

SPARTA Newsletter



June 2022

SPARTA UP & RUNNING

Welcome to the June edition of the SPARTA Newsletter.

Last month we reported that SPARTA had a team entered in the CS 10k and 5k race. The event was a huge success for us.

You can read a full report and view some pictures over the following pages.

The next big Civil Service running event is the CS Half Marathon on 19th June in Freckleton, Lancashire.

Also coming up in June is the SPARTA Golf Society's Summer meeting on 24th June at Flackwell Heath golf club in High Wycombe. Full details can be found on their website

<https://www.spartagolf.co.uk/>

Preparations for Sport and Wellbeing Day are now well under way. We are really looking forward to hosting a fantastic day for everyone.

Entries are open and we have seen a steady stream of entries come in so far. Entries close on 24th June so please get them in early before your chosen event becomes full.

Sport and Wellbeing Day will have lots of attractions on offer.

There are sporting events, Football, Cricket, Tennis, Softball, Table Tennis, Netball, Athletics events, Tag Rugby, Tug O'War.

Recreational events, Darts, Pool, Petanque, Yoga, and we also have entertainment provided by a steel band along with the fun provided by an inflatable assault course. Challenge your friends to a race along this fun inflatable.

There will also be fun events such as wanging the wellie and a sack race and a bouncy castle for those who want to just have fun.

A wide range of food and drink will be on offer so suit everyone's needs will include vegan choices.

The CSSC will also be bringing some historic memorabilia to mark their 100th Anniversary. Including the ceremonial key used by King George V in 1926 to open the sports ground where Sport and Wellbeing Day is taking place.

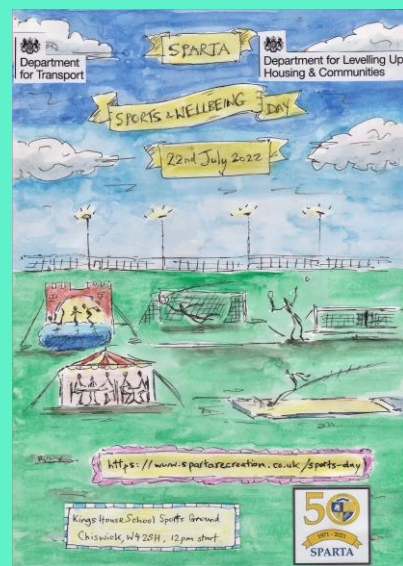
Have a great month.



SPARTA Fitness Class
Every Friday 12.30
Live Online or in GMH
It's FREE

SPORT AND WELLBEING DAY

22nd July 2022 at Kings House School Sports Ground, Chiswick.



ENTRIES CLOSE ON 24th JUNE 2022

ENTER NOW TO AVOID DISAPPOINTMENT

<https://www.spartarecreation.co.uk/>

Check out the SPARTA website for upcoming events



CS 10KM & 5KM REPORT

SPARTA team triumphs at 10km and 5km



A large team from DfT and DLUHC represented SPARTA at the Civil Service 10km and 5km Championships at Battersea Park, London on 18th May 2022. The event was one of the official events in the Queens Platinum Jubilee Challenge Series

Battersea Park was the venue for the Civil Service 10km championships on 18th May 2022. The day was hot and sunny, not ideal for those wanting a fast time round the flat fast course but that didn't deter the DfT and DLUHC runners from turning up in their numbers to take on the Queens Platinum Jubilee Challenge Event

The day started with the 5km race which was billed as a fun run but turned out to be a classic battle to the finish. It was won by SPARTA's, Jack Spoor, clocking a time of 19 minutes and 17 seconds (pictured below).



Jack was challenged all the way by the first woman, Victoria Carter, who is one of the best veteran women runners in the UK.

Second place in the men's race went to Chris Selman (20m 59s) and seventh place was Christy O'Driscoll (26m 16s) and eighth Daniel Padgett (26m 29s).

