



News Release

22nd October 2017

HUNDREDS RACE ROUND STEVENAGE IN SPARTANS' HALF MARATHON

Fairlands Valley Spartans organised the Stevenage Half Marathon and it was a tremendous community event with nearly 500 people running round the town, dozens of Spartans volunteering to make the event a success, a local Spartan winner, hundreds of spectators around the course and still 29 members of the club racing and doing well.

Spartan **GRANT RAMSAY** won the race in 1 hour 17 minutes 26 seconds with the club's team of Grant, **STEFFAN FORD 1:24:16**, **BRIAN WHITE 1:28:23** and **ADRIAN BUSOLINI 1:29:21** taking the team honours. Grant was also the first finisher aged 40 plus and Brian second 60 plus finisher in the open race.

The event included the Hertfordshire Half Marathon Championships for veteran runners. Grant took **GOLD**. **BRIAN WHITE** took **GOLD** and **JIM BROWN 1:46:31** **BRONZE** in the 60 plus category. **ROB SHAW** won **GOLD** in the 70 plus contest.

The Spartan veterans Grant Ramsay, Steffan Ford; Brian White and Tim Saban in a new personal best of 1:31:25 won **GOLD** in the county team event. The club's women were not being left out as **ROS INGRAM 1:54:22**, **JULIE SHADBOLT** beating two hours for the first time with 1:58:48; and **ERICA GRAYSON 2:02:29** made up the **SILVER** medal winning team.

Many other Spartans had great races. **NICK GILL** put in a huge effort on the undulating course to take **ONE** second off his personal best (PB) which is now 1:37:53. There were also personal bests by **KAREN ELLIS 1:51:48** and **JO BOWDERY 1:57:44**.

Massive thanks to SOPHIE COWAN, race director and her huge team of volunteer race makers.

Spartan Results at the Stevenage Half Marathon

Position	Name	Time	Comments
1	GRANT RAMSAY	1:17:26	Race Winner. GOLD team.
11	STEFFAN FORD	1:24:16	GOLD team.
30	BRIAN WHITE	1:28:23	County GOLD. GOLD team.
34	ADRIAN BUSOLINI	1:29:21	
41	TIM SABAN	1:31:25	PB. GOLD team.
48	DEAN CARPENTER	1:32:11	
65	STUART ARCHER	1:35:18	
80	NICK GILL	1:37:53	PB (1 second!)
127	CHRIS HOLLAND	1:44:09	
156	JIM BROWN	1:46:31	County BRONZE
169	MARTIN DUDLEY	1:48:14	
198	KELLY EVANS (F)	1:51:15	
201	KAREN ELLIS (F)	1:51:48	PB
213	SUSAN McANENY (F)	1:53:06	
217	ROBERT EVANS	1:53:42	
227	ROS INGRAM (F)	1:54:22	SILVER team
241	JOANNE BOWDERY (F)	1:57:44	PB
250	JULIE SHADBOLT (F)	1:58:48	SILVER team. PB (first sub two)
270	ERICA GRAYSON (F)	2:02:29	SILVER team.
273	WENDY THARANI (F)	2:02:02	
309	KARTIK SHARMA	2:07:07	
326	ROBERT WRIGHT	2:08:57	
327	KAREN PALMER (F)	2:09:18	
328	SUE HAMER (F)	2:09:24	
343	JEANNETTE COLLINS(F)	2:10:48	
376	ROGER BIGGS	2:14:31	
390	CALLIE CHAPMAN (F)	2:18:18	
392	ROB SHAW	2:17:40	3 rd M70 in race
411	JAMES SOUTH	2:21:40	
459	KELLY CHAPMAN (F)	2:56:23	

There were 468 finishers. Results for everyone can be found on <http://eventchiptiming.com/>

Great South Ten Miles

Six Spartans travelled to Portsmouth for the Great South Run. Racing over ten miles and with a big field RUTH REILLY ran a tremendous new personal best of 1 hour 14 minutes

44 seconds. JENNY GARRETT was rewarded with a new 1:29:59 PB. LIAM HERBERT was the club's fastest finisher with 1:08:52.

