:22:45	New couse PB
Panshanger	130	102	Ken JUDE	00:27:43	
Panshanger	132	104	Andy JAY	00:27:47	
Lullingstone	40	30	Michael O'KEEFE	00:32:26	
Wyre Forest	205	140	Peter CARPENTER	00:34:10	
Ellenbrook Fields	15	15	Barry OSBORNE	00:21:23	

Full Spartan parkrun results for 25th December below:

parkrun/date	Pos	Gen	parkrunner	Time	Notes
25th December					
Newcastle	16	15	Steve GREEN	00:20:00	
Newcastle	112	21	Isabel GREEN	00:24:27	
Newcastle	213	159	Roger HARDMAN	00:28:21	
Lymington Woodside	156	99	Darryl STEVENS	00:41:41	
Peterborough	94	87	Daniel SUTTON	00:23:46	
Peterborough	139	16	Verity FISHER	00:25:26	
Stevenage	9	9	Thomas SAUKA	00:20:49	
Stevenage	21	19	Barry OSBORNE	00:22:15	
Stevenage	30	28	Dave SMITH	00:23:13	
Stevenage	50	43	Neil ROBINSON	00:25:41	
Stevenage	55	47	Nick GILL	00:26:20	

Stevenage	57	9	Tracy PEZ	00:26:24	
Stevenage	65	11	Erica GRAYSON	00:26:50	New course PB
Stevenage	87	70	Mark BEASLEY	00:28:01	
Stevenage	107	27	Claire EMMERSON	00:30:04	
Stevenage	109	82	Darren EMMERSON	00:30:09	
Stevenage	111	29	Kerstin WEINER	00:30:11	
Stevenage	115	30	Jenny GARRETT	00:30:30	
Stevenage	124	91	David SCOTT	00:31:37	
Stevenage	125	34	Karen BROOM	00:31:38	
Stevenage	126	35	Carole SHELDRIK	00:31:46	
Stevenage	127	36	Caroline CROFT	00:31:46	
Stevenage	138	41	Tracy STILES	00:33:05	
Stevenage	166	57	Caren THAIN	00:40:44	
Stevenage	169	59	Emma MARTIN	00:41:49	
Clair	77	20	Karen PALMER	00:28:48	
Canons Park	13	10	Tim SABAN	00:20:59	
Panshanger	86	75	Chris HOLLAND	00:24:44	
Panshanger	108	94	Andy JAY	00:25:51	
Panshanger	132	112	Ken JUDE	00:26:43	

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

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