



News Release

8th October 2017

GETTING PERSONAL AT PETERBOROUGH

Time to Enter the Stevenage Half

Seventeen Spartans raced around Peterborough in the Perkins Great Eastern Run half marathon and many achieved new personal bests, hit new targets, got under two hours for the first time and were running 13.1 miles for the first time.

DANNY HUKIN was running his first half marathon race since knee surgery. He set himself a target of 1 hour 30 minutes and was very happy with a 1:27:43 finish time.

ERICA GRAYSON got under two hours for the first time, knocking 15 minutes off her half marathon personal best (PB) this year to finish in 1:59:51. She was joined by **MICHAEL ANDREWS** who ran his first ever half marathon in 1:59:48.

Despite already having a good time **SUZY HAWKINS** squeezed another 14 seconds off hers and finished in 1:33:45.

STUART HAYCROFT continued his run of achieving a PB for every race of the year with 1:27:45, beating his previous Half Marathon PB by just under six minutes.

GREG KELLY who trimmed 3:31 off his PB when he ran in with 1:48:11.

BARRY KING ran with his brother **STEVE KING** who took almost 20 minutes off his PB time! They finished in 2:07:29.

JIM BROWN ran his fastest half marathon since 2010 having had major surgery in 2011 and 2015. His 1:44:02 gives him an age related score well over 70%.

VERITY FISHER and ANN TRYSESSEONE were under two hours with 1:58:23 and 1:58:56.

Position	Name	Chip Time	Comments
226	DANNY HUKIN	1:27:43	SB (first in season)
232	STUART HAYCROFT	1:27:45	PB (5:46).
444	SUZY HAWKINS (F)	1:33:45	PB (0:14)
878	JIM BROWN	1:44:02	SB (0:55)
1333	GREG KELLY	1:48:11	PB (3:31)
1857	DANIEL SUTTON	2:00:44	SB (first in season)
1928	MICHAEL ANDREWS	1:59:48	First Half Ever
1966	VERITY FISHER (F)	1:58:23	SB (first in season)
2015	ANN TRYSESSEONE (F)	1:58:56	YB (first in 2017)
2109	ERICA GRAYSON (F)	1:59:51	PB (1:24)
2225	KAREN ELLIS (F)	2:01:54	
2226	JULIE SHADBOLT (F)	2:01:54	YB (8:52)
2373	STEPHEN KING	2:07:29	PB (20 minutes)
2374	BARRY KING	2:07:29	
2602	SHARON CROWLEY (F)	2:06:34	SB (12:27)
2717	CAROLINE CROFT (F)	2:10:30	
3995	PAUL HOLGATE	2:48:00	Running with daughter

Stevenage Half Marathon Entries Open

Organised by Fairlands Valley Spartans the Stevenage Half Marathon is the town's biggest and best running event. Entries have opened and 500 have already signed up. The race has been organised for more than thirty years. This year it will be on Sunday 22nd October. Have a look on www.fvspartans.org.uk or go straight to https://www.activetrainingworld.co.uk/events/2017/10/22/stevenage_half_marathon

Herts 10K

PAUL HEWETT ran the Herts 10K in a time of 38 mins 22 seconds. He was 23rd out of 1789.

Ridgeway Run

JENNY PAUL did The Ridgeway Run, organised by Tring Running Club. It was nine miles of hilly trail with great views from the tops. Her time of 1:39:39 was thirteen minutes quicker than last year.

Wimpole Hall 10 Miles

Super veteran **PETER CARPENTER** ran the Wimpole Hall 10 mile event. He reckons he was doing reasonably well to the 8 mile point, but then it was a struggle for the last two miles, including a couple of brief stops in the last mile in what was really a meadow. He was pleased to just finish in less than two hours with 1:59:20 for the scenic cross country course.

Norton 5K

Maddie Pritchard and **John Harris** ran the Norton 5k on Saturday. John was eighth with 20:30 and Maddie 27th with 23:18.

Langdale Horseshoe

TOM SAUKA did the Langdale Horseshoe fell race on Saturday. It was wet and forecast for rain all day so he prepared for the worst. It was very wet and boggy all through the race and he spent a lot of it knee deep in it or slipping over on the grassy down hills, but it was a great atmosphere as one of the classic fell races with a lot of the top names there. He finished in 3 hours 52 minutes 6 seconds.

Biggs At York

York is one of the biggest and best organised UK marathons. On an undulating course mainly to the East of York, **ROGER BIGGS** completed the 26.2 miles in 5:05:42.

Royal Parks Half

ANTHONY BLYTH completed his first run as a Spartan at the weekend!

It was the Royal Parks Half with a time of 1:35:28. He was fund raising running for the Great Ormond Street Hospital.

Parkrun Reports

It was a quiet week with a number of Spartans expected to be in action at the Great Eastern Half Marathon in Peterborough. CRAIG HALSEY followed up his recent outstanding Berlin Marathon performance by showing there's nothing wrong with his current speed at shorter distances either. He was first to finish at Stevenage parkrun in 16:51, matching his course best. MARK BEASLEY was next Spartan man home in 22:22 in 30th position and MARTIN DUDLEY finished in 22:36. CHRIS HOLLAND (23:30), RYAN DUNNING (24:06), SIMON SYPULA (24:39), LEE PICKERSGILL (24:39), DAVID SCOTT (25:07) and JAMES SOUTH (28:01) also ran.

For the ladies RUTH REILLY was second finisher at Stevenage in a new course PB time of 22:00. KELLY EVANS was 9th in 25:05 and CAROL PAUL 14th in 26:32. TRACY PEZ also finished top 30 (23rd in 27:30) and was joined by KAREN PALMER (28:37) and SALLY PHILLIPS in a new course PB time of 29:46.

PAUL MAGUIRE chose to run in Stratford-Upon-Avon on parkrun's 13th birthday and ran an excellent new 5k PB of 20:56 to finish in 23rd position. Elsewhere MARK GOODWIN was 26th finisher at Panshanger in 22:37 and VERITY FISHER was at Rutland Water, finishing in 47:46. Finally ROGER HARDMAN was again in action in Newcastle, finishing in 27:42.

Coming Events

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

- Stevenage Half Marathon on Sunday 22nd October.**
- Serpentine 25th Anniversary 5K from the boat house on Friday 27th 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.**
- **Cross Country League at Watford on Sunday 14th January.**
- **Fred Hughes 10 miles inc senior championships at St. Albans on Sunday 21st January.**
- **Watford Half Marathon inc. veteran championships on Sunday 4th February.**
- **Bramley 20/10 (20 miles or 10 miles) on Sunday 11th February.**
- **Cross Country League at Royston on Sunday 18th February.**
- **Welwyn Half Marathon on Sunday 4th March.**
- **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