



ON TRACK FOR MEDALS

Berlin Marathon * Hitchin 5K

From Berlin to Biggleswade there were some fantastic results for Fairlands Valley Spartans at the weekend. It was three out of three for the Fairlands Valley Spartans trio who tackled 25 laps of the Biggleswade Athletics track in the Hertfordshire 10K track championships. All came away with medals.

GRANT RAMSAY was quickest of the three with 37 minutes 9 seconds winning SILVER in the veterans' championship (40 plus) and BRONZE in the open championship.

The next Spartan in was ANDY JAY taking GOLD in the men's fifty plus race with 48 minutes 48:42 seconds.

The Spartan coming away with the biggest smile on his face was JIM BROWN. In the absence of anyone of similar ability on the track he time trialled round in 49:52, despite a nagging headwind on the home straight 2 minutes and 1 second faster than the same event last year for DOUBLE GOLD. Gold sixty plus in the County Championship and GOLD in the East of England event.

Earlier Grant ran the 1500 metres in the Biggleswade Athletics Club open events. He was first veteran (40 plus) and fourth overall in 4 minutes 47 seconds. Coming back after an Ironman Triathlon ANN TRYSESSEONE ran the 1500 in 6.45.

Berlin Marathon

While Germany went to the polls five Spartans were running the Berlin Marathon. CRAIG HALSEY ran an amazing 2 hours 35 minutes 4 seconds, beating the British Championship

qualifying time by nearly ten minutes, to come 195th out of the 28,067 finishers so easily in the top one per cent.

RICHARD KENNEDY was 3,210th with 3 hours 13 minutes 46 seconds and TIM SABAN 4,499th with a tremendous 3:21:48. For the women NICOLA KENNEDY was 1,560th in 3:46:55 and KERSTIN WEINER 1,621st in 3:47:48.

Hitchin

Spartan ANDREW PATTERSON won the Hitchin town centre 5K, leading throughout and finishing in 16 minutes 39 seconds.

NATALIE LAWRENCE was third senior woman in 20 minutes 16 seconds.

CAROLE SHELDRIK was one happy Spartan saying it was a lovely run, going sub 25 for the first time and finishing with 24:30.

Having done track all summer this was IRIS HORNSEY's first road race of the year and first 5K in 2017. She was first woman over 75, just behind the first 65 plus with 30:20. MONICA SMITHSON ran a season's best (SB) 27:17.

Two other Spartans were sub twenty. STUART HAYCROFT with 18:52 and JOHN HARRIS in 19:13. The other five of the twelve Spartans were CRAIG BACON (21:31); KIERAN FEETHAM (22:04); NIKKI WILBY (23:45); RACHHPAL BAJWA (26:40) and IAN ALEXANDER (43:36).

Pos	Cat Pos	Name	Cat	Chip Time	AG%	Comments
1.	1.	Andrew PATTERSON	MS	16:39	80.1%	
14.	6.	Stuart HAYCROFT	MS	18:52	72.1%	
24.	4.	John HARRIS	MV50	19:13	79.7%	
34.	3	Natalie LAWRENCE	FS	20:16	72.7%	
49.	14.	Craig BACON	MV40	21:31	66.8%	
53.	23.	Kieran FEETHAM	MS	22:04	59.4%	

Pos	Cat Pos	Name	Cat	Chip Time	AG%	Comments
75.	10.	Nikki WILBY	FS	23:45	61.9%	
90.	10.	Carole SHELDRIK	FV35	24:30	62.8%	PB
127.	18.	Rachhpal BAJWA	MV50	26:40	58.2%	
144.	9.	Monica SMITHSON	FV45	27:17	61.4%	SB
190.	1.	Iris HORNSEY	FV75	30:20	74.3%	
237.	24.	Ian ALEXANDER	MV50	43:36	35.3%	

Handicap 5K

21 Spartans took part in Thursday evening's handicap 5K. First to finish, knocking a massive 1:34 off his previous fastest FVS 5K time was JONATHAN PENNELL in a very impressive 17:52, 15 seconds ahead of second placed PAUL MAGUIRE in a course best time of 21:37 and with new member STUART ARCHER third in 20:44, 57 seconds quicker than his previous best 5k time.