Position	Name	Time	Comments
538	LIAM HERBERT	1:08:52	
1390	RUTH REILLY	1:14:44	PB
5529	JENNY GARRETT	1:29:59	PB
7676	TESSA STEPHENSON	1:36:19	
9102	HAYLEY TRANTER	1:40:21	
10617	ZOE YIAMAKA	1:45:13	

Abingdon Marathon

In a very windy Abingdon Spartan ANDREW PATTERSON cut his marathon personal best (PB) by five minutes to 2 hours 42 minutes 20 seconds. That gives him a championship start at the London Marathon. SUZY HAWKINS cut her PB to 3:21:50.

Toronto

CAROL PAUL ran the Toronto marathon. On a hot day for the time of year where Carol suffered in the heat Carol completed the marathon in 4:39:35 her 6th marathon in Canada and her 355th marathon. Carol ran her 1st marathon 25 years ago at Snowdon.

Parkrun Reports

Fastest Spartan parkrunner of the week was RICHARD KENNEDY who was 7th finisher in 22:45 in the inaugural event of Nobles parkrun on the Isle of Man.

Fifteen Spartans lined up at Stevenage. MARK BEASLEY finished 36th in 23:33 with LEE PICKERSGILL next Spartan in 24:18 followed by ANDY JAY in 25:10. DANIEL SUTTON (25:22), DAVID SCOTT (25:44), ROGER BIGGS (30:27), JAMES SOUTH (32:00) and SELVAN NAICKER (40:13) also ran with IAN ALEXANDER volunteering as tailwalker in 44:33.

VERITY FISHER was 10th woman in 25:30, with **TRACY PEZ** (27:55), **LIZ GUEMACHE** (29:56) and **SALLY PHILLIPS** (30:07) also finishing in the top 50 women. **TRACY STILES** (32:42) and **LYNSEY CHALKLEY** (35:49) also ran.

In other parkruns around the country **DARYL STEVENS** headed north (for him!) to **Basingstoke** to compete in 42:19. **HANNAH NEALE** (20th, 26:02) and **ALEXANDRA WHITEHOUSE** (34:24) were both in action at **Bath Skyline**, and **NEIL ROBINSON** (16th) ran at **Westmill** in 27:08. Finally **TIM ROBINSON** was 15th at **Pymmes** in 24:00.

Coming Events

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

- **Serpentine 25th Anniversary 5K** from the boat house, **Hyde Park** on **Friday 27th October**.
- **First Cross Country League race** at **Cheshunt** on **29th October**.
- **Cross Country League** at **Trent Park** on **Sunday 12th November**.
- **St Neots Half Marathon** on **Sunday 19th November**.
- **Wolverton Five** at **Milton Keynes** on **Saturday 25th November**.
- **Hertfordshire Five Mile Championship for Veterans** at **Hatfield** on **Sunday 26th Nov**.
- **Bass Belle 10** near **Royston** on **Sunday 26th November**.
- **Bedford Harriers Half Marathon** on **Sunday 3rd December**.
- **Spartans Christmas Party** on **Friday 8th December**.
- **Festive Five** at **Welwyn Garden City** on **Sunday 10th December**.
- **Cross Country League** at **Willian** on **Sunday 17th December**.
- **Witham Five** on **Tuesday 26th December**.
- **Buntingford Year End 10** on **Sunday 31st December**.
- **New Year 10K** in **Hyde Park** on **Monday 1st January 2018**.
- **County Cross Country Championships** at **Cassiobury Park** on **Sunday 7th January**.
- **Cross Country League** at **Watford** on **Sunday 14th January**.

- Fred Hughes 10 miles including senior county championships at St. Albans on Sunday 21st January.
- Southern Cross Country Championships on Saturday 27th January.
- Watford Half Marathon inc. veteran championships on Sunday 4th February.
- Bramley 20/10 (20 miles or 10 miles) on Sunday 11th February.
- St Valentine's 30K at Stamford on Sunday 11th February.
- Cross Country League at Royston on Sunday 18th February.
- Welwyn Half Marathon on Sunday 4th March.
- Finchley 20 miles (including Herts County) on Sunday 18th March.
- Oakley 20 miles on Sunday 18th March.
- Orion 15 at Chingford (Epping Forest) on Saturday 24th 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