



YUKO WINS IN ONE MILE CHALLENGE Team Second * Leader Crosses Thames

British Masters One Mile Challenge

By 10a.m. Monday morning a magnificent 39 Spartans had already recorded times for their one mile challenge. Participants had until Sunday evening 7th March to complete their race.

YUKO GORDON WON her category. She took first place in the women's 65 plus age group with 6 minutes 58 seconds and was 879th overall out of 1210 finishers. She led the Spartans women's team to second in that category with CATHY CRAIG in 8:21 and JAN FRY in 8:48. Their total time of 24:07 compared well with the winners 23:14 and second place in 23:16.

The provisional results show that the 38 Spartans were

Position	Name	Time	Cat Place	Comments
31	JASON ANDERSON	4:49	12	
58	ANDREW PATTERSON	4:56	27	
79	SIMON JACKSON	5:01	17	
225	DAN HUKIN	5:26	53	
250	STEFFAN FORD	5:29	66	
365	PAUL SHELLEY	5:45	55	
489	CRAIG WILSON	5:57	99	
500	SUZY HAWKINS	5:58	16	16 th FV45
538	BRIAN WHITE	6:02	11	11 th MV65
607	DAVID STEPHENSON	6:12	58	
673=	ALISON WOOD	6:20	20	20 th FV50
673=	STEVEN DOBNER	6:20	128	

696	DANIEL BATES	6:24	104	
722	PETER SMITH	6:30	74	
767	LEE PICKERSGILL	6:38	107	
880=	SUSAN McANENY	6:58	51	
880=	YUKO GORDON	6:58	1	1st FV65. 2nd team.
904	TRACY PEZ	7:03	68	
920	HAZEL SMITH	7:08	70	
925	KEN JUDE	7:09	92	
928=	NICK KLEANTHOU	7:10	93	
928=	MARIAN MORLEY	7:10	33	
934	FIONA CLARKE	7:11	56	
948	ZOE JACKSON	7:15	48	
958	JON SYPULA	7:18	140	
977	NIKKI WILBY	7:21	51	
1010	KELLY EVANS	7:31	53	
1034	KARTIK SHARMA	7:40	128	
1051	NICOLA ANDERSSON	7:45	48	
1055	JIM BROWN	7:46	47	
1069	ANDY PRIOR	7:49	109	
1079	KERSTIN WEINER	7:53	51	
1129	CATHY CRAIG	8:21	14	2nd team FV65.
1147	WENDY THARANI	8:36	99	
1157	JAN FRY	8:48	10	2nd team FV65. 10th FV70.
1160	LIZ CARVELL	8:52	38	
1177	PAUL HOLGATE	9:23	53	
1193	SALLY PICKLES	10:19	54	
1201	PAM TAYLOR	11:15	56	

They were competing in the British Masters Athletics Federation virtual one mile challenge.

Saturday's Fly

386 runners from 71 clubs competed in Saturday morning's Fly 5k event. The Spartan Seven were BRIAN WHITE who won his category with 21 minutes 16 seconds; JIM BROWN in 25:25; PENNY SCHENKEL in 29:29; NICK KLEANTHOU in 29:48; LIZ CARVELL in 31:48; PAUL HOLGATE in 34:25; and STEPH BIGGAR in a new Fly 5K personal best (PB) of 36 minutes 23 seconds.

Position	Name	Time	Comments
62	BRIAN WHITE	21:16	1st VM 65 plus. 3rd Fly.
166	JIM BROWN	25:25	4th VM 65 plus. 24th Fly.
280	PENNY SCHENKEL	29:29	17th Fly.
289	NICK KLEANTHOS	29:48	29th Fly.
312	LIZ CARVELL	31:48	7th VW 60 plus. 8th Fly.
347	PAUL HOLGATE	34:25	41st Fly.
359	STEPH BIGGAR	36:23	Fly PB. 2nd Fly.

This was stripey Saturday and many Spartans running their Fly 5K; their one mile challenge or on training runs were wearing their club kit. CHLOE CHAPMAN and FIONA CLARKE enjoyed their stripey Saturday with a run around the Stevenage Heritage Trail.

On Sunday 14th March there will be a range of Fly virtual events from 5K to an ultra 50K.

