



Fairlands Valley Spartans Running Club

Affiliated to UK Athletics and the Association of Running Clubs

Club Records – Male

Road

5K	Simon Hall	16.04	Cranfield	09.07.2004
5 Miles	Pete Sibbett	25.39	Letchworth	10.06.1990
10K	Pete Sibbett	31.25	Watford	27.09.1992
10 Miles	Garon Heslop	51:04	North Weald	07.11.1987
Half Marathon	Garon Heslop	1:07:54	Watford	07.02.1988
20 Miles	Pete Sibbett	1:47:46		28.03.1995
Marathon	Pete Sibbett	2:26:52	London	22.04.1992

Track

100m	Dave Stephenson	12.7	Watford	05.05.2003
200m	Dave Stephenson	25.52	Aarhus, Denmark	25.07.2004
400m	Paul Keeble	54.50	Watford	08.05.2002
800m	David Brown	2.09.32	Watford	20.08.2003
1500m	Simon Hall	4.22.31	Watford	03.09.2003
1 Mile	Andy Neatham	4.56.23	Copthall	26.06.2014
3000m	T Harris	09.05.6	Watford	21.09.2005
5000m	Grant Ramsay	16.22.4	Sandy	28.09.2013
10,000m	Grant Ramsay	34.48.52	Horspath	05.08.2012
400m Hurdles	Dave Stephenson	82.9	Lee Valley	02.06.2010
2000m S/C	Grant Ramsey	7.03.4	Cambridge	10.08.2013
3000m S/C	Grant Ramsey	10.39.3	Watford	09.07.2011
4x100m relay	Paul Pickard, Dave Stephenson Steve Mayfield, Andy Neatham	55.0	Kettering	13.06.2012
4x400m relay	Dave Stephenson, Liam Herbert Steve Mayfield, Andy Neatham	4.16.78	Stevenage	06.05.2013