



News Release

1st October 2017

SPARTAN ARMY AT STANDALONE

Hatfield 5K * Time to Enter the Stevenage Half

A massive 49 from Fairlands Valley Spartans raced round the Standalone 10K race at Letchworth on Sunday. The fastest was **KEITH COUGHLIN**, 17th out of the 1,354 finishers in 37 minutes 33 seconds. **CHRIS TILLBROOK** cut his personal best (PB) by a significant 1 minute 32 seconds to come in 45th with 39:05. Next in was **BRIAN WHITE** taking first place in the Vet 60 plus category with a year's best 39:12.

NUALA ROBINSON was fourth senior woman (18 plus) in 43 minutes 40 seconds and **JULIE SIMMONS** had a great race to win the female vet 55 race with 48 minutes 38 seconds, a 2 minutes 13 seconds improvement on her previous best this year. **ROB SHAW** was the quickest man over 70 in the race with 58 minutes 34 seconds.

There were many other great FVS performances. **NICK GILL**, 113th cut his PB by 44 seconds to 42:34; **GARETH COWELL** by 7 seconds to 45:20; **JO BOWDERY** by a huge 7 minutes 37 seconds to 49:27; **JULIE SHADBOLT** by 40 seconds to 55:02; and **GRAHAM HILL** by a big 5 minutes 33 seconds to 57:01.

Others were chalking up claims in the Spartan short distance championships with their fastest 10K times this year including **TODD GRAY** 41:17; **DEAN CARPENTER** 41:50; **MARTIN DUDLEY** 47:08; **CLIVE CANNON** 47:54; **JIM BROWN** 48:20; **MADDIE PRITCHARD** 49:53; **ANN TRYSSESOONE** 50:37; **BARRY KING** 51:27; **DAVID SCOTT** 51:14; **STEPHEN PIKE** 53:54; **TRUDIE MOLLOY** 57:04; **MONICA SMITHSON** 58:11; **LORRAINE THOMAS** 1:04:27; **ANNE SPILLER** 1:06:38 and **KELLY CHAPMAN** in 1:17:42.

Position	Name	Time	Comments
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17	KEITH COUGHLIN	37:33	
45	CHRIS TILLBROOK	39:05	PB (1:32)
46	BRIAN WHITE	39:12	1 st MV60. YB (0:08)
85	JOHN HARRIS	41:14	
86	TODD GRAY	41:17	SB (0:15)
94	DEAN CARPENTER	41:50	SB (0:40)
113	NICK GILL	42:34	PB (0:44)
138	NUALA ROBINSON	43:40	4 th FS.
192	GARETH COWELL	45:20	PB (0:07)
229	MARK GOODWIN	46:10	
254	CLAIRE PULLEN	46:53	
262	MARTIN DUDLEY	47:08	YB (0:10)
288	CLIVE CANNON	47:54	SB (2:53)
309	JIM BROWN	48:20	YB (0:01)
317	JULIE SIMMONS	48:38	1 st FV55. YB (2:13)
322	KEN JUDE	48:24	
380	ANDY JAY	49:35	
388	MADELEINE PRITCHARD	49:53	1 st 10K in 2017
391	JOANNE BOWDERY	49:27	PB (7:37)
413	LEE PICKERSGILL	50:07	
441	SELVAN NAICKER	50:56	
445	ANN TRYSSESOONE	50:37	1 st 10K in 2017
468	BARRY KING	51:27	SB (1:26)
470	DAVID SCOTT	51:14	1 st 10K
476	KAREN ELLIS	51:25	
496	NEIL ROBINSON	51:52	
498	ROS INGRAM	51:39	
521	MARIE COLUCCI	52:40	
612	STEPHEN PIKE	53:54	YB (2:47)
664	JULIE SHADBOLT	55:02	PB (0:40)
706	SARAH PIKE	55:59	
745	HAZEL SMITH	56:37	
748	CALLIE CHAPMAN	56:41	
798	GRAHAM HILL	57:01	PB (5:33)
801	TRUDIE MOLLOY	57:04	1 st 10K in 2017
825	ROGER BIGGS	58:32	
835	MONICA SMITHSON	58:11	SB (0:34)
890	ROBERT SHAW	58:34	1 st MV70.
982	SHARON CROWLEY	1:01:03	
983	MICHAEL ANDREWS	1:00:55	
990	PAUL HOLGATE	1:01:00	

1073	LORRAINE THOMAS	1:04:27	1st 10K in 2017
1075	GOPOLAN NAIDOO	1:04:15	
1168	ANNE SPILLER	1:06:38	1st 10K in 2017
1169	SUE HAMER	1:06:38	
1170	CLAIRE EMMERSON	1:06:38	
1171	JENNY GARRETT	1:06:38	
1172	SOPHIE COWAN	1:06:39	
1314	KELLY CHAPMAN	1:17:42	YB (3:56)

There were 1,354 finishers.

