



WET RUN FOR NICK Still Flying Saturday

Spartan NICK KLEANTHOUS completed a RunSwimRun event in St. Ives on Sunday. It consisted of five runs and four swims in the River Ouse over a 6.4km course. He was very pleased with result coming seventh out of 24 starters and first male 50 plus. It was quite challenging getting in and out of the river. Nick says it was well organised and marshalled well and reports he had his lucky FVS vest on under his wet suit.

The virtual Fly 5K events on Saturday mornings continue. In the sixteenth race JIM BROWN was third man 65 plus in 26 minutes 41 seconds and PAUL HOLGATE 10th man 60 plus in 33:50. They were 70th and 119th out of the 131 finishers.



This is what the finish line of a virtual 5K looks like. Not a lot of issues with social distancing.....

The (not) Stevenage ParkRun 5K can be run any day, not just Saturdays. In event 14 BARRY OSBORNE ran a year's best by 8 minutes 7 seconds with 22 minutes 46 seconds; PAUL JENNINGS 25:11 reduced his personal best by 25 seconds; JUDY KING cut her year's best by 1:02 to 33:50. NICK KLEANTHOUS finished in 27:52, NICOLA HATHERLEY in 33:53 and NIKI PLUMB in 38:09. Jim Brown (26:41) and Paul Holgate's (33:50) virtual times were the same as for the Fly 5K.

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 19th 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; 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):

- Hitchin 5K on Sunday 27th September (STILL ON at 1st August).
- Run Fest 10K at Lee Valley on Sunday 27th September (STILL ON at 21st September).

- **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 21st September).**
- **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 19th 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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