

SPARTA Newsletter

April/May 2024

UP AND RUNNING

Welcome to April/May 2024 Newsletter.

In the last newsletter we brought you an article about Jack Millar the current Civil Service cross country and 10km champion. Jack and a large contingent of SPARTA runners were in action recently at the CS 10km and 5km run. We have an extended report in this newsletter.

Don't forget to reserve the date in your diary for Sport and Wellbeing Day which will take place on **2nd August 2024** at the Kings House School Sports Ground, Chiswick.



There are loads of upcoming events over the next few months.

The SPARTA History Society, Golf Society and the Superstars Cricket Club all have upcoming events and fixtures. Why not get yourself involved in one of these fantastic events as listed on the next page.



SPARTA is pleased to announce that we have 2 new running clubs. More details can be found later in the newsletter. We also have new running t-shirts as you will see in the picture below.



If you are interested in owning a SPARTA t-shirt they are available for purchase. More details later in the newsletter.

A few newsletters ago we gave you details of the gym in Nobel House. That gym is moving to GMH. We have sneak preview of the gym before it opens to the public in this newsletter.

I hope that you enjoy this newsletter.

Jason Marchant -SPARTA General Secretary



Fitness Class
Free Every Friday 12.30
Live Online or in GMH

CRICKET LEGEND RETIRES

Barry Gigg retires from Superstars Cricket Club.

Superstars CC, SPARTA's social cricket side, start their season on 8 May but for the first time since 1996 will not be captained by the amazing Barry Gigg.

Many readers will know that while leading a social sports side the playing element is only a very small part of the role and to do the organising of scorebooks, match balls, kit, 11 players, boundary flags, payment of match fees, checking if the rain has beaten us all as well as ensuring every player gets a chance to contribute and also try to win a cricket match is a herculean task.

To do all this but also be the club's leading run scorer (10,111 runs), catcher (184), stumpings taker (116) and appearance maker (591 matches) is incredible.

Superstars will not be the same now that Barry has retired and I'm sure we'll wish him well and thank him for his exemplary service to SPARTA and Superstars in particular.

Check out the SPARTA website for upcoming events



CIVIL SERVICE 10KM AND 5KM

SPARTA team wins the Civil Service 10km and 5km Championship held at Battersea Park.

A total of 75 runners from across both DLUHC and DfT represented SPARTA at the Civil Service 10km and 5km Championships on 17th April 2024 at Battersea Park.



The first race of the day was the 5km run where **Harry McMaster** and **Luke Watson** finished 2nd and 3rd respectively and **Lottie Newman** was the first female finisher. In fact, SPARTA had 9 finishers in the first 14 places. An incredible achievement from our runners.



Jack Millar leads the 10km

In the 10km, **Jack Millar**, (below left) was once again victorious, making it 3 consecutive victories in this race. **William Ford** was next in taking the bronze medal by finishing in third place.



With **James Nichols** and **Matthew Herbert** finishing in 25th and 27th place respectively the SPARTA men's team was triumphant, matching the feat of the 2022 team. Well done.

Our first female home was **Pippa Savill** who finished 13th in the female category.



Zavinta Krukauskiene heading round the course

Full results available on our website.

UPCOMING SPARTA CLUB FIXTURES/EVENTS

May

8th – Superstars Cricket club v Epsom Taxes @ Wandgas - 5.45pm

14th – SPARTA History Society Talk – The Strange Death of Cosa Nostra – Professor John Dickie – 1:00pm – LG9 GMH and online