Hatfield 5K

It was damp and dark for the last of the Hatfield 5K evening races on Wednesday but that did not seem to slow down some Spartans. ROS INGRAM cut her 5K personal best (PB) by five seconds to 23:36; PAUL HOLGATE reduced his best time for the last two years by 21 seconds to 26:17 and STEPH MAYFIELD hers by 1:02 to 26:51. There were fifteen Spartan finishers.

Across the whole series of three races BRIAN WHITE was first Vet 60 plus with an average time of 18 minutes 56 seconds, DAVID RIDDELL was second Vet 50 plus with an average of 18:04.

Position	Name	Time	Comments
35	DAVID RIDDELL	18:26	
49	BRIAN WHITE	19:10	
59	JOHN HARRIS	19:21	
71	NICK GILL	20:00	
107	CHRIS HOLLAND	21:56	
125	ANDY JAY	22:51	
126	KEN JUDE	22:41	
135	ROS INGRAM (F)	23:36	PB (0:06)
155	MICHAEL ANDREWS	24:39	
158	JIM BROWN	24:44	
178	HAZEL SMITH	26:09	
179	PAUL HOLGATE	26:17	SB (0:21)
180	JENNY GARRETT	26:15	

195	STEPHANIE MAYFIELD	26:51	SB (1:02)
199	SHARON CROWLEY	27:09	

There were 249 finishers.

Cardiff Half Marathon

Getting over his disappointment at being unable to finish the Worlds course Spartan STEFFAN FORD returned to his home to run the Cardiff Half Marathon in 1 hour 22 minutes 27 seconds. On an overcast day with rain he was 178th out of 19,641 finishers and 26th in his category.

Barnstaple Half Marathon

KYM MARTIN completed the Barnstaple Half Marathon in 2 hours 42 minutes 37 seconds. This was her first 13.1 mile race.

Flower of Suffolk

CAROL PAUL completed the Flower of Suffolk off road marathon in 5:12:56. The marathon started in Walberswick in Suffolk and went towards Sizewell and back. It was a very windy day with rain at times and some muddy parts thrown in as well.

Serpentine

It was mild, dry with a light breeze but damp underfoot in Hyde Park for the Last Friday of the Month 5K race round the Serpentine. JIM BROWN was 152nd in 24 minutes 15 seconds. The popular lunch-time race has its 25th Anniversary on Friday 27th October.

Stevenage Half Marathon Entries Open

Organised by Fairlands Valley Spartans for more than thirty years the 2017 Stevenage Half Marathon will be on Sunday 22nd October and entries have opened. Have a look on www.fvspartans.org.uk

Parkrun Reports

It was a quiet week of parkrunning for the Spartans. At Stevenage THOMAS SAUKA was the first Spartan finisher, sixth over the line in 20:01. LEE PICKERSGILL was next in 26:18 followed by JAMES SOUTH (27:56) and ROGER BIGGS (30:06). TREVOR BROOM secured a new course Personal Best, crossing the line in 32:24, and SELVAN NAICKER finished in a time of 36:46.

KELLY EVANS was first woman to finish in 24:23, a new course PB, with JULIE SIMMONS in third place in 24:49. VERITY FISHER incorporated the parkrun into a long run ahead of next weekend's Peterborough Half, and finished in 10th place in 26:26, with TRACY PEZ next in 27:46. KAREN PALMER (28:27) and KAREN BROOM (31:23) were next.

Elsewhere in local parkruns KEN JUDE ran 26:02 at Panshanger and TIM ROBINSON was 24th in a new course PB time of 23:58 at Pymmes. Further afield, DAVID SCOTT completed in 26:10 at Penrith parkrun while ROGER HARDMAN ran at Newcastle parkrun, completing in 27:21.

Coming Events

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

- Peterborough Half Marathon on Sunday 8th October.
- Stevenage Half Marathon on Sunday 22nd October.
- Serpentine 25th Anniversary from the boat house on Friday 27th October.
- Cross Country League at Trent Park on Sunday 12th November.
- St Neots Half Marathon on Sunday 19th November.
- Hertfordshire Five Mile Championship for Veterans at Hatfield on Sunday 26th Nov.
- Bass Belle 10 near Royston on Sunday 26th November.
- Spartans Christmas Party on Friday 8th December.

- **Cross Country League at Willian on Sunday 17th December.**
- **New Year 10K in Hyde Park on Monday 1st January 2018.**
- **Fred Hughes 10 miles at St. Albans on Sunday 21st January.**
- **Watford Half Marathon on Sunday 4th February.**
- **Bramley 20/10 on Sunday 11th February.**
- **Finchley 20 miles on Sunday 18th March.**
- **Oakley 20 miles on Sunday 18th March.**
- **London Marathon on Sunday 22nd April.**
- **Stirling Marathon on Sunday 29th April.**

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