



News Release

29th May 2017

SEVENTY SIX SPARTANS RACED WEDNESDAY Fourteen at Edinburgh Marathon Festival

Greater participation meant Fairlands Valley Spartans moved up in the second Mid Week Road Race League event of the season. They finished second overall on the night as 76 Spartans, 32 women and 44 men, were among 390 runners racing round Fairlands Valley Park on Wednesday evening. So far the club have had 99 different participants across the two races so far. One more 39 minute male runner or one more sub 45 female would have been enough to secure 16 points overall after the two races, equal with Bishop Stortford – that is how tight runner-up spot is this year and why it is so important to get out as many runners as possible for the remaining 2 scoring fixtures.

The warm evening affected several runners but **CRAIG HALSEY** raced round the almost 10K two lap race in just 34 minutes 20 seconds to be second overall in a competitive field. Altogether 59 runners beat the 40 minute barrier despite the undulations, turns and heat.

ANDREW PATTERSON, sixth in 35:29 and **SIMON JACKSON**, eighth in 35:40 also scored top ten places. **GRANT RAMSAY** 12th in 35:48; **STEFFAN FORD** 15th in 36:24; **BRIAN BRACKSTONE** 22nd in 37:10; **CIARAN McANERY**, 27th in 37:52; **MIKE GREEN**, 36th in 38:25; **PAUL HEWETT**, 43rd in 38:41; **RICHARD SPRINGALL**, 53rd in 39:37; and **BRIAN WHITE**, 57th and first runner aged 60 plus in 39:43 all beat forty minutes and together with **STUART HAYCROFT**, 76th in 41:06 completed the Spartan men's "A" team

The Spartan women were third led in by **SUZY HAWKINS**, fourth in 43:44 and **NUALA CARSON**, sixth woman in 44:04. The other four, women's teams consist of six runners in division two, in the club's "A" team were **CLAIRE PULLEN** third FV45 in 46:03; **ISABEL GREEN** in 47:15; **JULIET FULLWOOD** in 49:07 and **CLAIRE EMMERSON** 49:25.

There were also some great performances in the women's "B" team with RUTH REILLY 50:11; VERITY FISHER 50:57; LAUREN DEIGHTON 51:01; KAREN ELLIS 52:42; SUSAN McANERY 52:40 and LISA GRAY 53:53.

Spartan results and stats follow.

Race	Name	Time	Comments
2	CRAIG HALSEY	34:20	Second Overall. FVS "A"
6	ANDREW PATTERSON	35:29	Sixth Overall. FVS "A"
8	SIMON JACKSON	35:40	4MV40. FVS "A"
12	GRANT RAMSAY	35:48	5MV40. FVS "A"
15	STEFFAN FORD	36:24	6MV40. FVS "A"
22	BRIAN BRACKSTONE	37:10	8MV40. FVS "A"
27	CIARAN MCANERY	37:52	FVS "A"
36	MIKE GREEN	38:25	FVS "A"
43	PAUL HEWETT	38:41	FVS "A"
53	RICHARD SPRINGALL	39:37	FVS "A"
57	BRIAN WHITE	39:43	First MV60. FVS "A"
76	STUART HAYCROFT	41:06	FVS "A"
80	TIM SABAN	41:08	5MV50. FVS "B"
89	DEAN CARPENTER	42:14	FVS "B"
90	TODD GRAY	42:16	FVS "B"
101	DAVID BOWKER	43:07	FVS "B"
104	MIKE WENN	43:22	FVS "B"
111	SUZY HAWKINS	43:44	4th woman. FVS "FA"
115	NUALA CARSON	44:04	6th woman. FVS "FA"
125	LIAM HERBERT	44:49	FVS "B"
130	ELLIOTT THOMPSON	45:04	FVS "B"
138	MARK GOODWIN	45:26	FVS "B"
141	DARREN EMMERSON	45:45	FVS "B"
140	PAUL BATTERBEE	45:42	FVS "B"
152	CLAIRE PULLEN	46:03	3rd FV45. FVS "FA"
178	ISABEL GREEN	47:15	FVS "FA"
184	ROBERT EVANS	47:52	FVS "B"
191	GARETH COWELL	48:08	FVS "B"
195	MARTIN DUDLEY	48:22	FVS "C"
199	MARK BEASLEY	48:29	FVS "C"