22nd – Superstars Cricket club v Dodgers @ Chiswick – 6pm

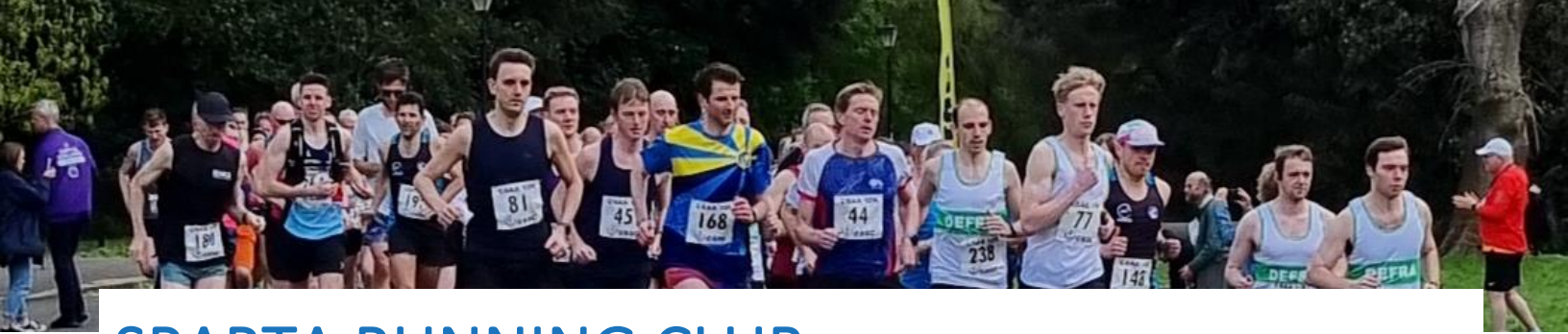
23rd – SPARTA History Society Talk – The Normandy Campaign 1944 – Professor John Buckley – 1:00pm – LG9 GMH and online

23rd – SPARTA Golf Society – Presidents Day Meeting – Brentwood Golf Club

30th – Superstars Cricket club v Kensington Wanderers @ Chiswick – 6pm

Keep up to date with the SPARTA website.

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



SPARTA RUNNING CLUB

SPARTA has 2 new running clubs

SPARTA is always trying to create new clubs and societies for you, and we are very happy to report that we have 2 new running clubs.

The new clubs are based in London and Leeds.

Both clubs are for runners of all abilities They are informal running clubs for anyone interested in lunchtime or after work runs.



Breaking up your working day with a run helps to support both your physical and mental wellbeing, and it's a great social activity as well.

The London club is run by James Nichols and Nileshe Tailor; and the Leeds club is run by Jordan Clifford.

More details are available on our website at:

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

SPARTA is actively looking to create similar clubs in all the regional locations.

If you interested in joining or starting a club, then contact SPARTA@dft.gov.uk

[Get your New SPARTA t-shirt.](#)

You will have noticed that some of the runners were wearing new SPARTA t-shirts.



Not only do they look distinctive and are comfortable to wear but the new shirts are great for all sports and are made from recycled performance dri-wicking polyester fabric.

This high-performance sustainable fabric helps athletes regulate their body temperatures and ensures durability and repeated use without a drop in wearability.

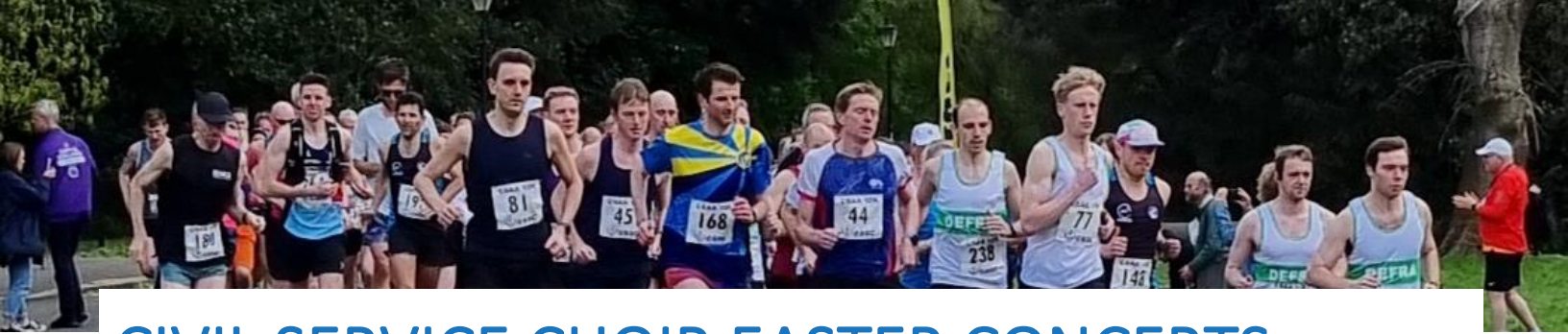
Amazingly each t-shirt is made from 5 recycled plastic bottles, you wouldn't know it if you were wearing one.