Racing Round England

Fairlands Valley Spartans are racing round England. They started in Bristol and are running, walking or cycling 2,970 kilometres round the coasts and borders of the country.

By the end of Sunday 7th March three – BRIAN WHITE, PENNY SCHENKEL and JIM BROWN had all completed more than 1,000 kilometres.

Brian has crossed the Thames and is in Tilbury, Essex on 1,210 kilometres. Soon he will start on the long run up the east coast of England. Penny is 44 kilometres behind between Faversham and Sittingbourne on 1166. Having reached the Meridian Line for the first time in Peacehaven on Friday night Jim is very nearly in Kent at East Guldeford with 1040 kilometres.

SHARON CROWLEY, in fourth, is well through 500 miles and is in Brighton on 956 kilometres. Eight other Spartans are past 500 kilometres. They are KEN JUDE (760, Corfe Castle); CATHY CRAIG (737, Leaving Weymouth); HAZEL SMITH (734, Leaving Weymouth); LIZ CROWLEY (670, Branscombe); PAUL HOLGATE (611, Brixham);

TRACY PEZ (578, Kingsbridge); LIZ CARVELL (547, Plymouth) and JON SYPULA (510, Fowey).

Nearly all the Spartans have turned the corner at Lands End. All aim to finish by the end of the year. The team total is 10,240.49 kilometres – the equivalent of going round the course more than three times.

Position	Name	Distance	Location
1.	BRIAN WHITE	1,210.3 km	Tilbury, Essex
2.	PENNY SCHENKEL	1,165.9 km	Between Faversham and Sittingbourne
3.	JIM BROWN	1,040.2 km	East Guldeford, East Sussex
4.	SHARON CROWLEY	955.7 km	Brighton
5.	KEN JUDE	759.6 km	Corfe Castle
6.	CATHY CRAIG	736.9 km	Leaving Weymouth
7.	HAZEL SMITH	733.7 km	Leaving Weymouth
8.	LIZ CROWLEY	670.3 km	Branscombe, South Devon
9.	PAUL HOLGATE	611.3 km	Brixham, Devon
10.	TRACY PEZ	577.9 km	Approaching Kingsbridge
11.	LIZ CARVELL	547.1 km	Plymouth
12.	JON SYPULA	510.4 km	Fowey, Cornwall
13.	WENDY THARANI	374.4 km	Nearing the turn in Cornwall
14.	LEE PICKERSGILL	346.7 km	Near Godrevy National Trust

(Not) Parkrun

Many Spartans combined their effort to record a Fly 5K time with registering a (not) Parkrun effort. In addition THOMAS SAUKA notched up a fine 22 minutes 4 seconds in a (not) Parkrun solo run on Saturday. (Not) Parkruns can be run on any day of the week.

North America Done Now It's Central and South America!

Virtually nothing stops Fairlands Valley Spartans and they have now run over 25,000 miles in 119 days in their relay race across North, Central and South America. Lockdown 2 - Briefly Tier 3 - Now Tier 4 and they continue into 2021.

Having covered the USA, Canada, Mexico and Puerto Rico they have now several days into South America and are moving on to Antofagasta in Chile. 53 members recorded a total of 311 miles on Saturday giving a total distance of 25,248 miles.

This challenge will end on Sunday 28th March, the first day of summertime and the day before it looks likely that group training can restart.

Parkrun Roundup 6th March 2021

Parkruns, the popular free Saturday morning 5K runs, have restarted in some other countries with a recent Saturday seeing more than 27,500 participants across 218 events, in five countries. There were 1,640 who walked, jogged, ran or volunteered with Parkrun for the very first time. Not yet in the UK.

Fairlands Valley Spartans and many others are looking forward to the 200th Stevenage Parkrun which will be the first local parkrun when the events can restart. It's looking like that will be on Saturday 5th June. The 199th parkrun was on Saturday 14th March 2020. It'll be some party when they restart.

(Normally all the week's Spartan parkrun results can be found near the end of our release).

Train With The Spartans

Group training had to be suspended again from 19th December but there are lots of ideas available on Spartan social media and opportunities to pair up for motivation and safety. To join the Spartans visit www.fvspartans.org.uk now.

