



News Release

4<sup>th</sup> March 2018

## **AFTER THE SNOW: INAUGURAL BIG HALF Simon and Ashley Impress In Cambridge Half**

Suddenly the snow cleared the sun came out and more than 11,000 runners raced round the inaugural Vitality Big Half which was won by Sir Mo Farah. Fifteen Spartans ran the half marathon which started at Tower Bridge, went round Docklands and finished by the Cutty Sark in Greenwich.

**ERICA GRAYSON** was delighted to run a new personal best (PB) of 1 hour 54 minutes 44 seconds knocking 2 minutes 53 seconds off her previous best.

She said she was also thinking that we should acknowledge that the running community is amazing - supportive, friendly, good training but most all acknowledge that some runners put others first before their own goals like **EMMA MARTIN** today stopping to help a runner who had fallen and sustained a nasty laceration to his head. Erica added "I'm proud to be a Spartan and part of the running community."

**TIM SABAN** also ran a PB and is edging ever closer sub 90 minutes with his 1:30:23.

**MARTIN BLACKBURN**, 1:29:12 and **STUART HAYCROFT**, 1:29:16 were the fastest Spartans while **MARK COLLINS** also made it into the top 1,000 with his 1:31:30.

**YUKO GORDON** continues to inspire. She beat all the men as well as all the women in her age group with 1:37:55. **ELLA GOWER** reduced her PB to 2:30:07 and is determined to get rid of those seven seconds very soon.

**PETE SMITH** went round in 1:39:58; **BRIAN WHITE** in 1:40:42; **JIM BROWN** 1:50:11 had problems with an old injury on the long cobbled sections but is hopeful he can lose the 12 seconds needed for a good for age qualifying time later this year. **JENNIFER**

NAISBITT ran 2:12:56. GERRY ROSEN admitted he went off too fast and came in at 2:20:22 with KAREN BROOM close behind at 2:20:38. Then came SARAH RUSHWORTH with 2:36:35 and EMMA MARTIN after helping another runner and collecting a great set of event pictures including steel bands, choirs and a competitor on stilts in 3 hours 17 minutes 1 second.

Position	Name	Time	Comments
808	MARTIN BLACKBURN	1:29:12	
813	STUART HAYCROFT	1:29:16	
893	TIM SABAN	1:30:23	PB
975	MARK COLLINS	1:31:30	
1544	YUKO GORDON	1:37:55	1 <sup>st</sup> FV65 (1 <sup>st</sup> all 65 by 2:03)
1758	PETE SMITH	1:39:58	
1876	BRIAN WHITE	1:40:42	
3303	JIM BROWN	1:50:11	6 <sup>th</sup> MV65
4127	ERICA GRAYSON	1:54:44	PB (2:53)
7304	JENNIFER NAISBITT	2:12:56	
8288	GERRY ROSEN	2:20:22	
8294	KAREN BROOM	2:20:38	
9326	ELLA GOWER	2:30:07	PB
9803	SARAH RUSHWORTH	2:36:35	
11180	EMMA MARTIN	3:17:01	

5716 of the 11504 finishers were women, 5788 were men.

### Cambridge Half Marathon

Although the Welwyn Half Marathon was cancelled the thaw came soon enough for the Cambridge Half Marathon to go ahead and VERITY FISHER was smiling after her new personal best of 1 hour 51 minutes 49 seconds.

SIMON JACKSON came in fastest Spartan and well in the top hundred with 1 hour 17 minutes 26 seconds and ninth in his category. ASHLEY SCHOENWETTER was fastest female from Fairlands with 1:31:13 and tenth in hers.

STEFFAN FORD beat his personal best that was set in 2013 with an excellent 1:18:07 and club women's champion SUZY HAWKINS ran a new PB of 1:32:46.

Daniel Sutton came in with 1:50:45. Marie Colucci and Dawn Easby finished together in 1:55:39.

Position	Participant	Chip time	Category	Cat Pos	
53	SIMON JACKSON	01:17:26	(M) 40-44	9	
61	STEFFAN FORD	01:18:07	(M) 40-44	13	PB
526	ASHLEY SCHOENWETTER	01:31:13	(F) 30-34	10	
612	SUZY HAWKINS	01:32:46	(F) 40-44	10	PB
2501	DANIEL SUTTON	01:50:45	(M) 25-29	246	
2624	VERITY FISHER	01:51:49	(F) 30-34	86	
3138	MARIE COLUCCI	01:55:30	(F) 40-44	135	
3139	DAWN EASBY	01:55:30	(F) 35-39	138	

### Three Spartans To Run London For Children With Cancer in the UK

Spartans CALLIE CHAPMAN, KYM MARTIN and HAZEL SMITH are running the London Marathon for Children with Cancer in the UK. They have chosen this charity as another Mum running it Clare, her son Daniel had leukaemia. Thankfully he's now in remission but still has regular checks. So they all wanted to give something back.

