



DANNY SUB 1:30 Suzy One Second Short

Spartan **DANNY SCANLON** ran his first race of 2021 in the Essex Half Marathon at Carver Barracks, near Saffron Walden on Sunday.

He said it was a great venue for a personal best (PB). It was a flat course around an airfield with a three lap half marathon and a six lap full marathon taking place at the same time.

Danny achieved his sub 90 half marathon goal in a chip time of 1.27.54! Happy his lockdown training had paid off!

Alexander Palace 10K

SUZY HAWKINS said the Alexander Palace 10K was on a ridiculously difficult course, extremely steep hills, off road sections, but the sun was shining and the views over London from the top were spectacular. It was wonderful to be out racing. The Covid secure measures were good.

Suzy was aiming for the club women 45 plus club record 43:16, but missed by one second with 43:17 so she will have to try again. She was third female, and first in age

Racing Round England

The fabulous Fairlands Fourteen continue their virtual race around England. In the lead **PENNY SCHENKEL** has completed the left turn in Tyneside, passed through the Kielder Forest and is near Brampton approaching Carlisle. She has run, walked or cycled 2136.4 kilometres out of the 2,970 which will get her back to Bristol.

Second placed JIM BROWN is about two thirds of the way round. He is in Stockton-on-Tees with 1941.5 kilometres. Early leader BRIAN WHITE is third and making good progress with 1,782.4 kilometres and has reached Humbleton in East Yorkshire. Fourth placed SHARON CROWLEY is in Kings Lynn with 1567.5 kilometres.

In the virtual race around England the Fairlands Valley Spartans team have already covered a total of 15,781.4 kilometres and are now scattered between Cornwall and Tyneside.

Fly 5K #48

Spartan JIM BROWN notched up a significant Fly 5K milestone with his 30th race. He was 85th in 25 minutes 23 seconds. NICOLA ANDERSSON was 135th in 28:06; NICK KLEANTHOUS 167th in 29:19 and PAUL HOLGATE 224th in 34:35.

The virtual Fly races started during lock down to help keep people active.

(Not) Parkrun

In addition to those using the same effort to record Fly 5K times on Saturday JIM BROWN recorded 27 minutes 26 seconds the following day so that gave him a (not) parkrun time. .

(Not) Parkruns can be run on any day of the week.

Group Runs Are Back

The return to club training went really well helped by some glorious evenings. Members have to book in advance to keep the numbers within Covid guidance and there are several starts at different places around Stevenage.

Parkrun Roundup 17th April 2021

Parkruns, the popular free Saturday morning 5K runs, have restarted in some other countries with a recent Saturday seeing more than 27,500 participants across 218 events, in five countries. There were 1,640 who walked, jogged, ran or volunteered with Parkrun for the very first time. 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. It's looking like that will be on Saturday 5th June. The 199th Stevenage parkrun was on Saturday 14th March 2020. 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).

Train With The Spartans

Group training had to be suspended again from 19th December but there are lots of ideas available on Spartan social media and opportunities to pair up for motivation and safety. Group Training is restarting with free pre-booked sessions for groups of up to twelve people from Monday 29th March. To join the Spartans visit www.fvspartans.org.uk now.

Coming Events

Despite the lack of races and restrictions on group training in January 2021 the Spartans had 333 members, 171 men and 162 women. They have an average age of 45 with a very wide range.

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):

- **Greenway Challenge in Letchworth on Sunday 9th May (POSTPONED to June/July).**
- **Richmond Marathon on 16th May (POSTPONED).**

- **Peterborough Marathon on Sunday 23rd May (new date).**
- **Hitchin 10K on Sunday 30th May.**
- **Parkrun returns ☺ on Saturday 5th June (check for details).**
- **Hertfordshire Half Marathon at Knebworth House on Sunday 6th June 2021 (the postponed 2020 event).**
- **St. Albans Half Marathon on Sunday 13th June.**
- **Peterborough New Year's Eve 10K on Sunday 13th June (deferred date).**
- **Love Welwyn Garden City 10K on Sunday 20th June (deferred date).**
- **Live Fly 5K event at Bovingdon, Hemel Hempstead on Sunday 27th June.**
- **Ware Ten on Sunday 4th July.**
- **Off Road Fairlands Valley Challenge on Sunday 18th July.**
- **St. Albans Summer 10K on Sunday 8th August (new date).**
- **Lee Valley 10K and Half Marathon on Sunday 15th August.**
- **Welwyn Half Marathon on Sunday 22nd August.**
- **Hitchin 5K on Sunday 29th August.**
- **Bedford "Spring" Half on Saturday 4th September.**
- **Bedford Running Festival Half Marathon on Sunday 5th September.**
- **Hillingdon 20 on Sunday 5th September. A Hertfordshire County Championship.**
- **Stevenage 10K on Sunday 19th September.**
- **Hitchin 5K on Sunday 19th September.**
- **Standalone 10K in Letchworth on Sunday 26th September (Note unusual date). County Championship for veterans.**
- **London Marathon on Sunday 3rd October.**
- **Chelmsford Half Marathon on Sunday 3rd October.**
- **Manchester Marathon on Sunday 10th October.**
- **Great South Run (ten miles) in Portsmouth on Sunday 17th October.**

- **Love Luton Half Marathon and 10K on Sunday 31st October.**
- **Baldock Beast Half Marathon on Sunday 31st October (new date).**
- **Paul Maguire Five and Bryan Moore Ten FVS handicap events on Sunday 7th November.**
- **Hertfordshire Half Marathon (2021) at Knebworth House on Sunday 7th November.**
- **Stevenage Half Marathon on Sunday 21st November (Note unusual date). County Championships for seniors.**
- **Bass Belle Ten Miles on Sunday 28th November (TBC).**
- **Cross Country League Race on Sunday 19th December (TBC).**

Tables

Full results for all Spartans would 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); Jenny Garrett (0771 113 0439); info@fvspartans.org.uk; or visit their website www.fvspartans.org.uk

E N D S

More from Jim Brown (Press Officer) 0793 968 7509 or secretary@fvspartans.org.uk

www.fvspartans.org.uk

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