



## **REAL RUN FEST BESTS John's Ultra 50K**

It was waves and ripples again but another real 10K race on Sunday. However the temperature had dropped about twelve degrees in a few days and the breeze was up in the exposed parts of the course at Lee Valley Run Fest.

Nine Spartans enjoyed the event. 14<sup>th</sup> overall and with a new personal best of 36 minutes 24 seconds was ADRIAN BUSOLINI. He said his last actual 10K race was a Midweek League event some 15 months ago, where he just managed to squeeze out a sub-40' - making this a three-and-a-half minute improvement.

DANNY SCANLON finished the Lee Valley 10K in 40:52 which is around 50 seconds quicker than the St Albans 10K last month. He said it was another well organised Active training world event. He was 63<sup>rd</sup> overall.

NICOLA ANDERSSON ran a new personal best (PB) in the Run Fest at Lee Valley 10K, one Sunday. She said, "It was very cold but a lovely route with not too many hills. I signed up for this only a couple of days ago all thanks to a suggestion from another Spartan. I wouldn't have run it otherwise as I was quite apprehensive at first. With socially distancing multi starts it was something of a proper first time race after a few virtual races I've ran this year."

JIM BROWN improved on his 23<sup>rd</sup> August 10K time by 6 minutes 34 seconds. Describing himself as almost recovered from that experience, when he fell badly, he ran the first 5K at Lee Valley in 26:32 but the second in 25:17 for 51:49 thus squeezing into the top half at 189<sup>th</sup> out of 396.

**DAVID and MATTHEW PATTMAN came in together on 54:11 and 54:12; MO WARRILOW came in with 58:08; JONATHAN JONES with 59:42 and DZENANA TOPIC with 1:04:49.**

**The skilfully arranged waves and ripples arrangement meant runners went off six at a time and were kept two metres apart before they started.**

<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Comments</b>
<b>14</b>	<b>ADRIAN BUSOLINI</b>	<b>36:24</b>	<b>PB</b>
<b>63</b>	<b>DANNY SCANLON</b>	<b>40:52</b>	
<b>189</b>	<b>JIM BROWN</b>	<b>51:49</b>	<b>7M60</b>
<b>221</b>	<b>DAVID PATTMAN</b>	<b>54:11</b>	
<b>223</b>	<b>MATTHEW PATTMAN</b>	<b>54:12</b>	
<b>242</b>	<b>NICOLA ANDERSSON</b>	<b>55:20</b>	<b>PB. 12 W50.</b>
<b>288</b>	<b>MO WARRILOW</b>	<b>58:08</b>	
<b>296</b>	<b>JONATHAN JONES</b>	<b>59:42</b>	
<b>345</b>	<b>DZENANA TOPIC</b>	<b>1:04:49</b>	

**There were 396 finishers.**

### **Now That's Hard Work**

**Spartan JOHN HARRIS ran the Virtual Tring 50k Ultra Marathon event on Sunday. He went through the marathon distance in 4 hours 9 minutes 50 seconds and continued to finish the ultra in 4:59:14.**

### **Other Virtuals**

**MARTIN DUDLEY got the Spartan ball rolling in the virtual Standalone 10K with a time of 50 minutes 33 seconds on Sunday.**

**In the 17<sup>th</sup> Fly 5K Event 17 Nicola Andersson was 76<sup>th</sup> out of the 131 finishers in 27:06 and Paul Holgate 128<sup>th</sup> in 39:06.**

**In addition Nick Kleanthous 26:05; Jim Brown 26:32 and James McSweeney 28:14 ran the (not) Stevenage ParkRun 5K Event 15**

### **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.**

**By Sunday morning the total so far was 30.377 miles in 118 days. The relay will continue until 4<sup>th</sup> October, the day of the virtual London Marathon.**

### **Parkrun Roundup 26<sup>th</sup> 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 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 are some glimmers of a return to "live" competition with entries being invited for events on 4<sup>th</sup> October and 18<sup>th</sup> October and 7<sup>th</sup> 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](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):**

- **Dorney Lake Marathon on Sunday 4<sup>th</sup> October (A real event and still on at 8<sup>th</sup> August).**
- **London Marathon on Sunday 4<sup>th</sup> October (VIRTUAL EVENT).**
- **Standalone 10K (including County veteran championships) on Sunday 4<sup>th</sup> October (VIRTUAL EVENT).**
- **Great Eastern Run (half marathon) in Peterborough on Sunday 11<sup>th</sup> October (CANCELLED).**
- **Great South Run 10 miles in Portsmouth on Sunday 18<sup>th</sup> October (STILL ON at 1<sup>st</sup> August).**
- **Bedford Autodrone Grand Prix 5K, 10K, half marathon, 16 miles, 20 miles and full marathon on Sunday 18<sup>th</sup> October (STILL ON at 21<sup>st</sup> September).**
- **Beachy Head Half Marathon on Sunday 18<sup>th</sup> October (NEW DATE. STILL ON at 1<sup>st</sup> August).**

- Chelmsford Marathon on Sunday 18<sup>th</sup> October (CANCELLED).
- Beachy Head Marathon on Saturday 24<sup>th</sup> October (STILL ON at 1<sup>st</sup> August).
- Hitchin 10K on Sunday 25<sup>th</sup> October (STILL ON at 1<sup>st</sup> August).
- Beachy Head 10K on Sunday 25<sup>th</sup> October (NEW DATE. STILL ON at 1<sup>st</sup> August).
- Remembrance Run at Saffron Walden on Saturday 7<sup>th</sup> November.
- 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).

### Tables

### Spartan Parkruns on Saturday 19<sup>th</sup> 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](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)**

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