201	PAUL MAGUIRE	48:33	FVS "C"
202	NEIL ROBINSON	48:41	FVS "C"
211	JULIET FULLWOOD	49:07	FVS "FA"
213	JAMES KILROY	49:11	FVS "C"
218	CLAIRE EMMERSON	49:25	9th FV45. FVS "FA"
225	GREG KELLY	49:54	FVS "C"
230	TIM ROBINSON	50:10	FVS "C"
231	RUTH REILLY	50:11	FVS "FB"
238	JIM BROWN	50:20	6MV60. FVS "C"
243	VERITY FISHER	50:57	FVS "FB"
247	LAUREN DEIGHTON	51:01	FVS "FB"
259	LEE PICKERSGILL	52:04	FVS "C"
264	ANDY JAY	52:39	FVS "C"
266	KAREN ELLIS	52:42	FVS "FB"
267	SUSAN MCANERY	52:40	FVS "FB"
278	LISA GRAY	53:53	FVS "FB"
285	CAROL PAUL	54:36	2FV55. FVS "FC"
290	ANDY SMITH	55:07	FVS "C"
291	PETE SMITH	55:09	FVS "C"
292	NICK GILL	55:12	
295	KARTIK SHARMA	55:25	
306	ALICE BURLEIGH	56:13	
307	CALLIE CHAPMAN	56:32	FVS "FC"
309	JULIE SHADBOLT	56:19	FVS "FC"
310	SARAH PIKE	56:19	FVS "FC"
316	CALLUM BEASLEY	56:59	
318	TANYA BRAZIER	57:02	FVS "FC"
319	JOANNE BOWDERY	57:04	FVS "FC"
323	CAROLINE CROFT	57:26	FVS "FD"
324	JOHN NELMS	57:34	
328	KARL SHREEVE	58:15	
334	PAUL HOLGATE	58:23	
340	JENNY PAUL	59:15	FVS "FD"
345	MICK ANDREWS	59:44	
351	SHARON CROWLEY	59:55	7FV55. FVS "FD"
354	LISA SMITH	59:30	FVS "FD"
356	MONICA SMITHSON	1:00:00	FVS "FD"
364	JULIA WHITE	1:01:50	FVS "FD"

366	STEPHANIE MAYFIELD	1:01:53	
367	SHELLEY DUNNE	1:02:09	
370	DIANE RESKER	1:03:53	
378	STEVE GOUGH	1:06:09	
379	ALEXANDRA WHITEHOUSE	1:06:00	
385	SHANI HUNT	1:10:52	
389	CAREN THAIN	1:15:30	
390	EMMA POULTER	1:17:51	

There were 390 runners in the race, 139 women and 251 men. The next league race will be in Hitchin on Wednesday 14th June.

Edinburgh Marathon Festival (EMF)

ERICA GRAYSON is a very happy Spartan. She has run three marathons in eleven weeks and all of them have been personal bests. Despite the heat in Edinburgh and East Lothian she finished in 4 hours 37 minutes 58 seconds. That's the same time as SUE HAMER who also recorded a new PB.

The Spartans fastest finisher was NATALIE LAWRENCE 264th overall out of thousands of runners and in with a shout of a championship place at next year's London Marathon with her time of 3:15:05, only fifteen weeks after giving birth.

LIAM HERBERT was not far behind with 3:15:55 and 271st.

KERSTIN WEINER took half a minute off her London personal best with 3:56:44. She said it was definitely was a race of two halves and one of the toughest races she's ever run but pleased with her result.

Despite stopping to help a runner in trouble MOLLIE SMITH finished with 4:14:40.

It was VICTORIA BRETT's first marathon and she was very happy with her time of 4:54:51 as it was pretty tough. JON SYPULA's time was 4:31:32 while mother and daughter JAN FRY and HANNAH SYPULA finished together in 5:50:13.

In the half marathon the fast improving HAZEL SMITH recorded a massive 16 minutes half marathon PB to finish in 1 hour 48 minutes 27 seconds.

PETE SMITH raced round the half in 1:33:04. JENNY GARRETT came in with 2:00:45 and KAREN SMITH with 2:31:21.

Edinburgh Marathon – Spartan Times

Position	Name	Time	Comments
264	NATALIE LAWRENCE	3:15:05	London Possible
271	LIAM HERBERT	3:15:55	
1576	KERSTIN WEINER	3:56:44	PB (30 seconds)
2434	MOLLIE SMITH	4:14:40	
3323	JON SYPULA	4:31:32	
3630	SUE HAMER	4:37:58	PB
3631	ERICA GRAYSON	4:37:58	PB
4383	VICTORIA BRETT	4:54:51	First marathon
5742	HANNAH SYPULA	5:50:13	Daughter
5743	JAN FRY	5:50:13	Mother

Edinburgh Half – Spartan times

Position	Name	Time	Comments
400	PETER SMITH	1:33:04	
1737	HAZEL SMITH	1:48:27	PB (16 minutes)
3678	JENNY GARRETT	2:00:45	
7765	KAREN SMITH	2:31:21	

Noosa Half Marathon

PETER CARPENTER was easily the Spartan racing the furthest from home on Sunday. He ran the Noosa Half Marathon, his first ever half marathon, in Queensland Australia. Peter was third in the 70 plus category with 2 hours 32 minutes 19 seconds, pointing out that he beat 45 runners who were much younger than him. Peter pointed out it was pleasantly warm in their winter.

