



## **COASTAL CAROL Fourteen at Edinburgh Marathon Festival**

On Saturday CAROL PAUL ran the Viking Coastal at Betteshanger Country park in Kent. On a very warm day she completed the marathon (12.96 laps of the cyclopark) in 4 hours 24 minutes 59 seconds coming in as fourth woman and 18th over all

### **Open Track**

Watford Track held an open meeting on Wednesday evening. At 9.45p.m. in the evening CRAIG HALSEY ran 3,000 metres in 9 minutes 26 seconds.

### **Fourteen at 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 264<sup>th</sup> 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 271<sup>st</sup>.

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	

The fastest Spartan parkrunner of the weekend was CRAIG HALSEY, who ran a new course PB of 16 mins 41 secs at Panshanger to be first finisher, more than a minute and a half ahead of the second placed runner. CRAIG BACON was second Spartan finisher in 3th place in 22:57, also a new course PB, and KEN JUDE was next home in 23:51. ANDY JAY (25:00), TIM ROBINSON (27:35) and ANTHONY OSBORNE (38:09) completed the sextet of Spartans at the venue.

Twenty-one Spartans turned out at the home parkrun in Stevenage. For the men NICK GILL was 16<sup>th</sup> finisher in 21:03, a new course PB. PAUL MAGUIRE was 39<sup>th</sup> in 22:38 (also a course PB) and DANIEL SUTTON 44<sup>th</sup> in 23:05. MARK BEASLEY also made the top 50 in 23:07. The other men running were RYAN DUNNING (23:27, course PB), SIMON SYPULA (26:55), JAMES SOUTH (30:39), STEVEN DOBNER (31:14), ROBERT HARDY (39:06) and SELVAN NAICKER (39:28).

For the women HANNAH NEALE was second across the line in a new course PB time of 22:20. VERITY FISHER was fourth in 23:20, CALLIE CHAPMAN 12<sup>th</sup> in 25:46 and HAZEL SMITH 13<sup>th</sup> in 25:46. ALEXANDRA WHITEHOUSE (29:11) and SALLY PHILLIPS (29:47) also ran new course PBs to make the top 50. The other Spartan women were PAULINE FARNHAM (31:27, new course PB), EMMA POULTER (36:14), CAREN THAIN (36:15), EMMA MARTIN (39:52) and PAULINE HARDY (40:39).

Elsewhere BARRY OSBORNE was 10<sup>th</sup> male finisher at Oak Hill in 20:19, while TIM SABAN was also in North London, running 22:14 to finish 5<sup>th</sup> at Oak Hill. Finally ANOUSAKA GREENWAY was first woman to finish at Worthing parkrun in a new course PB of 19:26.

### Coming Events

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

- EMAC Track and Field at Cambridge on Wednesday 7<sup>th</sup> June.

- **Third Mid Week Road Race League in Hitchin on Wednesday 14<sup>th</sup> June.**
- **Herts Veteran 10K Championships at Welwyn on Sunday 25<sup>th</sup> June.**
- **Fourth Mid Week Road Race League from Ridlins on Wednesday 28<sup>th</sup> June.**
- **Serpentine 5K on Friday 30<sup>th</sup> June.**
- **EMAC Track and Field at Milton Keynes on Wednesday 5<sup>th</sup> July.**
- **Mob Match at Welwyn Garden City on Thursday 13<sup>th</sup> July.**
- **Fairlands Valley Challenge from Stevenage on 15<sup>th</sup> and 16<sup>th</sup> July**
- **EMAC Track and Field at Stevenage on Wednesday 26<sup>th</sup> July.**
- **Fairlands Valley Relays in Stevenage on Thursday 27<sup>th</sup> July.**
- **Herts Senior 5K Championships at Hatfield on Wednesday 30<sup>th</sup> August.**
- **Herts Veteran 5K Championships at Hatfield on Wednesday 13<sup>th</sup> September.**
- **Herts Senior 10K Championships at Standalone on Sunday 1<sup>st</sup> October.**
- **Peterborough Half Marathon on Sunday 8<sup>th</sup> October.**
- **Stevenage Half Marathon on Sunday 22<sup>nd</sup> October.**
- **St Neots Half Marathon on Sunday 19<sup>th</sup> November. Enter fast.**
- **Hertfordshire Five Mile Championship for Veterans at Hatfield on Sunday 26<sup>th</sup> Nov.**
- **Bass Belle 10 near Royston on Sunday 26<sup>th</sup> 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](http://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](http://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](http://www.fvspartans.org.uk)**