



JUST A FEW DAYS TO COMPLETE THE OFF ROAD CHALLENGE

With a week to go forty people have completed the off road Fairlands Valley Challenge. Five at the Ultra (50K) distance; sixteen Marathon (26.2 miles); nine half marathon (13.1 miles) and the rest at shorter distances.

The Challenge is a virtual event this year and you can still run on a route you choose any day between now and Sunday 6th September 2020.

Just like the usual event you have multiple choices. They are 5K, 10K, Half Marathon, Marathon or 50k Ultra. You can RUN or WALK.

A difference from many of the virtual events is that at least 25% of your route must be off road.

The event ethos is that this is an individual challenge in a friendly non competitive environment and another difference is that on your route you must take eleven selfies, include a different item in the background of each. The initials of each item when put together must spell out the word FVChallenge. You must abide by the current guidance on social distancing. All Entries are £12 (£10 for affiliated runners).

All finishers will receive a medal based on the Challenge banner. Go to www.fvchallenge.org.uk for more details and a link to the entry system.

Fly 5k Event 13

Two Spartans ran the 13th Fly 5K virtual event. They were Nicola Andersson 83rd in 27:07 and Paul Holgate 131st in 40:35.

(not) Stevenage ParkRun 5k Event 11

As well as Nicola and Paul Holgate three other Spartans ran the eleventh (not) Stevenage Parkrun. Paul Jennings ran the virtual event in 26:43; James McSweeney at 26:45 and Nick Kleanthous finishing in 27:52.

A side effect of virtual racing is that you can be taking part in more than one event with the same run.

Virtual Gin & Tonic 10k

Pam Taylor, Sally Pickles, Stephanie Biggar & Peter Carpenter ran the Virtual Gin and Tonic 10K together in 1:17:23.

Parkrun Roundup 29th August 2020

Parkruns have restarted in some other countries but 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. The 199th parkrun was on Saturday 14th 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).

Dozens of events were cancelled in the Spring and Summer including the mass participation London Marathon but there are some glimmers of a return to "live" competition with entries being invited for events on 23rd August; 27th September; 4th October and 18th October amongst others.

Train Virtually With The Spartans

Limited coaching sessions have restarted with Spartans making sure they maintain the two metre separation from everyone else.

In addition Brian White, the head coach, is publishing weekly training programmes for members to follow solo; many Spartans were almost marathon ready before lockdown and are relaxing with local runs from home to maintain fitness levels without over training.

Brian has also been organising a virtual relay for many weeks. This has taken the club to all four of Stevenage's twin towns and continues making its way home via the routes of some of the world's famous marathons. The latest guidance is that people can run in small groups but socially distanced.

To join the Spartans visit www.fvspartans.org.uk now.

Coming Events

The Spartans are growing. At November 2019 FVS had 346 members, 177 women and 169 men – that's more than the previous year.

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

- Fairlands Valley Challenge in Stevenage from 4th July until 6th September (VIRTUAL).
- Peterborough Marathon on Sunday 13th September (CANCELLED).
- Brighton Marathon Weekend, Friday 18th to Sunday 20th September (CANCELLED).
- Stevenage 10K on Sunday 20th September (VIRTUAL EVENT).
- EMAC (Eastern Veterans) Track and Field League Final in Bedford on Saturday 26th September (CANCELLED).
- Hitchin 5K on Sunday 27th September (STILL ON at 1st August).

- Dorney Lake Marathon on Sunday 4th October (A real event and still on at 8th August).
- London Marathon on Sunday 4th October (VIRTUAL EVENT).
- Standalone 10K (including County veteran championships) on Sunday 4th October (CANCELLED).
- Great Eastern Run (half marathon) in Peterborough on Sunday 11th October (CANCELLED).
- Great South Run 10 miles in Portsmouth on Sunday 18th October (STILL ON at 1st August).
- Bedford Autodrone Grand Prix 5K, 10K, half marathon, 16 miles, 20 miles and full marathon on Sunday 18th October (STILL ON at 1st August).
- Beachy Head Half Marathon on Sunday 18th October (NEW DATE. STILL ON at 1st August).
- Chelmsford Marathon on Sunday 18th October (CANCELLED).
- Beachy Head Marathon on Saturday 24th October (STILL ON at 1st August).
- Hitchin 10K on Sunday 25th October (STILL ON at 1st August).
- Beachy Head 10K on Sunday 25th October (NEW DATE. STILL ON at 1st August).
- Stevenage Half Marathon (including County senior championships) on Sunday 1st November (CANCELLED).
- Silverstone Half Marathon, 5K and 10K on Sunday 15th November (STILL ON at 1st August).
- St. Neots Half Marathon on Sunday 15th November (CANCELLED).
- Hertfordshire Half Marathon at Knebworth House on Sunday 22nd November (STILL ON at 1st August).
- Bass Belle ten miles on Sunday 29th November (STILL ON at 1st August).

