



## **DRIFT LIMITS DASH Santa Spartans Starting to Stir**



**Clearly three Spartans had been longing for a real race, or the lock down training had been really effective, as they roared round Drift Limits motor circuit, Hemel Hempstead in Sunday's postponed Hertfordshire Remembrance Run 10K.**



Despite thick fog and near freezing conditions **STUART HAYCROFT** easily beat 40 minutes with 38 minutes 15 seconds; **JIM BROWN** ran his fastest 10K for almost two years and beat what he thought was an unachievable target for this year, sub 50 and an age related score over 70%, with 49 minutes 21 seconds and **PAUL HOLGATE** ran a season's best 59:49, a big improvement to get under the hour for the first time in 2020. Jim was fifth man 60 plus; Stuart eighth man 40 plus and Paul eighth man 60 plus. There were 181 runners in this Covid secure but timed and accurately measured event.

Position	Name	Time	Comments
46	<b>STUART HAYCROFT</b>	<b>38:15</b>	
112	<b>JIM BROWN</b>	<b>49:21</b>	<b>Year's Best. 5M60. 71.7%.</b>
160	<b>PAUL HOLGATE</b>	<b>59:49</b>	<b>SB (10:18)</b>

### Virtual Spartans

And the Spartans have been active in many virtual races, you run the distance but time yourself and submit it to the organisers.

In the 27<sup>th</sup> Fly 5K on Saturday morning **NICK KLEANTHOUS** was 101<sup>st</sup> in 27 minutes 42 seconds; **NICOLA ANDERSSON** 117<sup>th</sup> in 28:39; **JIM BROWN** 123<sup>rd</sup> in 28:53; **PENNY SCHENKEL** 124<sup>th</sup> in a new Fly 5K personal best of 28:54 – an improvement by 1 minute 39 seconds on the previous week which was also a PB; and **PAUL HOLGATE** 136<sup>th</sup> in 30:01. There were 190 finishers.

The 25<sup>th</sup> (not) Stevenage ParkRun brought out JAMES McSWEENEY 25:15 and JIM BROWN 27:00 in addition to those who ran the Fly event. While Fly 5Ks have to be run on a Saturday morning (Not) parkruns can be run any day of the week.

JENNY GARRETT and VICKY ARCHER ran the Virtual Hatfield Five Mile race on the day the event would have taken place. Jenny finished in 47:25 and Vicky in 47:30. The real race has been postponed to Sunday 27<sup>th</sup> December.

### Running in the USA

Lockdown Take Two did not stop Fairlands Valley Spartans running and they are going to keep running across the USA until New Year's Eve.

FVS are on the road again. They have completed the historic Route 66, the Las Vegas, Death Valley, Big Sur, San Francisco, Napa Valley, El Paso, San Antonio and Houston Marathons. Also the Western States, Badwater 135, and Grand to Grand Ultra runs.

On day 31, Sunday, they completed 394 miles with 54 members posting a distance. The Spartans are now heading for Florida. They completed the La Fayette, Baton Rouge and New Orleans Marathons yesterday. The next marathon is the Gulf Shores. So far they have run a total of 6821 miles in their virtual relay.

### Hard Soft Challenge – Time To Get Muddy

NIKKI WILBY now has more than fifty entrants in her hard soft motivator. Run 5K or 5 miles on tarmac in November then see how close you can get to matching the time cross country in December. Times up for the November on road qualifiers. Now it's time to get muddy.

PAUL HOLGATE was out there on the first day possible, 1<sup>st</sup> December, to run his Virtual Stevenage Cross Country five miles in 59 minutes 33 seconds.

### Parkrun Roundup 5<sup>th</sup> December 2020

**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 us for the very first time. Not yet in the UK.**

**Fairlands Valley Spartans and many others are looking forward to the 200<sup>th</sup> Stevenage Parkrun which will be the first local parkrun when the events can restart. The 199<sup>th</sup> parkrun was on Saturday 14<sup>th</sup> March. 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).**

### **New Committee**

**Fairlands Valley Spartans “zoomed” in for their AGM on Friday 4<sup>th</sup> December.**

**Full details of their new committee will be released after Wednesday 9<sup>th</sup> December.**

### **Train With The Spartans**

**Some group training started again on Thursday 3<sup>rd</sup> December and real races. To join the Spartans visit [www.fvspartans.org.uk](http://www.fvspartans.org.uk) now.**

### **Coming Events**

**The Spartans are growing. FVS have about 346 members, 177 women and 169 men.**

**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):**

- **Dorney Lake Half Marathon plus 5K, 10K and 15K on Saturday 12<sup>th</sup> December.**

- **Essex Remembrance Run Half Marathon at Debden, Saffron Walden on Sunday 13<sup>th</sup> December (new date).**
- **Dorney Lake 5K, 10K and Half Marathon on Sunday 13<sup>th</sup> December.**
- **Run Through events at Victoria Park on Saturday 19<sup>th</sup> December.**
- **Dorney Lake 5K, 10K and Half Marathon on Sunday 20<sup>th</sup> December.**
- **Hatfield Five on Sunday 27<sup>th</sup> December (new date).**
- **Fordy Runs Rock Up ‘n’ Run 5K/10K and Half Marathon along the River Lea towpath from Stanstead St Margarets on Sunday 27<sup>th</sup> December and 31<sup>st</sup> January.**
- **Peterborough NYE 10K on Thursday 31<sup>st</sup> December.**
- **Half, 10K and 5K at Debden Airfield on New Year’s Day.**
- **Henley Culden Faw 5K, 10K and Half Marathon trail events on Sunday 3<sup>rd</sup> January.**
- **Silverstone Half Marathon on Sunday 14<sup>th</sup> February 2021 (new date).**
- **Love Welwyn GC 10K on Sunday 14<sup>th</sup> February 2021 (new date).**
- **Milton Keynes 20 miles, Half Marathon, 10K and 5K on Sunday 7<sup>th</sup> March 2021.**
- **Bedford Autodrome running events on Sunday 28<sup>th</sup> March 2021.**
- **Peterborough Marathon on Sunday 11<sup>th</sup> April 2021.**
- **Hertfordshire Half Marathon at Knebworth House on Sunday 6<sup>th</sup> June 2021 (new date).**
- **St. Albans 10K on Sunday 15<sup>th</sup> August.**
- **London Marathon on Sunday 3<sup>rd</sup> October 2021.**

**Tables**

**Spartan Parkruns on Saturday 5<sup>th</sup> December:**

**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](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); [secretary@fvspartans.org.uk](mailto:secretary@fvspartans.org.uk); or visit their website [www.fvspartans.org.uk](http://www.fvspartans.org.uk)**

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**More from Jim Brown (Press Officer) 0793 968 7509 or [secretary@fvspartans.org.uk](mailto:secretary@fvspartans.org.uk)**

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

Jim Brown, 106 Oaks Cross, Stevenage, SG2 8LT