Serpentine

JIM BROWN had recovered well enough from the Stirling Marathon and Wednesday's midweek league race to get third in his category at the Last Friday of the Month 5K race with 24 minutes 30 seconds. It was hot and sunny for the lunch-time run round the Serpentine. Jim was 172nd out of the 228 finishers.

Hercules Festival of Sport, Northwood.

BRIAN WHITE was fourth and first veteran 60 plus in the Hercules Festival of Sport duathlon at Northwood. Over the standard duathlon distances of 10K, 40K and 5K his time was 2 hours 25 minutes 59 seconds (splits 40.01, 1.23.04, 20.26)

Dorchester Marathon – Sunday, 28th May 2017

Roger Biggs travelled to the County Town of Dorset for the inaugural Dorchester Marathon.

Conditions were warm and humid, and of course Dorset is one of the hillier places to run a marathon,

Roger was pleased to run faster than his previous marathon in a time of 5:03:51.

Parkrun Reports

Eighteen Spartans turned out in Fairlands Valley on the first birthday of the Stevenage parkrun, in thundery wet and humid conditions. Starting in torrential rain **MIKE GREEN** raced round in a new course PB (personal best) of 18 mins 24 secs to be first male finisher, **NICK GILL** in 29th (22:16), **MARTIN DUDLEY** (22:50) and **DANIEL SUTTON** (23:12) were the next Spartan men to cross the line. There was also new course PB for **STEVEN DOBNER** (30:03)

PENNY SCHENKEL was first Spartan woman, and tenth overall, in a new course PB of 26:58, followed closely in 11th by **CAROL PAUL** (27:08). **VERITY FISHER** (30:05) and **SALLY PHILLIPS** (30:16) were next to finish, Sally also achieving a new best time on this course.

The other Spartans running were **MARK BEASLEY** (23:39), **DARREN EMMERSON** (24:46), **CHRIS HOLLAND** (25:01), **JIM BROWN** first 60 plus (26:56), **JOHN MCCALL** (29:03), **ROGER BIGGS** (29:04), **SELVAN NAICKER** (32:27), **ELLA GOWER** (34:06), **ROBERT EVANS** (38:32) and **KAREN BROOM** (1:02:45 on tail-running duty).

BARRY OSBORNE and **TIM ROBINSON** went to Ellenbrook Fields, Barry finishing 8th in a new course PB of 20:01 and Tim crossing the line in 36:41. Meanwhile **JOHN ROXBOROUGH** was at Hatfield Forest, also running a new course best of 23:15.

Furthest traveller of the week was **ISABEL GREEN** who was 15th woman at Newcastle in 22:44 for another new course PB.

Superb Stirling

On a visit back to Stirling where he worked before coming to Stevenage Jim Brown ran the inaugural Stirling Scottish Marathon in a Good For Age qualifying and season's best time of 3 hours 46 minutes 32 seconds. He was ninth in his category and 862nd out of about 4,300 finishers. Roger Biggs finished in 5:13:48. The course was beautiful, starting in Blairdrummond Safari Park, passing the Wallace Monument and finishing below Stirling Castle. Despite some drizzle conditions were almost perfect for runners.

Todmorden Boundary Walk

Whilst amazing times were coming from a warm Edinburgh Marathon and half, Sharon and Mike Crowley took on a damp, drizzly and cloudy 22 miles in the Pennines, taking part in the Todmorden Boundary walk. With flags to mark the way, there was no map reading required. Sometimes in the mist it was sometimes difficult to see the next flag on the way across the moors. They finished in a time of 6:42:23.

Coming Events

Many Spartans will be enjoying a busy programme of races, social and training events over the next few weeks. The opportunities include the County 1500 and other track championships in Stevenage on Monday 1st May. Others are:

- EMAC Track and Field at Cambridge on Wednesday 7th June.
- Third Mid Week Road Race League in Hitchin on Wednesday 14th June.
- Herts Veteran 10K Championships 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