Their fundraising site is:

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?pageId=829601>

Or they are on Virgin giving as 'Inspired Mums Raising Funds Donation Page'.

Fairlands Valley Spartans have a great record for getting newcomers round the London Marathon. Why not train with them? There's a large team of qualified coaches and leaders. You can find more on [www.fvspartans.org.uk](http://www.fvspartans.org.uk)

### EMAC

DAVID BOWKER competed for EMAC in the Inter Area Indoor Match at Lee Valley on Sunday. He was fourth in the male 35 plus 2K walk and ran the third leg of the male 50 plus relay team who finished third. EMAC is the Eastern Masters Athletic Club. Several Spartans are members so they can take part in competitions for veterans.

## Coach to London

Do you have an entry to the London Marathon on 22<sup>nd</sup> April 2018? Have you thought how you will get to London from Stevenage on the big day? Fairlands Valley Spartans have a coach from Stevenage and there are spare places. The cost is just £10. If you would like to join us, please contact Roger Biggs on roger@thebiggs.net.

## Parkrun Highlights 3<sup>rd</sup> March

With most local parkruns cancelled due to the recent weather conditions only two Spartans made it out to participate in a parkrun this weekend.

JOHN ROXBOROUGH and MARK BEASLEY both went to Panshanger, with John finishing 39<sup>th</sup> male in 23 mins 11 secs and Mark 40<sup>th</sup> male in 23:16.

## Coming Events

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

- Milton Keynes 5K, 10K, Half and 20 miles on Sunday 11<sup>th</sup> March.
- Finchley 20 miles (including Herts County Champs) on Sunday 18<sup>th</sup> March.
- Oakley 20 miles on Sunday 18<sup>th</sup> March.
- Serpentine 5K on Friday 23<sup>rd</sup> March (please note change of date).
- Orion 15 classic cross country at Chingford (Epping Forest) on Saturday 24<sup>th</sup> March.
- County Cross Country Championships for Veterans at Royston on Sunday 25<sup>th</sup> March.
- Maidenhead Easter Ten on Good Friday 30<sup>th</sup> March.
- Club training twenty from Marriotts on Friday 30<sup>th</sup> March.
- Sandy Ten on Sunday 8<sup>th</sup> April.
- London Marathon on Sunday 22<sup>nd</sup> April.

- Flitwick 10K on Sunday 29<sup>th</sup> April.
- Stirling Marathon on Sunday 29<sup>th</sup> April.
- EMAC track and field event one at Stevenage on Wednesday 2<sup>nd</sup> May.
- County open 1500 and veteran track and field championships on Monday 7<sup>th</sup> May.
- Pednor Five including county championships for veterans on Monday 7<sup>th</sup> May.
- Mid Week Road Race League race one 6 miles in Epping Forest on Thursday 10<sup>th</sup> May at 7.30p.m.
- Mid Week Road Race League race two 10K in St. Albans on Thursday 24<sup>th</sup> May.
- EMAC track and field event two at Bedford on Wednesday 6<sup>th</sup> June.
- Mid Week League Race 3 8K in Trent Park on Thursday 7<sup>th</sup> June.
- Welwyn 10K including senior county championships on Sunday 24<sup>th</sup> June.
- Mid Week League Race 4 in Stevenage on Wednesday 27<sup>th</sup> June.
- EMAC track and field event three at Cambridge on Wednesday 4<sup>th</sup> July.
- Mid Week League Mob Match on 12<sup>th</sup> July.
- Fairlands Valley Challenge off road on Sunday 15<sup>th</sup> July.
- EMAC track and field event four at Milton Keynes on Wednesday 1<sup>st</sup> August.
- Welwyn Half Marathon on Sunday 9<sup>th</sup> September (new date).
- Standalone 10K on Sunday 7<sup>th</sup> October.
- Peterborough Half Marathon (GER) on Sunday 14<sup>th</sup> October.
- Stevenage Half Marathon on Sunday 4<sup>th</sup> November.
- St Neots Half Marathon on Sunday 18<sup>th</sup> November.

### Tables

parkrun	Pos	Gen	parkrunner	Time	Notes
Panshanger	44	39	John ROXBOROUGH	00:23:11	
Panshanger	45	40	Mark BEASLEY	00:23:16	

### 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 £41 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); Claire Pullen 0790 001 6094 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; Ken Jude 07783 597182 and 01438 816889 or Claire Pullen (Secretary) 0790 001 6094.

**[www.fvspartans.org.uk](http://www.fvspartans.org.uk)**