Coming Events

Despite the lack of races and restrictions on group training in January 2021 the Spartans had 333 members, 171 men and 162 women. They have an average age of 45 with a very wide range.

The Spartans are looking forward to a busy programme of races, social and training events when it is possible for events to start again including (please check as, obviously, race dates may change depending on government and UKA guidance):

- **Fly virtual races on Sunday 14th March including 10K; Half Marathon; 20 miles and Marathon.**
- **Bedford Autodrome running events on Sunday 28th March (POSTPONED).**
- **Run Fest at Lee Valley (Half Marathon and 10K) on Sunday 28th March (CANCELLED).**
- **Last Day of the Spartans relay race across the Americas on Sunday 28th March.**
- **Return to group training (check for details) on Monday 29th March.**
- **St Albans Easter 10K on Friday 2nd April.**
- **Dorney Lake Marathon on Saturday 3rd April.**
- **Bedford Autodrome 5K and 10K (ATW) on Sunday 11th April.**
- **Essex Marathon and Half Marathon at Debden on Sunday 18th April.**
- **Greenway Challenge in Letchworth on Sunday 9th May (TBC).**
- **Peterborough Marathon on Sunday 23rd May (new date).**
- **Hitchin 10K on Sunday 30th May.**
- **Parkrun returns ☺ on Saturday 5th June (check for details).**
- **Hertfordshire Half Marathon at Knebworth House on Sunday 6th June 2021 (the postponed 2020 event).**
- **St. Albans Half Marathon on Sunday 13th June.**
- **Peterborough New Year's Eve 10K on Sunday 13th June (deferred date).**
- **Live Fly 5K event at Bovington, Hemel Hempstead on Sunday 27th June.**
- **Ware Ten on Sunday 4th July (TBC).**
- **FVS Off Road Fairlands Valley Challenge on Sunday 18th July.**
- **St. Albans 10K on Sunday 15th August.**
- **Lee Valley 10K and Half Marathon on Sunday 15th August.**

- Hitchin 5K on Sunday 29th August.
- Bedford Running Festival Half Marathon on Sunday 5th September.
- Hillingdon 20 on Sunday 5th September.
- Stevenage 10K on Sunday 19th September.
- Hitchin 5K on Sunday 19th September.
- Standalone 10K in Letchworth on Sunday 26th September (note unusual date).
- London Marathon on Sunday 3rd October.
- Chelmsford Half Marathon on Sunday 3rd October.
- Manchester Marathon on Sunday 10th October.
- Great South Run (ten miles) in Portsmouth on Sunday 17th October.
- Love Luton Half Marathon and 10K on Sunday 31st October.
- Baldock Beast Half Marathon on Sunday 31st October (new date).
- Paul Maguire Five and Bryan Moore Ten FVS handicap events on Sunday 7th November.
- Hertfordshire Half Marathon (2021) at Knebworth House on Sunday 7th November.
- Stevenage Half Marathon on Sunday 21st November (provisional. Note unusual date).
- Bass Belle Ten Miles on Sunday 28th November (TBC).

Tables

Full results for all Spartans would normally be listed below – back soon.

Join The Spartans

Live in or near Stevenage? Like running? Fairlands Valley Spartans is your local running club and is on the up! In June 2019 they were promoted to division one in the mid week road race league. At November 2019 FVS had 346 members, 177 women and 169 men – that's more than the previous year. The Spartans encourage participation by all. They

have a varied training programme to suit those who want to run 5 kilometres through to full marathons. It puts back into the sport by organising events such as the Stevenage Half Marathon, Fairlands Valley Challenge, the Relays in the Park and events for the Mid Week and Cross Country Leagues.

In “normal” times the Spartans weekday training sessions are on Tuesday and Thursday evenings. Go along to the new sports centre at Marriotts School – a Sports College, Brittain Way, 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.

Watch out for when the regular training sessions and events start again.

Membership is only £28 per year for 2020/2021 which includes UKA affiliation. Concessions are available (£21.75). 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); Jenny Garrett (0771 113 0439); info@fvspartans.org.uk; or visit their website www.fvspartans.org.uk

E N D S

More from Jim Brown (Press Officer) 0793 968 7509 or secretary@fvspartans.org.uk

www.fvspartans.org.uk