



CHASING THE MOON

Race Programme Disrupted By Snow And Ice

The Finchley 20, Oakley 20 and Reading Half were all cancelled by snow and ice on Sunday but the Hampton Court Palace Half Marathon went ahead and **JENNY GARRETT, JULIE SHADBOLT** and **NICOLA TOUT** headed down to take part. Conditions were tough with the cold, some ice and the last two miles on slippery mud but Jenny ran a new PB (personal best) of 1 hour 54 minutes 54 seconds. Julie finished in 2:00:22 and Nicola in 2:11:23.

Chase The Moon

Chase the Moon was a midweek 10K event consisting of four laps of the Olympic Park. Spartan **JONATHAN FOSTER** finished in 47 minutes 7 seconds with **LEE PICKERSGILL** in 51:05 and **SIMON SYPULA** in 52:39.

Lee Valley Indoors

DAVE BOWKER was immune from the cold as he competed in the multi-county 1K race walk championship at Lee Valley indoor track. Although he was ninth out of the twelve finishers those ahead of him were from Kent and Middlesex so he won the Hertfordshire event with a time of 6 minutes 5 seconds.

Parkrun Highlights 17th March 2018

Eight Spartans braved the freezing temperatures on St. Patrick's Day to participate in Stevenage parkrun this weekend. First male Spartan to finish was Danny Scanlon who came 9th in an impressive 19 mins and 52 secs, followed by Neil Robinson 24 mins and 32 secs, David Scott 24 mins and 54 secs, Jonathan Jones 25 mins and 50 secs, James South 28

mins and 20 secs and Steven Dobner 28 mins and 59 secs. 10th female was Karen Palmer in 27 mins and 26 secs, followed by Liz Guemache in 29 mins and 37 secs.

Further afield, three female Spartans completed with top 10 gender positions. Ashley Schoenwetter was first female at Barclay parkrun in 23 mins and 20 secs, 9th place overall. Hannah Neale completed in 22 mins and 10 secs as 3rd female in Southwick Country and Verity Fisher finished 5th female at Henley-on-Thames in 29 mins and 42 secs. Others to complete outside Stevenage were John Roxborough at Luton Wardown in 21 mins and 53 secs, Nick Gill at Wanstead Flats in 24 mins and 47 secs, Michel O'Keefe at Dartford in 28 mins and 49 secs and Darryl Stevens at Brockenhurst in 40 mins and 40 secs.

Coming Events

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

- Serpentine 5K on Friday 23rd March (please note change of date).
- Orion 15 classic cross country at Chingford (Epping Forest) on Saturday 24th March.
- County Cross Country Championships for Veterans at Royston on Sunday 25th March.
- Maidenhead Easter Ten on Good Friday 30th March.
- Club training twenty from Marriotts on Friday 30th March.
- 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.**
- **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.**
- **Stevenage Half Marathon on Sunday 4th November.**
- **St Neots Half Marathon on Sunday 18th November.**

Tables

Parkruns Saturday 17th March

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Stevenage	9	9	Danny SCANLON	00:19:52	
Stevenage	42	39	Neil ROBINSON	00:24:32	
Stevenage	44	40	David SCOTT	00:24:54	60th parkrun
Stevenage	55	49	Jonathan JONES	00:25:50	
Stevenage	77	10	Karen PALMER	00:27:26	
Stevenage	91	74	James SOUTH	00:28:20	
Stevenage	97	78	Steven DOBNER	00:28:59	
Stevenage	107	23	Liz GUEMACHE	00:29:37	
Barclay	9	1	Ashley SCHOENWETTER	00:23:20	
Brockenhurst	159	96	Darryl STEVENS	00:40:40	
Dartford	62	50	Michael O'KEEFE	00:28:49	
Henley-on-Thames	21	5	Verity FISHER	00:29:42	
Luton Wardown	17	16	John ROXBOROUGH	00:21:53	
Southwick Country	26	3	Hannah NEALE	00:22:10	

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