



PROMOTION ON A KNIFE EDGE Spartan

It's on a knife edge in the Mid Week League. A much improved performance by Fairlands Valley Spartans including their women taking second place on the night on Wednesday means the club are now only one point short of the promotion zone from division two to one. Bishops Stortford are on 25 and the Spartans on 24. Critical to their success was the women taking second by only seven race places 108 to 115 squeezing Harlow into third.

An impressive 73 Spartans, 29 men and 44 women, ran in the third race of the series which was on an undulating course based on Preston and including Ley Green, the Lilley Bottom Road and Kings Walden.

On a warm evening GRANT RAMSAY led in the "A" team in 36 minutes 37 seconds for 12th overall. SIMON JACKSON was just ten seconds behind, thirteenth in 36:47. STEFFAN FORD was 17th in 37:04; BRIAN BRACKSTONE 21st in 37:24 and RICHARD SPRINGALL was also sub 40 at 21st in 39:31. MIKE GREEN, 40:08; BRIAN WHITE, winning the veteran 60 plus category in 40:10; RICHARD BATE, 41:07; STUART HAYCROFT, 41:20; new member CHRIS TILLBROOK, 41:27 and DAVID RIDDELL, 41:28 and STEVE GREEN, 42:13 completed the team. There were three complete twelve man teams.

SUZY HAWKINS was Fairlands fastest female coming in with 44 minutes 43 seconds; CLAIRE PULLEN was next in 47:51; HANNAH NEALE in 48:07; ISABEL GREEN in 48:12; RUTH REILLY in 49:55 and HAZEL SMITH completing the women's "A" team in 50:32. Women's teams consist of six runners in division two but the Spartans would have done well with teams of eight as VERITY FISHER came in with 50:41 and ROSIE INGRAM in 51:16. As it was the Spartans had FOUR complete women's teams.

Birthday Boy JIM BROWN celebrated by also finishing in 51 minutes 16 seconds. JULIE SIMMONS won the women's 55 plus category with 53:49.

Race	Name	Time	Comments
12	GRANT RAMSAY	36:37	5MV40. "A" team.
13	SIMON JACKSON	36:47	6MV40. "A" team.
17	STEFFAN FORD	37:04	7MV40. "A" team.
21	BRIAN BRACKSTONE	37:24	8MV40. "A" team.
40	RICHARD SPRINGALL	39:31	"A" team.
49	MIKE GREEN	40:08	"A" team.
50	BRIAN WHITE	40:10	2MV60. "A" team.
61	RICHARD BATE	41:07	"A" team.
66	STUART HAYCROFT	41:20	"A" team.
69	CHRIS TILLBROOK	41:27	New Spartan. "A" team.
70	DAVID RIDDELL	41:28	5MV50. "A" team.
77	STEVE GREEN	42:13	"A" team.
86	MARK COLLINS	43:06	"B" team.
90	BARRY OSBORNE	43:20	3MV60. "B" team.
93	DEAN CARPENTER	43:30	"B" team.
101	THOMAS SAUKA	44:20	"B" team.
102	PETE SMITH	44:21	"B" team
108	SUZY HAWKINS (F)	44:43	5FV35. "FA" team
122	DARREN EMMERSON	46:21	"B" team.
124	GARETH COWELL	46:28	"B" team
126	MARK GOODWIN	46:31	"B" team
134	ADRIAN BUSOLINI	46:46	"B" team
141	PAUL MAGUIRE	47:03	"B" team
158	CLAIRE PULLEN (F)	47:51	4FV45. "FA" team.
162	JOHN NELMS	48:00	"B" team
164	HANNAH NEALE (F)	48:07	"FA" team.
166	ISABEL GREEN (F)	48:12	"FA" team
185	MARK BEASLEY	49:05	"B" team
188	PAUL BATTERBEE	49:24	"C" team
189	MARTIN DUDLEY	49:24	"C" team
198	GREG KELLY	49:55	"C" team
199	RUTH REILLY (F)	49:55	"FA" team
213	HAZEL SMITH (F)	50:32	"FA" team.
216	VERITY FISHER (F)	50:41	"FB" team.
217	JAMES KILROY	50:42	"C" team.

