



News Release

22nd April 2018

33 SPARTANS IN HOTTEST LONDON MARATHON More than £34,000 raised for charity * Handicap 5K

The heat was record breaking but a fantastic thirty three from Fairlands Valley Spartans completed all 26.2 miles of the scorching London Marathon. With an official temperature of 24.1 Celsius Sunday's race clearly beat the previous highs of 22.7 in 1996 and 22.6 in 2007. Add the heat off the roads and from other competitors the temperature runners experienced was much higher than that.

The Spartans have a wonderful reputation for preparing runners for their first – and subsequent – marathons and did it again this year.

13 Spartans ran for charities and so far their combined total collected for some great charities stands at £34,500!!

And the Spartans have a winner. YUKO GORDON won the women over 65 category beating 112 others with 3 hours 39 minutes 7 seconds and she was disappointed! She said: "I didn't expect the heat would affect me this badly. I did not enjoy it at all. It was a real struggle all the way even before 10 miles. My mouth was very dry but my stomach would not take any more liquid. I made a very silly mistake, overpaced for the first 6 miles when cooler and downhill. My foot and lower shin was cramping for last two miles but I just ignored and ran. Cramp all over my legs after the finish, so went straight home. Not feeling great. Won my age group."

NATALIE LAWRENCE: Hot hot hot. Proud to have finished and to do a small personal best (PB) too 3:13:46!! I am more than content. Plus given the fact I've yet again had no more than 14 weeks to prepare post baby.

JAMES KILROY: My first marathon wasn't so great as I suffered in the heat and had stomach cramps from half way, but still enjoyed the crowd, the route and the medal. Massive thank you to Karen Ellis who embodied all that is Spartan teamwork as we ran walked together all the way from half way point and she kept me going for the last 2 miles. My time 5:31:52

Spartan ANDREW PATTERSON was Mr Potato Head and raising funds for the UK Kawasaki Foundation and making an attempt on a Guinness record. Despite the heat and the costume he finished in 3 hours 34 minutes 25 seconds. Andrew said, "It was funny being checked that I had an orange nose, hat and blue boots before being allowed to go to the start line."

WAYNE MCMILLAN: Second year in row I've done it no pb, I did it this time in 6 hours 12 minutes 10 seconds. I started running in November 2016 and I've done two London marathons 2017 and 2018 for my charity Asthma UK. it was hot hot hot.

NICKY KUKLYS: I ran 6.17! So much slower than I wanted - but just so chuffed I finished especially in the heat! And I kept running - slow and painful but I got there!

GERRY ROSEN: Not sure what to say - two miles in and my knee injury went ape and I ended up literally walking the last 24 miles. I will be honest with you it was good that I was wearing sunglasses as I was welling up a few times, but the determination to finish so me home in 6 hour 38 minutes I am now able to look people in the eye and say I finished the London Marathon. No one but no one is going to take away that finishers medal for me.

JIM BROWN said "This was my eighteenth London Marathon and one of the hardest. I ran in 1996 and 2007, the previous heat record holders, but this was more challenging. Clearly I'm a lot slower than more than twenty years ago but I saw the first collapsed runner at eight miles and that's about when I decided to abandon any idea of time or I was not going to finish – and I was in charge of the runners' coach. Got across the finish line head spinning and with the lower half of my FVS running vest, shorts, legs and socks covered in blood. Not a pretty sight. About half an hour slow due to the conditions but 4:23:50 wasn't too bad for a Vet65 in the circumstances."

Spartan SHARON CROWLEY was running her 16th London Marathon. She finished in 6:37:08 saying maybe she should have stopped at 15!

Hats off to JO BOWDERY. Running her first marathon she stuck to her plan and slowed down far less in the second half than most. She went through 13.1 miles in 2:02:57 and finished in 4:18:20.

Despite the heat one Spartan managed to beat the magic three hour barrier. GRANT RAMSAY finished 834 out of more than 40,000 finishers in 2 hours 57 minutes 23 seconds. Even he reckoned the conditions slowed him down by about 15 minutes. STEFFAN FORD came in with 3:13:44.

ROB SHAW was the oldest Spartan. Seventy plus and round in 5 hours 49 minutes with about 8,000 runners behind him.

All the Spartan finishers:

Place overall	Place gender	Place cat.	Name	Category	Half	Finish
834	816	75	Ramsay, Grant (GBR)	45-49	01:21:33	02:57:23
2287	2149	449	Ford, Steffan (GBR)	40-44	01:25:09	03:13:44
2294	140	96	Lawrence, Natalie (GBR)	18-39	01:34:43	03:13:46
4982	4343	2103	Patterson, Andrew (GBR)	18-39	01:29:49	03:34:25
5178	4480	2148	Blackburn, Martin (GBR)	18-39	01:37:05	03:35:43
5753	856	1	Gordon, Yuko (GBR)	65-69	01:43:22	03:39:01
6837	1204	728	Kuhi, Kristina (EST)	18-39	01:41:07	03:46:00
7999	6381	255	Smith, Peter (GBR)	55-59	01:45:12	03:52:13
8181	1691	350	Green, Isabel (GBR)	40-44	01:53:34	03:53:10
11467	8611	1693	Sauka, Thomas (GBR)	40-44	01:44:43	04:09:38
12887	9525	1001	Kalatzis, Babis (GRE)	50-54	01:59:54	04:16:34
13309	3505	1859	Bowdery, Joanne (GBR)	18-39	02:02:57	04:18:20
14451	10553	64	Brown, Jim (GBR)	65-69	01:59:53	04:23:50
17279	4896	976	McAneny, Susan (GBR)	40-44	02:06:28	04:36:07
17958	5166	2746	Brazier, Tanya (GBR)	18-39	02:10:32	04:39:01
23788	16268	7767	Sutton, Daniel (GBR)	18-39	02:10:55	05:03:17
24778	7952	1053	Tharani, Wendy (GBR)	45-49	02:11:24	05:08:02
26411	8701	4667	Chapman, Callie (GBR)	18-39	02:30:10	05:15:58
26413	8703	1642	Smith, Hazel (GBR)	40-44	02:30:09	05:15:58
27474	9203	135	Liddle, Karen (GBR)	60-64	02:27:05	05:20:38
29703	10347	1387	Ellis, Karen (GBR)	45-49	02:17:40	05:31:44

Place overall	Place gender	Place cat.	Name	Category	Half	Finish
29727	19366	3415	Kilroy, James (GBR)	40-44	02:19:32	05:31:52
32688	20786	111	Shaw, Robert (GBR)	70+	02:38:37	05:49:00
32726	11921	1606	Broom, Karen (GBR)	45-49	02:41:19	05:49:16
34741	13036	468	Carvell, Elizabeth (GBR)	55-59	02:48:14	06:02:54
34751	13042	1745	Martin, Kym (GBR)	45-49	02:59:42	06:03:03
35568	13531	7349	Sandford, Louisa (GBR)	18-39	02:58:47	06:10:04
35781	22129	3825	McMillan, Wayne (GBR)	40-44	02:49:13	06:12:10
36311	13970	7590	Kuklys, Nicky (GBR)	18-39	02:59:25	6:17:39
37844	14899	558	Crowley, Sharon (GBR)	55-59	02:56:04	06:37:08
37918	22966	3456	Rosen, Gerry (GBR)	45-49	03:00:17	06:38:0
38462	15330	8366	Sapstead, Sarah (GBR)	18-39	03:02:46	06:48:09
39376	23446	11162	Crichton, Charlie (GBR)	18-39	03:14:36	07:12:22

33 Spartans. 40149 finishers so far.

Handicap 5K

35 Spartans ran the first Handicap 5K of the year on Thursday evening. The winner was Tim Robinson running a year best time by 3:13 to finish in an excellent 23:39, 2:51 ahead of handicap, closely followed by Nick Gill, 2:35 ahead of handicap in a year best time of 20:25, with Dan McAlpine third in a new PB time of 16:40 and new member Manuel Cosifodo 4th in an excellent 24:34.

Winning lady (5th overall) was Nicola Finnegan, smashing her PB by 2:23 to 33:09, with Stephanie Mayfield second female in a YB 27:51 and Jenny Garrett third in a new PB time 25:06.

Fastest runner on the night was Dan McAlpine with Simon Jackson second quickest in a year's best time of 17:16 and Paul Robertson third quickest in a new PB time of 20:07.

Fastest lady was Claire Emmerson in 23:12, with Jenny Garrett second quickest and Karen Palmer third quickest with 26:55.

There was also a PB for newcomer Terry Hatch, A Season Best time for Amanda Vickers and Year Best times for Sophocles Georgiou, Tim Saban, Simon Sypula, Andy Jay, Peter

Smith, Craig Bacon, Sean Millwood, Vishal Shah, Jon Sypula, Niki Plumb, Steve Gough, John Nelms, Ken Jude and Bernadette Millwood.

Total time between the 35 finishers was just 4:47 and only 4:06 from 2nd-34th with 80% of finishers within 2 minutes of their calculated handicap and the other 20% even quicker.

The next handicap is scheduled for Thursday 17th May.

Southampton

It was a bit cooler in Southampton where Stuart Archer ran the marathon in a new personal best (PB) of 3 hours 30 minutes 24.7 seconds (1:43:47 at halfway).

DUNCAN FLOUNDERS ran the Southampton Half in 1:41:57.

Parkrun Highlights 21 April 2018

At the end of an unexpectedly hot April week, the 19 Fairlands Valley Spartans who headed out to run the weekly Parkrun events demonstrated that the rising temperatures were no barrier to performance. LEE PICKERSGILL and WILLS JENNINGS achieved PB times of 23 mins and 19 secs and 24 mins and 27 secs, respectively, in Stevenage, while CRAIG HALSEY matched his PB time along the windy seafront at Worthing in 16 mins and 15 secs.