The winning woman was ERICA GRAYSON in her first Handicap 5k, finishing with a time of 26:59, with TESSA STEPHENSON second in a rare handicap 5k appearance in a time of 27:36 in her first 5K for 3 years. SUE HAMER was third in a year's best time of 28:25.

The fastest runner on the night was Jonathan with his 17:52, with RICHARD SPRINGALL second quickest in 19:13 and BRIAN WHITE third quickest in a course best time of 19:14, 28 seconds faster than previously achieved. Erica was quickest lady with Tessa second quickest and SARAH PIKE third quickest in a year best time of 28:09 coming back from injury in time for her Standalone 10k in 10 days time.

There was also a new personal best (PB) for NICK GILL, improving his 5K time by 31 seconds to 19:47 in fifth position overall, and course best times for MARK COLLINS (19:19), JONATHAN FOSTER (22:44), GARETH COWELL (22:08) and KEN JUDE (23:11).

Ealing Half Marathon

RUTH REILLY ran a stunning Ealing Half Marathon in 1 hour 37 minutes 10 seconds with **JACKIE DOWNES** racing round the same event in 1:56:39.

Swansea Half Marathon

ROBERT EVANS ran the Swansea Half Marathon in 1 hour 55 minutes 36.7 seconds. He was 1,439th.

Biggs Enigma

The Enigma Marathon is seven and a bit laps around Caldecotte Lake in Milton Keynes. On a warm day, **ROGER BIGGS** struggled with the ups and downs of the course, but kept going to finish the marathon in 5:43:50.

St Paul's Walden Bury 10km XC

PETER CARPENTER reports that the St. Paul's Waldenburu 10K is a fairly low key event but enjoyable with a beautiful route – not made for PBs but to enjoy the view going up and down hill!

The charity was an unusual one: Farms for City Children. Peter's time was 1:10:51. He was the eldest competitor, 69th out of 77 overall – with 4 men and 4 women behind him.

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

ALISON WOOD was first lady at Stevenage parkrun in 20 mins 11 secs. **KELLY EVANS** was 4th in a new course PB of 24:25 and **VERITY FISHER** 6th in 24:57. **CLAIRE EMMERSON** (27:41), **HAZEL SMITH** (27:41) and **CALLIE CHAPMAN** (30:23) all finished in the top 50 women, and **LISA JERROM** ran 30:23.

NICK GILL followed up a PB in the club's recent handicap 5k with a new course PB of 20:24 here to finish 12th. **MARTIN DUDLEY** (12th, 22:40), **CLIVE CANNON** (23:11), **DANIEL SUTTON** (a creditable 24:11 as the back ends of a 10 mile long run) and **CHRIS HOLLAND** (24:22) all notched top 50 places. **LEE PICKERSGILL** (24:43), **DAVID SCOTT** (26:29), **KEN JUDE** (27:27, also at the end of a 10 miler), **JAMES SOUTH** (27:32), **JOHN WALSH** (28:05), **ROGER BIGGS** (29:34) and **SELVAN NAICKER** (37:22) also ran and **IAN ALEXANDER** tail-walked in 54:27.

With Spartans racing in Berlin, Hitchin and on the track this weekend there were only two "away" parkrun performances this weekend. **TIM ROBINSON** visited Pymmes for the first time and was 22nd in 24:46, while **DARRYL STEVENS** was 50th at Brockenhurst in 40:51.

Coming Events

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

- **Third Hatfield 5K on Wednesday evening 27th 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.**
- **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.**

- Fred Hughes 10 miles at St. Albans on Sunday 21st January.
- 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