In the women's race Hannah Lovell was the highest placing member of the SPARTA team finishing a brilliant third.



Rachel CRAMPTON and Chloe BROWN (pictured above), Jenna O'BYRNE, Jessica THAIN, Megan LYONS and Claire REES were our other competitors finishing in 10th, 11th, 21st, 24th, 26th, and 28th places respectively.

UPCOMING SPARTA CLUB FIXTURES/EVENTS

June

2nd, 3rd, 5th, 9th, 16th, 22nd, 28th – Superstars Cricket matches – Various locations

7th – History Society Event – The Red Prince, John of Gaunt – Helen Carr

19th – CS Half Marathon – Freckleton, Lancashire

24th – SPARTA Golf Society President's Day – Flackwell Heath GC

Details of club contacts can be found on the SPARTA website

WANT TO START A CLUB OR MAYBE JUST HELP AT A CLUB?

SPARTA are always looking to build on our portfolio of clubs. If you want to start a club or are already running one and want SPARTA's help, then please get in contact.

Want to help at a current club? Then please get in contact with us: SPARTA@dft.gov.uk

Details of current club contacts can be found on the SPARTA website

www.spartarecreation.co.uk/



CS 10KM & 5KM REPORT CONT'D

The team along with 10km winner Jack Millar is pictured below.



The main event of the day was the Civil Service 10k championships. This event has a long history and many athletes of international quality have been involved. This event was no disappointment. The course was four laps around Battersea Park.

SPARTA had a large team for this event some of whom are pictured below.



For the first two laps a group of three athletes led including SPARTA's Jack Millar, George Dollner from DWP and Tom Aldred from HM Treasury. They gradually pulled away from the chasing runners which included SPARTA's Conall McNally and Luke Watson.

In the women's race DEFRA's Iona Lake was pulling out a huge lead on the rest of the women's field, that

was not surprising as Iona is an international Steeplechaser and has represented England at the Commonwealth games.

On the third lap, Jack Millar (pictured below) made his move upping the pace and breaking away from the two chasing runners. He extended his lead all the way around the final lap to finish in an impressive time of 31 minutes 32 seconds.



The men's team event was won by SPARTA (pictured below).



SPORT AND WELLBEING DAY VOLUNTEERS

Thank you to everyone who has volunteered to help at Sport and Wellbeing Day so far.

We still need extra volunteers to help make the day a huge success.

You could help by doing any number of jobs on the day from updating results to helping at the entrance or just helping people to find where they should be going. You don't have to be sporty to help make a huge difference.

If you are interested in helping then please do get in touch with me at SPARTA@dft.gov.uk



The team was made up of Jack Millar (1st place), Conall McNally (6th place, pictured below), Luke Watson (7th place) and James Nichols (20th place, pictured right).



The women's race was won by nearly four minutes by DEFRA's Iona Lake. The first SPARTA finisher was Jemma Parkhill who finished in a credible 18th position in a time of 54 minutes 6 seconds. Not far behind her were the rest of the SPARTA women which included Rachel Millen in 22nd place, Harriet Ingram in 24th place and Marissa Williams in 26th place.

A great day was had by all of those attending. SPARTA had the biggest turnout of all of the Civil Service Departments. We thank all of those that competed for us. It was fantastic to see staff from across the civil service coming together again for such an event.

