



## **FAIRLANDS VALLEY CHALLENGE Arrived in Zimbabwe \* HBO**

### **The Fairlands Valley Challenge Is Open**

On Sunday Jenny Garrett, Vicky Archer and Claire Emmerson did the marathon in the FVS Fairlands Valley off road challenge. It was Vicky's first marathon. They all had great fun on their own route out to Wheathampstead via the Ayots and back through Codicote and Knebworth Park. We completed it in 5:48:20 with at least 75% being off road.

CHARLOTTE SMITH ran the STOOP (Stevenage Outer Orbital Path) off road marathon on Sunday. She took 4 hours 54 minutes moving time but total time 6 hours 15 minutes including stops. Charlotte said she took her sweet time with it and as she had entered the FV Challenge is delighted she has now done her first official marathon.

Fairlands Valley Spartans off road challenge would have been on Sunday 19<sup>th</sup> July. That was not going to be possible but you can still run on a route you choose any day between now and Sunday 6<sup>th</sup> 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](http://www.fvchallenge.org.uk) for more details and a link to the entry system.

### National 5K

Final results are in for the England Athletics national 5K championships. 1764 times were registered with many international standard runners taking part.

Fairlands Valley Spartans women's team consisted of Charlotte Smith (21:00), Marian Morley (25:24) and Beth Foley(29:25) were 90<sup>th</sup> in a combined time of 1 hour 15 minutes 49 seconds.

The FVS men's "A" team were 163<sup>rd</sup> in 58:53. They were Martin Blackburn (19:08), Brian White (19:13) and Will Morley (20:32).

And the FVS men's "B" team were 252<sup>nd</sup> with Graham Blackburn (23:13), Jim Brown (25:23) and Paul Holgate (30:20) and a total of 1 hour 18 minutes 56 seconds.

Altogether ten Spartans raced in England Athletics national 5K championships and included Charlotte Kearney who beat the half hour with 29:29. Runs were raced virtually between 11<sup>th</sup> and 13<sup>th</sup> so most Spartans ran in or near Stevenage.

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

(The full Spartan result can be found near the end of this release).

### Fly 5k Event 7

Two Spartans ran the seventh Fly 5K event. They were Nick Kleanthous who was 84<sup>th</sup> in 26:13 and Paul Holgate 116<sup>th</sup> in 30:16, a year's best by 4 seconds. There were 149 times recorded.

### Arrived in Kadoma

Fairlands Valley Spartans made it all the way to the twin town of Kadoma, enjoyed a fantastic virtual buffet and have decided to carry on.

They started and finished the famous Comrades Marathon yesterday. The post which coincided with the start was Hazel Smith and Nicola Hatherly took them through the finish 56 miles later.

The Spartans covered an impressive 548 miles yesterday with 60 members posting a distance. We also received 232 bonus weekly miles from those not on Facebook. They are now heading for Kynsna on the Cape Garden route where they will run the Forest Marathon. Their total distance covered so far is 13,439 miles in 49 days.

### Hatfield Broad Oak 10K

JIM BROWN ran the virtual Hatfield Broad Oak 10K in 51 minutes 14 seconds. He was well up in his category among the 488 runners who had finished by noon on Monday.

### 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 20<sup>th</sup> April. The latest guidance is that people can run in small groups but socially distanced.

To join the Spartans visit [www.fvspartans.org.uk](http://www.fvspartans.org.uk) now.

### Parkrun Roundup 18<sup>th</sup> 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 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.

In the meantime six Spartans ran the fifth (not) Stevenage ParkRun virtual event. They were

Nick Kleanthous 26:18; Debbie Blanter 28:54 (YB 0:15); Paul Jennings (29:39); Paul Holgate 30:16 (YB 0:04); Verity Sutton-Fisher (32:08) and Beth Foley 32:22. 20 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.

(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 4<sup>th</sup> July until 6<sup>th</sup> September (VIRTUAL).
- Relays in the Park (3K stages), the Hertfordshire Road Relay Championships, in Fairlands Valley Park on Thursday 23<sup>rd</sup> July (CANCELLED. Enjoy virtual races).
- St. Albans 10K on Sunday 2<sup>nd</sup> August (Check with ATW).
- Bearbrook 10K in Aylesbury on Sunday 2<sup>nd</sup> August (CANCELLED).
- Burnham Beeches Half Marathon on Sunday 9<sup>th</sup> August (CANCELLED).
- Clacton Half Marathon and 10K on Sunday 16<sup>th</sup> August (CHECK EVENT WEBSITE).
- EMAC Track and Field fourth league meeting on Wednesday 2<sup>nd</sup> September (NOW may be an open event).
- St Albans Stampede on Saturday 5<sup>th</sup> September (CANCELLED).
- Bedford Half Marathon and 20 miles on Sunday 6<sup>th</sup> September (CANCELLED).
- Edinburgh Marathon on Sunday 6<sup>th</sup> September (NEW DATE).
- Milton Keynes Marathon Weekend Re-Imagined. Run in MK between 6<sup>th</sup> and 19<sup>th</sup> September (NEW DATE).
- Peterborough Marathon on Sunday 13<sup>th</sup> September (CANCELLED).
- Brighton Marathon Weekend, Friday 18<sup>th</sup> to Sunday 20<sup>th</sup> September (NEW DATE).
- Stevenage 10K on Sunday 20<sup>th</sup> September (VIRTUAL EVENT).
- EMAC (Eastern Veterans) Track and Field League Final in Bedford on Saturday 26<sup>th</sup> September (CANCELLED).
- London Marathon on Sunday 4<sup>th</sup> October (NEW DATE).
- Standalone 10K (including County veteran championships) on Sunday 4<sup>th</sup> October (CANCELLED).
- Manchester Marathon on Sunday 11<sup>th</sup> October (CANCELLED).

- **Great Eastern Run (half marathon) in Peterborough on Sunday 11<sup>th</sup> October (CANCELLED).**
- **Chelmsford Marathon on Sunday 18<sup>th</sup> October (CANCELLED).**
- **Stevenage Half Marathon (including County senior championships) on Sunday 1<sup>st</sup> November.**
- **Silverstone Half Marathon, 5K and 10K on Sunday 15<sup>th</sup> November.**
- **Bass Belle ten miles on Sunday 29<sup>th</sup> November.**

## Tables

### National 5K

Position	Name	Time	Category Pos.	Comments
661	MARTIN BLACKBURN	19:08	189	
674	BRIAN WHITE	19:13	3	SB (0:31)
936	WILL MORLEY	20:32	33	PB (0:18)
1028	CHARLOTTE SMITH	21:00	62	1 <sup>st</sup> 5K as FVS
1311	GRAHAM BLACKBURN	23:13	69	YB (0:05)
1502	JIM BROWN	25:23	35	
1504	MARIAN MORLEY	25:24	43	PB (1:18)
1674	BETH FOLEY	29:25	43	PB (2:19)
1677	CHARLOTTE KEARNEY	29:29	122	PB (0:35)
1700	PAUL HOLGATE	30:20	52	YB 0:32

### Spartan Parkruns on Saturday 18<sup>th</sup> July:

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](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)**

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