



## **BRUTAL BEACHY HEAD Virtually In North Wales**

**Spartans Tim Robinson and Chris Holland ran the 40<sup>th</sup> Beachy Head Marathon on Saturday.**

**The race started in Eastbourne and immediately climbed 100 metres in the first kilometre to Beachy Head. During the climb the runners are entertained by a bag piper. From there the course headed inland up and down and across the South Downs, through villages and up steps, before returning to the coast at Cuckmere Haven to complete the final seven miles over the Seven Sisters back to Beachy Head. One of the UK's hardest but picturesque marathon routes.**

**The event was fully Covid secure and the organisers had worked hard to create a friendly and relaxed event while still maintaining precautions.**

**Aid stations were well stocked with bananas, Mars bars and sausage rolls.**

**Tim and Chris' aim was to complete in 5 hours 30 minutes but with winds gusting to 45mph on the tops of the downs, and heavy rainfall in the days before making the ground very soft in places that was going to be hard. Progress across the tops of the cliffs was quite difficult in the final miles and the total height gain of over 1,000m took its toll on tired legs.**

**Nevertheless, the last kilometre was steep downhill and a 'sprint' finish saw the pair finish in under six hours.**

Chris was 811<sup>th</sup> in 5:57:53 and Tim 812<sup>th</sup> in 5:57:54. Emma Southerington ran the 10K in 1 hour 31 minutes.

### **Fordy Runs Rock Up 'n' Run**

The Fordy Runs Rock Up 'n' Run event was a beautiful Autumnal covid-safe run along the River Lee tow path starting and finishing from Stanstead St Margarets. It was the first half marathon in a series of six monthly runs from now to March 2021.

Spartan John Roxborough ran the 13.1 miles in 1:44:53. He said 'Fitness faded as expected and the last four miles were tough. Interesting race, each runner headed off 30 seconds apart. Most of the paths were wide enough for people to pass on the out and back sections. Lots of puddles to dodge along the route! Worth going back and trying again next month.'

PAUL HOLGATE finished in 2 hours 49 minutes 26 seconds which was 12:35 than his last half which was in November 2019 and ROGER BIGGS ran the 10K option in 1:29:47.

### **Suffolk Ultra for Harris**

On Saturday JOHN HARRIS ran the Suffolk Ultra 33 miles event in 5 hours 23 minutes on a multi terrain course. It included a fall in bushes and a water feature. He was first Male Vet 55 plus.

### **Virtually in North Wales**

Sharon and Liz Crowley completed the virtual Snowdonia Marathon in 6 hours 44 minutes. The marathon was cancelled back in July, like many other races this year it went 'Virtual '

Sharon said "We were still planning to do it in North Wales, but then total lockdown happened so we couldn't go. So instead of a run around Snowdon it was a run around sunny Stevenage with the lovely Autumn colours on the cycle tracks.

Erica Grayson and Sue Hamer ran a virtual Edinburgh marathon in 4:43.

## **Other Virtuals**

**Paul Holgate ran the 21<sup>st</sup> Saturday morning Fly 5K event in 32 minutes 12 seconds.**

**Five other Spartans ran the 19<sup>th</sup> virtual (not) Stevenage ParkRun 5k Event 19. They were Nick Kleanthous 25:53; Jim Brown 26:15; Paul Jennings 26:32; James McSweeney 26:52; and Nicola Anderson 27:27.**

## **Parkrun Roundup 24<sup>th</sup> 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 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.**

**(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 7<sup>th</sup>, 8<sup>th</sup> and 22<sup>nd</sup> 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](http://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):**

- **Remembrance Run 5K, 10K and Half Marathon at Saffron Walden on Saturday 7<sup>th</sup> November (STILL ON at 28<sup>th</sup> September).**
- **Remembrance Run Herts at Bovington Airfield, Hemel Hempstead from 9a.m. on Sunday 8<sup>th</sup> November (STILL ON at 13<sup>th</sup> October).**
- **Silverstone Half Marathon, 5K and 10K on Sunday 15<sup>th</sup> November (STILL ON at 1<sup>st</sup> August).**
- **St. Neots Half Marathon on Sunday 15<sup>th</sup> November (CANCELLED).**
- **Hertfordshire Half Marathon at Knebworth House on Sunday 22<sup>nd</sup> November (STILL ON at 1<sup>st</sup> August).**
- **Hatfield Five (five miles) on Sunday 29<sup>th</sup> November (STILL ON at 22<sup>nd</sup> September).**
- **Dorney Lake Half Marathon on Saturday 12<sup>th</sup> December.**

## **Tables**

### **Spartan Parkruns on Saturday 17<sup>th</sup> 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](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)