Tables

FVC leader board with one week to go

	Name	Club	Distance	Time
Event	Avg Pace			

1	George Burkin		31.1	4:45:10	
50k+	9:10				
2	Stuart Archer	Fairlands Valley Soartans	31	4:53:47	
50k+	9:29				
3	Hazel Smith	Fairlands Valley Spartans	31	8:54:00	
50k+	17:14				
4	Julie Shadbolt	Fairlands Valley Soartans	31	8:54:00	
50k+	17:14				
5	Karen Ellis	Fairlands Valley Spartans	31	8:54:00	
50k+	17:14				
6	Isabel Green	Harpenden Arrows	26.67	4:23:00	26+
9:52					
7	Ammon Piepgrass	Harpenden Arrows	26.67	4:23:00	26+
9:52					
8	Paul Whyte	Harpenden Arrows	26.67	4:23:00	26+
9:52					
9	Omar Qureshi		26.3	4:38:39	
26+	10:36				
10	Jenny Garrett	Fairlands Valley Spartans	26.7	5:48:00	26+
13:02					
11	Claire Emmerson	Fairlands Valley Spartans	26.55	5:48:00	26+
13:06					
12	Vicky Archer	Fairlands Valley Spartans	26.2	5:48:00	26+
13:17					
13	Charlotte Smith	Fairlands Valley Spartans	27	6:15:00	26+
13:53					
14	Tony Randfield		27	6:15:00	
26+	13:53				
15	Robert Hardy	Fairlands Valley Spartans	26.67	7:10:00	26+
16:07					
16	Paul Holgate	Fairlands Valley Spartans	27.2	7:29:00	26+
16:30					

17	Liz Crowley	Fairlands Valley Spartans	26.2	8:59:00	26+
20:34					
18	Sharon Crowley	Fairlands Valley Spartans	26.2	8:59:00	26+
20:34					
19	Tricia Hopper	Fairlands Valley Spartans	29	10:05:00	26+
20:52					
20	Karen Liddle	Fairlands Valley Spartans	29	10:05:00	26+
20:52					
21	Claire Pullen	Fairlands Valley Spartans	29	10:05:00	26+
20:52					
22	Barry King	Fairlands Valley Spartans	29	10:05:00	26+
20:52					
23	Paul Hogan			13.67	2:10:00
13m+	9:31				
24	Tina Buckeridge			13.2	2:10:00
13m+	9:51				
25	Tim Robinson	Farlands Valley Spartans		15	3:11:00
13m+	12:44				
26	Kartik Sharma	Fairlands Valley Spartans		13.29	2:51:33
13m+	12:54				
27	Nicola Hatherley	Fairlands Valley Spartans		15.1	4:10:00
13m+	16:33				
28	Judy King	Fairlands Valley Spartans		15.1	4:10:00
13m+	16:33				
29	Liz Carvell	Fairlands Valley Spartans		13.58	3:46:01
13m+	16:39				
30	Linda Nolan	Fairlands Valley Spartans		13.58	3:46:01
13m+	16:39				
31	Sally Phillips	Fairlands Valley Spartans		13.58	3:46:01
13m+	16:39				
32	Pauline Hardy	Fairlands Valley Spartans		19	6:19:00
13m+	19:57				

33	Jannette Collins		19.1	7:32:00
13m+	23:40			
34	Calantha Chapman	Fairlands Valley Spartans	8	1:31:00
10km+	11:23			
35	Niki Plumb	Fairlands Valley Spartans	6.4	1:37:00
10km+	15:09			
36	Sally Pickles	Fairlands Valley Spartans	6.2	1:39:07
10km+	15:59			
37	Pam Bentley	Fairlands Valley Spartans	10	2:57:12
10km+	17:43			
38	Stephanie Biggar	Fairlands Valley Spartans	9.4	2:57:12
10km+	18:51			
39	Hayley Peach	Fairlands Valley Spartans	6.2	2:12:51
10km+	21:26			
40	Nichola Durrent	Fairlands Valley Spartans	6.2	2:12:51
10km+	21:26			

Spartan Parkruns on Saturday 29th August:

Full results for all Spartans will 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); Ken Jude (07783 597182); Claire Pullen 0790 001 6094 or visit their website 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

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