



THE SPARTANS ARE ALMOST IN UGANDA FVS To Compete in Virtual 5K

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 481 miles on Sunday with 62 members posting a distance. This week there were 236 bonus weekly miles from members not on Facebook.

On Monday morning they were close to the South Sudan / Uganda border having covered 9,472 miles in 34 days. They still have Uganda, Tanzania and Zambia to run through.

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.

Spartans To Compete in the England Athletics 5K Championships

The England Athletics Virtual 5K Road Running Championships on 11 to 13th July are open to all ages from 16 years upwards and you can run in Stevenage but you must register in advance.

So far there are about 1800 entries and ten of them are Spartans. They are Graham Blackburn, Martin Blackburn, Grace Brown, Jim Brown, Charlotte Kearney, Paul Holgate, Marian Morley, Tracy Pez, Charlotte Smith and Brian White. Entries close on Friday 10th July. You can run on Saturday, Sunday or Monday morning.

Racing Virtually

Brian takes on Europe. Spartan BRIAN WHITE raced in the European Masters 10K virtual challenge and was fourth in the 65 years plus category with 42 minutes 43 seconds.

Two Spartans ran Saturday's Fly 5K event. They were Nick Kleanthous 82nd out of 149 in 25:43 and Paul Holgate 129th in 30:52.

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 4th 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 on “Stripey Saturday” seven Spartans recorded 5K times in the third (not) Stevenage ParkRun 5K.

They were James McSweeney 25:02; Nick Kleanthous a year’s best 25:02; Marian Morley a personal best 26:25; Paul Jennings 28:27; Nicola Andersson 29:11; Paul Holgate a year’s best 30:52 and Beth Foley a personal best 31:44.

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.**
- **England Athletics Virtual 5K Road Running Championships on 11 to 13th July. Open to all ages. You must register in advance by 10th July.**
- **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.

Try a few sessions before joining. Membership is only £19 per year for 2020/2021 which includes UKA affiliation. Concessions are available. 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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