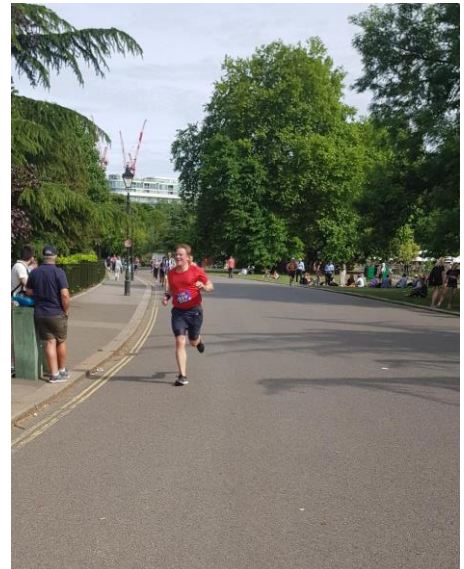


Full results of all SPARTA runners finishing places from the CS 10km and 5km race are available below:

10km Results

Men's Results

- 1 Jack MILLAR 31:32
- 6 Conall MCNALLY 33:50
- 7 Luke WATSON 34:38
- 20 James NICHOLS 38:57
- 39 Nilesh TAILOR 43:07
- 42 George PLEMPER 43:16
- 46 David NEWMAN 43:27
- 51 Ioan PHILLIPS 44:16
- 56 Alasdair FORREST 45:23
- 57 Robert CRANGLE 45:53
- 61 Sion PITHOUSE 46:34
- 65 Felix IVERS 47:05
- 66 Matthew EGLINTON 47:15
- 68 Martin ROONEY 47:24
- 74 David MILLER 47:56
- 79 Miles KNIGHT 48:36
- 83 Max EVANS 49:14
- 86 Daniel HAMILTON 49:20
- 87 Thomas SPEED 49:22
- 92 Tom HUGHES 49:48
- 93 Tom TREGASKES 50:10
- 100 Jonathan TEAR 50:39
- 103 Dan HOOD 51:05
- 112 Martin ROSE 52:47
- 127 David BARLEY 57:54





131 Callum MELLER 59:38
 135 Thomas PANZETTA 1:03:25
 137 Adrian FALCONER 1:04:51
 141 Frankie THOMAS-HOCKEY
 1:19:46

Start of the 10km pictured right

Women's Results

18 Jemma PARKHILL 54:06
 22 Rachel MILLEN 55:36
 24 Harriet INGRAM 56:29
 26 Marissa WILLIAMS 56:49
 34 Antonia HAYES 1:01:35
 39 Jo STANYARD 1:03:17
 42 Jenny MCCURRY 1:04:24



Ioan Phillips during the 10km
 pictured below

5km Results

Men's Results

1 Jack SPOOR 19:17
 2 Chris SELMAN 20:59
 7 Christy O'DRISCOLL 26:16
 8 Daniel PADGETT 26:29

Women's Results

3 Hannah LOVELL 24:27
 10 Rachel CRAMPTON 30:22
 11 Chloe BROWN 30:34
 21 Jenna O'BYRNE 35:00
 24 Jessica THAIN 35:10
 26 Megan LYONS 35:47
 28 Claire REES 39:40



Page 4: Top Right, some of the SPARTA team post the 5km race, **Middle Right**, Robert Crangle in the old SPARTA running vest, **Bottom Right**, Matthew Eglinton during the 10km



THE SPARTA CLUBS

SPARTA supports a number of clubs and associations across the UK and is always looking to start new clubs. Here is just a taster of the current clubs

CD CLUB 
www.spartarecreation.co.uk/cd-club

SPARTA GOLF SOCIETY 
www.spartagolf.co.uk/

YOGA CLASSES 
www.spartarecreation.co.uk/yoga

SUPERSTARS CRICKET CLUB 
www.superstarscricket.org.uk

SOFTBALL CLUB 
www.spartarecreation.co.uk/softball

YOUR CLUB HERE
 Start a club and it can be advertised right here

CIVIL SERVICE CHOIR 
www.civilservicechoir.org.uk

HISTORY SOCIETY 
www.spartarecreation.co.uk/history-society

FITNESS CLASSES 
www.spartarecreation.co.uk/fitness-class

TENNIS CLUB 
www.spartarecreation.co.uk/tennis

TENPIN BOWLING 
www.spartarecreation.co.uk/tenpin-bowling



Check out all the SPARTA clubs on our website

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