



News Release

23rd April 2017

SPARTANS CONQUER LONDON Half in Southampton and a Battersea Walk

No less than 24 Spartans including several first timers enjoyed almost ideal running conditions as they all completed the London Marathon.

Achieving a championship qualifying time **GRANT RAMSAY** finished in 2 hours 42 minutes 22 seconds. That put him in the top 1% in the field at 404th and 67th in his category. The second of three Spartans, a fantastic achievement, to beat the three hour barrier was **ANDREW PATTERSON** in 2:47:55.

JASON ANDERSON ran nearly perfect splits taking 12 minutes off his personal best to finish in 2 hours 52 minutes 28 seconds. He went through halfway in 1:26:08. Jason collapsed near the finish line last year. No problems this time.

NATALIE LAWRENCE was the fastest female from Fairlands Valley in 3 hours 19 minutes 38 minutes. An incredible race considering she had her third baby just eleven weeks ago. Three other Spartan women beat four hours. They were **NICOLA KENNEDY** in 3:42:18; **MICHELLE REEVES** in 3:43:22 and **KERSTIN WEINER** in 3:56:28.

Marathon first timers **CLAIRE EMMERSON** and **SOPHIE COWAN** met where the starts merged about three miles into the race and helped, and chatted, each other all the way to the finish. Claire took 4 hours 30 minutes 55 seconds and Sophie 4:35:14.

JENNY GARRETT was another Spartan first-timer coming in with an impressive 4:18:33. She ran a perfect debut marathon, with all 5K splits evenly paced. Jenny went through half way in 2.09 and finished race in 4.18. An amazing debut. Fairlands Valley Spartans are known for preparing runners from ambition to finishing the London Marathon and

celebrated more first time successes with **JENNY PAUL** in **4:47:12** and **WAYNE McMILLAN** in **6:02:55**.

BRIAN WHITE was **16th** in the **Vet (60 plus)** category with **3:15:05** and **TRUDIE MOLLOY** ran a new personal best (PB) of **4:50:21**.

Dozens of Spartan volunteers helped make the event possible by working beyond the finish line getting the correct kit to tired runners after their 26.2 miles. Well done and thank you the Fairlands Valley baggage buses crew.

The other Spartans making it to the Pall Mall finish line were **PETER SMITH 3:17:05**; **RICHARD KENNEDY 3:21:42**; **DEAN CARPENTER 3:33:27**; **ANDY PRIOR 4:07:33**; **CAROL PAUL 4:25:57**; **DEREK WOOD 4:34:39**; **MARK and JORDAN BEASLEY** both in **5:14:30**; **TONY ARGYROU** in **5:32:21**; and **LUCY WALSH** in **5:46:59**.

Place overall	Name	Category	Finish	Comments
404	GRANT RAMSAY	40-44	2:42:22	67MV40
688	ANDREW PATTERSON	18-39	2:47:55	
1011	JASON ANDERSON	18-39	2:52:28	PB (12 minutes)
3812	BRIAN WHITE	60-64	3:15:05	16MV60
4124	PETER SMITH	50-54	3:17:05	
4509	NATALIE LAWRENCE	18-39	3:19:38	
4808	RICHARD KENNEDY	18-39	3:21:42	
6912	DEAN CARPENTER	40-44	3:33:27	
8702	NICOLA KENNEDY	18-39	3:42:18	
8909	MICHELLE REEVES	18-39	3:43:22	
12207	KERSTIN WEINER	45-49	3:56:28	
14992	ANDREW PRIOR	45-49	4:07:33	
17651	JENNY GARRETT	45-49	4:18:33	First marathon
19536	CAROL PAUL	55-59	4:25:57	
20842	CLAIRE EMMERSON	45-49	4:30:55	First marathon
21729	DEREK WOOD	18-39	4:34:39	
21881	SOPHIE COWAN	18-39	4:35:14	First marathon
24906	JENNY PAUL	50-54	4:47:12	First marathon

Place overall	Name	Category	Finish	Comments
25621	TRUDIE MOLLOY	45-49	4:50:21	Personal Best
30589	MARK BEASLEY	55-59	5:14:30	
30590	JORDAN BEASLEY	18-39	5:14:30	
33344	TONY ARGYROU	50-54	5:32:21	
35001	LUCY WALSH	18-39	5:46:59	
36425	WAYNE McMILLAN	40-44	6:02:55	First marathon

Southampton Half

Andy Jay ran the Southampton Half Marathon on a perfect morning for running.

He got around the one lap course in 1 hour 52 minutes 59 seconds, finishing 1080th out of 3748 runners. The organisers of the event put on a fantastic festival of running, hosting a 10k, half marathon and full marathon all on the same day.

Five Mile Walk

On Tuesday evening in Battersea Park, DAVID BOWKER took part in the first of five races in the Veterans Athletic Club five mile walk series. He finished sixth in a new personal best of 51 minutes 25 seconds.

Parkrun Reports

Fastest Spartan of the parkrun weekend was CRAIG HALSEY. He went to St Albans where he was first finisher in 16:40. MARK GOODWIN has trained well in recent weeks and achieved a new course PB at Panshanger where he finished 33rd in 21:45.

At Stevenage, DANNY HUKIN was the first Spartan home, finishing second in a time of 19:08 as part of a longer run. NICK GILL was 16th in 21:46 with MARTIN DUDLEY 31st in 22:50. There were also top 50 finishers for GARETH COWELL (22:55), DARREN EMMERSON (23:53) and PAUL MAGUIRE (23:56). The other men in action at the venue were JAMES KILROY (25:22), KEN JUDE (25:38), JIM BROWN (27:41), ROBERT

EVANS (28:06), SIMON SYPULA (28:25), JOHN McCALL (29:01), MICHAEL ANDREWS (29:27), SEAN MILLWOOD (30:20), STEVEN DOBNER (36:50) and JAMES SOUTH (39:34).

PENNY SCHENKEL was completing a first ever parkrun and was first Spartan woman to finish in 27:54 for 17th place. TRACY PEZ (28:59), KAREN PALMER (29:20) and SHARON CROWLEY (29:44) also gained top 50 finishes. HILARY DAVIES (31:44), SALLY PHILIPS (32:40) and LISA JERROM (35:56) were the other Spartan ladies running in Fairlands Valley Park.

Further afield, DARRYL STEVENS ran 36:54 at Brockenhurst while ANOUSKA GREENAWAY was at Worthing and finished 2nd in 20:05. Finally, DANIEL SUTTON ran 23:16 at Yeovil Montague while VERITY FISHER finished in the top 20 at the same venue in 25:44.

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:

- **Serpentine 5K in Hyde Park on Friday 28th April.**
- **County 1500 and other track championships in Stevenage on Monday 1st May.**
- **Herts County Five Mile Championships for Seniors at Pednor on 1st May.**
- **EMAC Track and Field at Bedford on Wednesday 3rd May.**
- **Dereham 10 (ten miles) on Sunday 7th May.**
- **First Mid Week Road Race League match in Bishops Stortford on Wednesday 10th May.**
- **Ross Peers Half Marathon on Sunday 14th May.**
- **Summer Solstice 10K at St Albans on Tuesday 16th May.**
- **Stirling Marathon on Sunday 21st May.**
- **Second Mid Week Road Race League in Stevenage on Wednesday 24th May.**
- **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.**
- **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