225	JIM BROWN	51:16	8MV60. "C" team. B. Boy.
226	ROS INGRAM (F)	51:16	"FB" team.
230	TIM ROBINSON	51:40	"C" team.
231	NEIL ROBINSON	51:44	"C" team.
232	CLAIRE EMMERSON (F)	51:46	7FV45. "FB" team.
237	LAUREN DEIGHTON (F)	51:56	"FB" team.
246	KEN JUDE	52:45	"C" team.
249	VISHAL SHAH	52:55	"C" team.
250	ANDY JAY	52:58	"C" team.
256	JULIET FULLWOOD (F)	53:11	"FB" team.
262	LEE PICKERSGILL	53:36	"C" team.
265	CALLUM BEASLEY	53:40	"C" team.
267	JULIE SIMMONS (F)	53:49	First FV55. "FB" team.
268	HAZEL CLARK (F)	53:52	"FC" team
272	LISA GRAY (F)	54:01	"FC" team
273	KAREN ELLIS (F)	54:01	"FC" team
285	HAYLEY BIRONNEAU (F)	55:05	"FC" team
289	JON SYPULA	55:21	
293	JENNY GARRETT (F)	55:34	"FC" team
294	ALICE BURLEIGH (F)	55:37	"FC" team
295	ELLIOTT THOMPSON	55:44	
300	CALLIE CHAPMAN (F)	56:18	"FD" team
301	CAROL PAUL (F)	56:19	5FV55. "FD" team
302	SARAH PIKE (F)	56:21	"FD" team
303	KELLY MCHALE (F)	56:23	"FD" team
311	STEVE PIKE	57:15	
312	PAUL HOLGATE	57:18	9MV60
313	ANDY SMITH	57:38	
319	SIMON SYPULA	57:57	
322	KARL SHREEVE	58:17	
325	SUE HAMER (F)	58:26	"FD" team
326	ERICA GRAYSON (F)	58:30	"FD" team
329	JULIE SHADBOLT (F)	58:47	
330	ROB SHAW	58:53	
350	VICTORIA BRETT (F)	1:01:03	
351	CAROLINE CROFT (F)	1:01:10	
360	ALEXANDRA WHITEHOUSE (F)	1:03:08	
363	SHARON CROWLEY (F)	1:03:24	

Marston Podium

CRAIG HALSEY did the Marston 5km Friday evening and finished third overall in 16.39.

Poppyline Marathon

On Saturday Carol Paul ran the poppyline off road marathon in Norfolk. Starting in Sheringham and going down the coast to Cromer and then inland to Fulbrigg, west Beckham, Baconsthorpe and Holt and heading back to coast via Weybourne and back along the cliff tops in to Sheringham. On a very hot day carol completed the off road marathon in 5:40

Parkrun Reports

NATALIE LAWRENCE was the fastest Spartan in parkrun action at the weekend, finishing as first woman in a time of 19 minutes 31 seconds at Gorleston Cliffs.

VERITY FISHER also finished as first woman, running a time of 24:10 at Millom parkrun. **DANNY SUTTON** was third man to finish at the same event, in a time of 23:18.

Stevenage saw a handful of Spartans running. **BARRY OSBORNE** ran a new course PB to finish 15th in 20:28 while **MARTIN DUDLEY** was 41st in 22:26. **JAMES SOUTH** continues his comeback from injury, pushing a buggy round in 35:27. For the woman **VICTORIA BRETT** was 18th in 28:29 and **MONICA SMITHSON** 45th in 30:50.

At Panshanger **STEVE GREEN** was eighth in 19:39, a new course PB, and **ISABEL GREEN** was 46th woman in 29:22, while **NEIL ROBINSON** went to Ellenbrook Fields and finished 45th in 23:59.

Further afield, **DARRYL STEVENS** ran at Brockenhurst in 40:31, and **KAREN PALMER** ran in Jersey, finishing in 28:43.

Coming Events

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

- Herts Veteran 10K Championships and open race at Welwyn on Sunday 25th June.
- Fourth Mid Week Road Race League from Ridlins on Wednesday 28th June.
- Serpentine 5K on Friday 30th June.
- EMAC Track and Field at Milton Keynes on Wednesday 5th July.
- Mob Match at Welwyn Garden City on Thursday 13th July.
- Fairlands Valley Challenge from Stevenage on 15th and 16th July
- EMAC Track and Field at Stevenage on Wednesday 26th July.
- Fairlands Valley Relays in Stevenage on Thursday 27th July.
- Herts Senior 5K Championships at Hatfield on Wednesday 30th August.
- Herts Veteran 5K Championships at Hatfield on Wednesday 13th September.
- Herts Senior 10K Championships at Standalone on Sunday 1st October.
- Peterborough Half Marathon on Sunday 8th October.
- Stevenage Half Marathon on Sunday 22nd October.
- St Neots Half Marathon on Sunday 19th November. Enter fast.
- Hertfordshire Five Mile Championship for Veterans at Hatfield on Sunday 26th Nov.
- Bass Belle 10 near Royston on Sunday 26th November.

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 £39 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); or Karen Palmer (07734678566) or visit their website www.fvspartans.org.uk

E N D S

More from Jim Brown (Press Officer) 0793 968 7509; Andy Neatham 0777 197 5499 and 01438 816889 or Karen Palmer (Secretary) 0773 467 8566

www.fvspartans.org.uk