



MORE REAL RACES Still Flying Saturday

More Spartans have enjoyed some “real” races.

GRANT RAMSAY was at the Milton Keynes Enigma Marathon.

To be Covid compliant the event was capped to 30 runners with a rolling start and full social distancing in place.

Grant was on course for his sub 3 hour marathon target, but at 22 miles, the lack of marathon race fitness and the warm conditions, resulted in him tiring dramatically. He had settle for getting just under 3 hours 15 minutes with 3:14:58. Although Grant missed the magic three hours, he still won the race.

Duxford

Three Spartans were at the Duxford Battle of Britain 10K on Sunday.

BRIAN WHITE said it was a very well organised Covid-19 secure race using Duxford Airstrip. It was a two lap course on very wide tarmac although the wind made it quite hard on each out section. Brian’s time was 41 minutes 3 seconds. He was 35th from the 663 finishers and second man aged 60 plus.

NICK KLEANTHOUS completed the Duxford Dash 10K in 53:18. He said it was nice and flat although windy running up the airfield. Well organised with a staggered start over one

hour. Nick says thanks to FVS for the lockdown training and Tim Robinson for his weekly Challenge. It paid off.

JONATHAN JONES completed the same race in 58:21.

Fly Fifteen

There were three Spartans running the fifteenth Fly 5K virtual race between 8a.m. and midnight on Saturday. Nick Kleanthous improved his time for the year by 22 seconds to 25:15 to finish in the top half (74th out of 150); Nicola Andersson cut her personal (lifetime) best by 20 seconds to 26:45 and Paul Holgate finished in 33:21.

In the (not) Stevenage ParkRun 5k Event 13 which does not have to be run on a Saturday Nick Kleanthous was a bit quicker at 24:56, a personal best by nine seconds. The other Spartan times, in addition to the Fly 5K times were James McSweeney 26:15; Jim Brown 28:05 and Paul Jennings 28:54.

More Than A Thousand Marathons In Virtual Relay

FVS have visited the four Twin Towns of Stevenage and continue to run in some of the world's iconic marathons in their amazing virtual relay which has covered the equivalent of more than one thousand marathons in 105 days.

Sunday was an extremely busy day in the mountains. They completed the Mont Blanc Marathon, Jungfrau Marathon and Swiss Alpine Marathon. The posts taking us over the start and finish lines for those events were from Toby Eccleshall, Tracy Pez, Dave Stephenson, David Pattman, Stuart Haycroft and Michelle Reeves respectively.

495 miles were completed on Sunday yesterday with 47 members posting a distance. In addition there were 249 bonus miles from those not on Facebook. The total so far is 27,918 miles and the relay will continue until 4th October, the day of the virtual London Marathon.

Parkrun Roundup 12th September 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 are some glimmers of a return to "live" competition with entries being invited for events on 23rd August; 27th September; 4th October and 18th October amongst others.

Train Virtually With The Spartans

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

In addition Brian White, the head coach, is publishing weekly training programmes for members to follow solo; many Spartans were almost marathon ready before lockdown and are relaxing with local runs from home to maintain fitness levels without over training.

Brian has also been organising a virtual relay for many weeks. This has taken the club to all four of Stevenage's twin towns and continues making its way home via the routes of some of the world's famous marathons. 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, maybe in late August, including (please check as, obviously, race dates may change depending on government and UKA guidance):

- **Stevenage 10K on Sunday 20th September (VIRTUAL EVENT).**
- **Hitchin 5K on Sunday 27th September (STILL ON at 1st August).**
- **Dorney Lake Marathon on Sunday 4th October (A real event and still on at 8th August).**
- **London Marathon on Sunday 4th October (VIRTUAL EVENT).**
- **Standalone 10K (including County veteran championships) on Sunday 4th October (VIRTUAL EVENT).**
- **Great Eastern Run (half marathon) in Peterborough on Sunday 11th October (CANCELLED).**
- **Great South Run 10 miles in Portsmouth on Sunday 18th October (STILL ON at 1st August).**
- **Bedford Autodrone Grand Prix 5K, 10K, half marathon, 16 miles, 20 miles and full marathon on Sunday 18th October (STILL ON at 1st August).**
- **Beachy Head Half Marathon on Sunday 18th October (NEW DATE. STILL ON at 1st August).**
- **Chelmsford Marathon on Sunday 18th October (CANCELLED).**
- **Beachy Head Marathon on Saturday 24th October (STILL ON at 1st August).**
- **Hitchin 10K on Sunday 25th October (STILL ON at 1st August).**
- **Beachy Head 10K on Sunday 25th October (NEW DATE. STILL ON at 1st August).**
- **Silverstone Half Marathon, 5K and 10K on Sunday 15th November (STILL ON at 1st August).**
- **St. Neots Half Marathon on Sunday 15th November (CANCELLED).**
- **Hertfordshire Half Marathon at Knebworth House on Sunday 22nd November (STILL ON at 1st August).**

Tables

Spartan Parkruns on Saturday 5th September:

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

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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