



LAST CHANCE OLYMPIC Virtually Verity

Callie Chapman and Hazel Smith ran the Olympic Park 10K on Sunday in the final race before new lockdown comes into force. The race was well managed with waves of four runners setting off at a time to complete four laps of the park. In the warm but windy conditions Callie completed the course in 1:05:07 and Hazel in an excellent 51:23.

Virtual Verity

Spartan VERITY SUTTON FISHER ran a virtual marathon, only her second 26.2 miles event, on Sunday. To raise money for Huntingdon's Disease she ran between Stevenage and Letchworth, including the Greenway, and finished in 5 hours 4 minutes 49 seconds.

JAMES McSWEENEY ran the Adnams Virtual 10K in 49 minutes 10 seconds. That was better than his 10K time from Standalone but this was on the flat Suffolk fens.

Other Virtuals

In the 22nd virtual Fly 5K event NICOLA ANDERSSON was 88th in 28 minutes 38 seconds; NICK KLEANTHOUS 99th in 29:12 and PAUL HOLGATE 128th in 34:46.

Nicola was faster in the 20th (not) Stevenage ParkRun 5K with 26:48 while Nick and Paul had the same times. The others in the virtual parkrun were James McSweeney 24:56; Paul Jennings 26:45; Jim Brown 27:30 and Marian Morley 28:01

Four Spartans ran the equivalent of a half marathon in Stevenage on Sunday morning. This was part of an effort to raise some money for the Mayor's Charities Fund. On an approximation of the half marathon route LIZ SMITH and JIM BROWN maintained a steady six minutes per kilometre to complete the 13.1 miles in 2 hours 6 minutes 50 seconds; WENDY THARANI went round in 2:08:54 and NICOLA ANDERSSON in 2:14:00 with them finishing in the Autumn tints of Fairlands Valley Park. This was the first time Nicola had run that distance. The 22.1 kilometres was verified by GPS. Thanks to Penny Schenkel, Zander Brown and Peter Eames for making it possible.

Parkrun Roundup 31st October 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 has been some return to "live" competition and entries have been invited for events on 7th, 8th and 22nd November amongst others.

Train Virtually With The Spartans

Coaching sessions have restarted with Spartans making sure they maintain the two metre separation from everyone else and applying the other current Covid requirements.

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 including (please check as, obviously, race dates may change depending on government and UKA guidance):

- **Dorney Lake Half Marathon on Saturday 12th December.**

Tables

Spartan Parkruns on Saturday 17th October:

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

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More from Jim Brown (Press Officer) 0793 968 7509; Ken Jude 07783 597182 and 01438 816889 or Claire Pullen (Secretary) 0790 001 6094.

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