The company that we use to produce the new shirts are very proud of the fact that they have recycled over 20 billion plastic bottles so far during the manufacture of their products.

If you would like to get a SPARTA t-shirt, then they are available for purchase at the cost of £15 a shirt. Be quick though as we only have a limited supply available.

Want one? Contact us at SPARTA@dft.gov.uk



CIVIL SERVICE CHOIR EASTER CONCERTS

“This choir is one of the best I have ever heard.” exclaims Jools Holland

Two big concerts in nine days? That is nothing for the Civil Service Choir! In mid-March, the choir joined forces with Kensington Philharmonic Orchestra, to

chamber choir, drawn from the main choir and conducted by Stephen, which performed in the first half of the evening.

lunchtime performance of the Haydn Little Organ Mass and Schubert Mass in G, with a bespoke string orchestra.

A charity collection raised almost £1,300 supporting The Charity for Civil Servants, The Cardinal Hume Centre, and St John’s Smith Square.

The following evening a contingent of the choir sang at the Whitehall Easter Service at the Emmanuel Centre in Marsham Street.

Are you interested in joining the Civil Service Choir? Meet new people in a friendly environment? The choir welcomes people of all abilities.

The Choir rehearses on Tuesday lunchtimes and Wednesday evenings.

You can find more details about the choir on the SPARTA Website at <https://www.spartarecreation.co.uk/civil-service-choir>

and on the choir’s own website

<https://www.civilservicechoir.org.uk/>

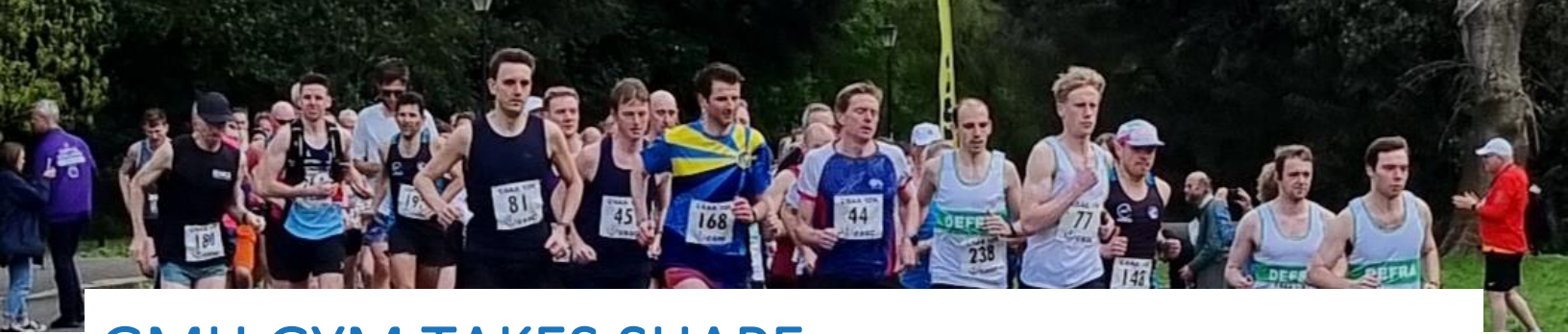


perform the monumental Brahms *Ein Deutes Requiem (A German Requiem)* - a tour de force for any choir. For the concert, the choir’s director, Stephen Hall, who trained the singers during weekly rehearsals and in workshops, handed over the baton to Claudio di Meo, maestro of the orchestra.