Milestone runs took place for IDA LEO who attended her first ever Parkrun, in which she completed the Stevenage course in 30 mins 57 secs, MARTIN WOOD, also at Stevenage, who ran a time of 21 mins 36 secs in his 10th Parkrun outing, and MADELEINE PRITCHARD who finished her 20th Parkrun in 22 mins and 46 secs at the Beckton event. Heading to new venues for the first time DARRYL STEVENS complete the Seaton event in 40 mins and 12 secs and MICHAEL O'KEEFE finish Great Denham in 27 mins in 23 secs.

RICHARD KENNEDY was 14th to finish the Nobles Parkrun event in 23 mins and 16 secs closely followed by NICOLA KENNEDY who was 17th in a time of 24 mins and 49 secs.

VERITY FISHER completed the Stevenage course as the 8th woman in 26 mins and 5 secs, and **LUCY MAY FIELD** the Oxford route as the 9th woman in 23 mins and 44 secs. Furthermore in Stevenage **Martin DUDLEY** finished in a time of 22 mins and 23 secs, **CRAIG BACON** in 22 mins and 49 secs, **TIM ROBINSON** in 26 mins and 12 secs, **JAMES SOUTH** in 28 mins and 5 secs, **STEVEN DOBNER** in 29 mins and 3 secs, **SALLY PHILLIPS** in 32 mins and 21 secs and **LORRAINE SAUNDERS** in 34 mins and 17 secs.

Coming Events

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

- **Flitwick 10K on Sunday 29th April.**
- **Serpentine 5K in Hyde Park on Friday 27th April.**
- **Stirling Marathon on Sunday 29th April.**
- **EMAC track and field event one at Stevenage on Wednesday evening 2nd May.**
- **County open 1500 and veteran track and field championships in Stevenage on Monday 7th May.**
- **Pednor Five including county championships for veterans on Monday 7th May.**
- **Mid Week Road Race League race one 6 miles in Epping Forest on Thursday 10th May at 7.30p.m.**
- **Spartan Handicap 5K in Stevenage on Thursday 17th May.**
- **Mid Week Road Race League race two 10K in St. Albans on Thursday 24th May.**
- **Edinburgh Marathon on Sunday 27th May.**
- **Hatfield Broad Oak 10K on Monday 28th May.**
- **EMAC track and field event two at Bedford on Wednesday 6th June.**
- **Mid Week League Race 3 8K in Trent Park on Thursday 7th June.**
- **St Albans Half Marathon on Sunday 10th June.**
- **Welwyn 10K including senior county championships on Sunday 24th June.**
- **Mid Week League Race 4 in Stevenage on Wednesday 27th June.**
- **EMAC track and field event three at Cambridge on Wednesday 4th July.**
- **County Track 10K Championships on Thursday 5th July (tbc).**

- **Mid Week League Mob Match on 12th July.**
- **Fairlands Valley Challenge off road on Sunday 15th July.**
- **EMAC track and field event four at Milton Keynes on Wednesday 1st August.**
- **Clacton Half Marathon and 10K on Sunday 19th August.**
- **County 5K Senior Championships at the Hatfield 5K on Wednesday 5th September.**
- **Welwyn Half Marathon on Sunday 9th September (new date).**
- **County 5K Vets Championship at the Hatfield 5K on Wednesday 19th September.**
- **Hatfield 5K (Open Race) on Wednesday 3rd October.**
- **Standalone 10K on Sunday 7th October.**
- **Peterborough Half Marathon (GER) on Sunday 14th October.**
- **Abingdon Marathon on Sunday 21st October.**
- **Stevenage Half Marathon on Sunday 4th November.**
- **St Neots Half Marathon on Sunday 18th November.**

Tables

Parkruns

Parkrun	Pos	Gen	Parkrunner	Time	Notes
Oxford	101	9	Lucy May FIELD	00:23:44	
Nobles	14	13	Richard KENNEDY	00:23:16	
	17	3	Nicola KENNEDY	00:24:49	
Stevenage	22	21	Martin WOOD	00:21:36	10th parkrun
	31	30	Martin DUDLEY	00:22:23	
	40	39	Craig BACON	00:22:49	
	45	44	Lee PICKERSGILL	00:23:19	PB
	62	59	Wills JENNINGS	00:24:27	PB
	86	8	Verity FISHER	00:26:05	
	87	79	Tim ROBINSON	00:26:12	
	124	109	James SOUTH	00:28:05	
	145	120	Steven DOBNER	00:29:03	
	176	38	Ida LEO	00:30:57	1st parkrun
	194	47	Sally PHILLIPS	00:32:21	
	209	56	Lorraine SAUNDERS	00:34:17	

Beckton	21	3	Madeleine PRITCHARD	00:22:46	20th parkrun
Seaton	156	91	Darryl STEVENS	00:40:12	1st parkrun here
Worthing	5	5	Craig HALSEY	00:16:15	equalled PB
Great Denham	81	62	Michael O'KEEFE	00:27:23	1st parkrun here

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 £41 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); Claire Pullen 0790 001 6094 or visit their website www.fvspartans.org.uk

E N D S

More from Jim Brown (Press Officer) 0793 968 7509; Ken Jude 07783 597182 and 01438 816889 or Claire Pullen (Secretary) 0790 001 6094.

www.fvspartans.org.uk