



VIRTUALLY IN KADOMA RACED TO THE STONES * SIMON'S RECORD

The big, big news is that Fairlands Valley Spartans have a world record holder. **SIMON JACKSON** broke the world indoor Ironman triathlon record in Stevenage town centre on Saturday. (For more on that see a separate release).

ED HARE completed the Virtual Race to the Stones (100km in 7 days) last week. He averaged 14.28km or 8.93miles a day.

Ed said, “The week started with a 10 mile sunny Monday evening run and then got gradually tougher as the week went on. Everyday was like a very long recovery run and the toughest part was to get myself back out there each day, despite my body wanting to rest. I was lucky enough to have some great Spartan company for most of the runs but it was amazing to have my children hold the finishing tape in Fairlands Valley Park on Sunday morning. Thanks to everyone who supported me this week, I truly couldn't have done it without you and as for the runners who have completed the actual event within 24hours, massive respect!!!”

National 5K

Ten Spartans raced in England Athletics national 5K championships. These were raced virtually between 11th and 13th so most Spartans ran in or near Stevenage.

With nearly 1600 results in **BRIAN WHITE** was second in his category with 19 minutes 13 seconds. The fastest Spartan was **MARTIN BLACKBURN** with 19:08. The fastest Fairlands female was **CHARLOTTE SMITH** with a personal best 21 minutes exactly and the fastest FVS junior was **WILL MORLEY** with 20:32.

The other top fifty category positions were MARIAN MORLEY, 32nd in 25:24 and JIM BROWN 33rd in 25:23.

BETH FOLEY ran a new personal best (PB) of 29:25 and CHARLOTTE KEARNEY a new PB of 29:29.

Remember most of these runners were in different places and could not see each other.

Position	Name	Time	Category Pos.	Comments
608	MARTIN BLACKBURN	19:08	177	
618	BRIAN WHITE	19:13	2	2 nd in category
854	WILL MORLEY	20:32	27	Under 17
940	CHARLOTTE SMITH	21:00	58	1 st 5K as FVS
1189	GRAHAM BLACKBURN	23:13	67	YB (0:05)
1346	JIM BROWN	25:23	33	YB (0:02)
1347	MARIAN MORLEY	25:24	32	
1495	BETH FOLEY	29:25	37	PB (2:19)
1498	CHARLOTTE KEARNEY	29:29	106	PB (0:35)
1516	PAUL HOLGATE	30:20	52	YB 0:32

1572 times registered so far.

Fly 5k Event 6

In the sixth Fly 5K event NICK KLEANTHOUS was 141st in 26:15 and PAUL HOLGATE 184th in 30:20. There were 220 times recorded in the virtual event.

Virtually Kadoma

Fairlands Valley Spartans are well on the way to Kadoma on their virtual quest to visit all of Stevenage's four twin towns.

They covered 304 miles on Saturday with 58 members posting a distance. Brilliant support for Spartan Simon Jackson and his world record attempt.

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By Sunday morning the total distance covered was 10,767 miles in 41 days. Then 51 members recorded a further 413 miles on Sunday to which was added the 321 bonus weekly miles from members not on Facebook.

So they are now close to Lusaka in Zambia with 11,501 miles covered in 42 days and less than 500 miles from their target, the fourth twin town, Kadoma in Zambia where in true Spartan tradition they are expecting a very big buffet.

The Fairlands Valley Challenge Is Open

Fairlands Valley Spartans off road challenge would have been on Sunday 19th July. That's not going to be possible but 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.

Train Virtually With The Spartans

Despite the lack of races and coached club sessions the Spartans are keeping active even though they cannot run in groups of more than six people and the need to make sure they maintain the two metre separation from everyone else.

Brian White, the head coach, is publishing weekly training programmes for members to follow solo; many Spartans were almost marathon ready and are relaxing with local runs from home to maintain fitness levels without over training; and members are benefiting from training videos published by Marriotts Sports Centre – the Spartans base in normal times.

To encourage members to keep fit the club has a fun competition to encourage Spartans to run at least 5K four times a week. This has been going for many weeks since 20th April. The latest guidance is that people can run in small groups but socially distanced.

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

Parkrun Roundup 11th July 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.

In the meantime in the bonus “Stripey Saturday” organised to support Simon Jackson’s world record attempt ten Spartans recorded 5K times in the third (not) Stevenage ParkRun 5K.

They were Brian White 19:13; Marian Morley a new PB of 25:24; Verity Sutton-Fisher 25:24; Nick Kleanthous 26:15; Nicola Andersson 28:16; James McSweeney 29:02; Beth Foley 29:25; Charlotte Kearney 29:29; Paul Holgate 30:20 and Helen Harris 31:18. A total of 36 times were recorded.

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

Many other Spartans did their training runs in club kit that day.

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

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 July, 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).**
- **Hatfield Broad Oak (virtual) 10K qualifying runs between 10th and 20th July. Also a 5K option. You must register in advance.**
- **Relays in the Park (3K stages), the Hertfordshire Road Relay Championships, in Fairlands Valley Park on Thursday 23rd July (CANCELLED. Enjoy virtual races).**
- **St. Albans 10K on Sunday 2nd August (Check with ATW).**
- **Bearbrook 10K in Aylesbury on Sunday 2nd August (CANCELLED).**
- **Burnham Beeches Half Marathon on Sunday 9th August (CANCELLED).**
- **Clacton Half Marathon and 10K on Sunday 16th August (CHECK EVENT WEBSITE).**
- **EMAC Track and Field fourth league meeting on Wednesday 2nd September (NOW may be an open event).**
- **St Albans Stampede on Saturday 5th September.**
- **Bedford Half Marathon and 20 miles on Sunday 6th September (CANCELLED).**
- **Edinburgh Marathon on Sunday 6th September (NEW DATE).**

- **Milton Keynes Marathon Weekend Re-Imagined. Run in MK between 6th and 19th September (NEW DATE).**
- **Peterborough Marathon on Sunday 13th September (CANCELLED).**
- **Brighton Marathon Weekend, Friday 18th to Sunday 20th September (NEW DATE).**
- **Stevenage 10K on Sunday 20th September (VIRTUAL EVENT).**
- **EMAC (Eastern Veterans) Track and Field League Final in Bedford on Saturday 26th September (CANCELLED).**
- **London Marathon on Sunday 4th October (NEW DATE).**
- **Standalone 10K (including County veteran championships) on Sunday 4th October (CANCELLED).**
- **Manchester Marathon on Sunday 11th October (NEW DATE).**
- **Great Eastern Run (half marathon) in Peterborough on Sunday 11th October (CANCELLED).**
- **Chelmsford Marathon on Sunday 18th October (CANCELLED).**
- **Stevenage Half Marathon (including County senior championships) on Sunday 1st November.**
- **Silverstone Half Marathon, 5K and 10K on Sunday 15th November.**
- **Bass Belle ten miles on Sunday 29th November.**

Tables

Spartan Parkruns on Saturday 27th June:

Full results for all Spartans will 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.

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.

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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