Reflecting on the concert Claudio exclaimed *“From the very beginning, the atmosphere was charged with magic, thanks to the incredible performance of the Choir.”* Also featured was a newly formed

The concert attracted a full house at St John’s Smith Square in Westminster. Within the audience was the legendary musician and television presenter Jools Holland who was effusive in his praise, describing the choir’s performance as “amazing.” His official endorsement, *“This choir is one of the best I have ever heard.”*

Nine days later, Stephen and the chamber choir were back at St John’s Smith Square opening the venue’s Easter Festival with a



GMH GYM TAKES SHAPE

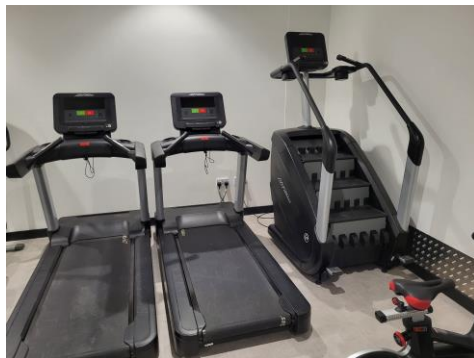
The Dimensions Gym in GMH is due to open in May

At SPARTA we are always on the lookout for new opportunities for our members. When something new becomes available we do our best to find out about getting access and discounts for you.

A while ago we gave you details of the Dimensions Gym in Nobel House. That gym has now closed and is currently in the process of moving to Great Minster House.



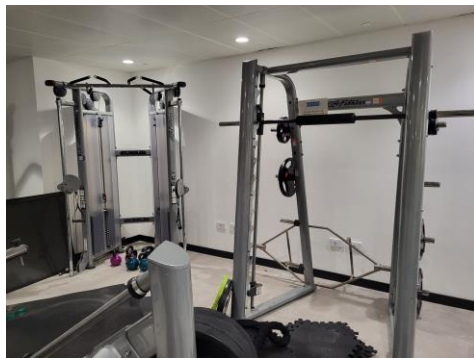
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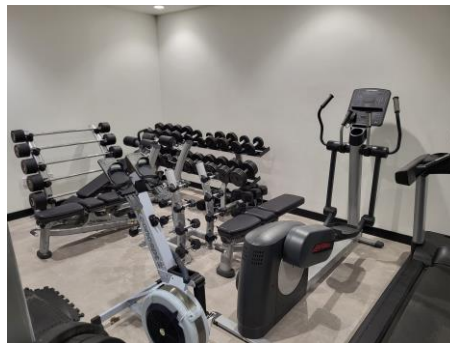
SPARTA got exclusive access to the gym while it was still in construction.



Membership will cost £60 for six months or £100 for a year.



As you can see there are plenty of excellent sets of apparatus to help build up your strength.



If you would like more information, then please get in touch with us at SPARTA@dft.gov.uk

WANT TO START A CLUB OR MAYBE 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/





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

SPARTA TABLE 
 TENNIS CLUB
www.spartarecreation.co.uk

SPARTA 
 GOLF SOCIETY
www.spartagolf.co.uk/

YOGA CLASSES 
www.spartarecreation.co.uk/yoga

SUPERSTARS 
 CRICKET CLUB
www.superstarscricket.org.uk

NETBALL CLUB
www.spartarecreation.co.uk/netball

BOARD GAMES CLUB
www.spartarecreation.co.uk/board-games 

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

NEW
 RUNNING CLUB 
www.spartarecreation.co.uk/running

Check out all the SPARTA clubs on our website

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