



PETERBOROUGH FELT VERY REAL! Adrian's Classic Quarter

That definitely felt real. Eight Spartans headed north for Peterborough Marathon on Sunday morning.

This was essentially a flat race but with some awkward turns and muddy sections. A bit of a nagging head wind in places but all the Spartans finished in the dry before the day's deluge began.

CHARLOTTE SMITH beat four hours in only her second marathon and now has a new personal best of 3 hours 55 minutes 43 seconds. GRANT RAMSAY kept up his amazing record of sub three marathons with 2:54:56. He was 38th out of the 561 finishers. Grant had hoped to beat 2:50 but the course was not to his liking. 47 of Grant's 51 marathons have been under three hours.

MATT CLARKE kept up a consistent pace for 3:49:43. If it wasn't for a tricky last four miles JOHN HARRIS may well have beaten four but came in with 4:01:06.

JIM BROWN freely admitted that he hadn't had the time to prepare for a full marathon but grabbed the opportunity to get one done after so long. He was pleased and surprised to keep a nine minute mile pace going to the 20 mile marker which he reached in exactly three hours. Then it became grit and determination and a liquid mud section within the last 5K wasn't great if you were tired. Still he got round in 4 hours 6 minutes 13 seconds so achieved a target of running a marathon while he was Mayor of Stevenage.

JOHN NELMS cruised in with 4:10:45 followed by ED HARE at 4:25:20 and FIONA CLARKE setting out on a series of marathons with 4:29:47. This was Fiona's first proper"

marathon and the first of three raising money for the East and North Hertfordshire Hospitals Charity.

The Spartans team (team of three) were 17th in the race.

Position	Name	Time	Comments
38	GRANT RAMSAY	2:54:56	4MV45
243	MATT CLARKE	3:49:43	
282	CHARLOTTE SMITH	3:55:43	PB
305	JOHN HARRIS	4:01:06	
327	JIM BROWN	4:06:13	5MV65
347	JOHN NELMS	4:10:45	
387	ED HARE	4:25:20	
406	FIONA CLARKE	4:29:47	

561 finishers

Classic Quarter for Spartan Three

Spartan ADRIAN BUSOLINI was one of three Spartans that tackled the Classic Quarter on Saturday. It's a 44 mile trail run from the southernmost point of England to the most westerly. He said it was a cold, dreary, rainy start (following a 5am coach trip to Lizard Point); but it soon warmed up, and the sun broke through for what was a glorious day on the coastal trail. It wound its way through hidden coves and beaches, up and down hills, and of course into the headwind (mild, thankfully). However, it proved difficult to maintain pace as the technical difficulty of the route escalated after Mousehole, with rocky terrain to navigate that sometimes bordered on scrambling, just at the point the legs and mind were tiring. A confusing factor was seeing participants occasionally shooting past, sprinting up the tricky hills like they'd only just started; these turned out to be relay runners, who had quite literally just started! There was a fabulous welcome back at the finish line at Land's End. It's one of those routes that feels incredibly rewarding to complete.

Adrian finished the 44 miles in 8 hours 54 minutes 26 seconds and was 20th in the event.

Anthony Hewitson and Jason Hawthorne, both newbies with FVS, also completed the Endurance Ultra Classic Quarter.

What started as a really wet and windy day quickly turned into glorious blue skies on this race from Lizard Point (the most Southerly part of the UK) to Lands End (the most Westerly point). In Jason's first Ultra (Anthony is a vet with races like MDS Marathon des Sables under his wings) they ran together and completed the 44 miles in 11 hours 42 minutes, which saw them placed 136 and 137 out of the field of 184 that ran the solo race. The total number of runners on the day was 551 with many relay teams either sharing a half or a quarter the distance.

They said it was a great event, really well organised and now comes highly recommended.

Racing Round England

In the Spartans run, cycle, walk around the coasts and borders PENNY SCHENKEL is only 13 kilometres from the finish line back in Bristol. That's 99.57% done. She hopes to include the Spartans 10K wave running race on Tuesday to get her over the line.

Including some help from Sunday's marathon JIM BROWN has crossed the Mersey and is in Frodsham, Cheshire.

In bronze medal position BRIAN WHITE is right by Hadrian's Wall at Greenhead. He's on 2120 kilometres.

SHARON CROWLEY, fourth, is through Middlesbrough heading for Haverton Hill with 1949 kilometres done.

KEN JUDE 1611 is at Kirton near Boston in Lincolnshire. CATHY CRAIG 1503 is in the Norfolk Coast area of outstanding natural beauty. While HAZEL SMITH 1483, seventh is in West Runton heading for Sheringham.

The virtual event started in Bristol and is following the coasts and borders of England in an anti-clockwise direction. Many other clubs are participating in the Virtual Coast Challenge. The team total for all fourteen Spartans is 21,731 kilometres.

Bib no.	Now	Last Week	Participant	Location
120	2957.3	2834.6	Penny Schenkel	Outskirts of Bristol
118	2521.0	2424.07	Jim Brown	Frodsham, Cheshire
115	2119.6	2077.8	Brian White	Right by Hadrians Wall at Greenhead
99	1949.1	1899.1	Sharon Crowley	Through Middlesbrough, Haverton Hill
108	1610.7	1537.9	Ken Jude	Kirton near Boston, Lincolnshire
110	1503.1	1439.1	Cathy Craig	Morston, Norfolk Coast AONB
128	1483.1	1414.9	Hazel Smith	West Runton, heading for Sheringham
98	1447.2	1332.2	Jon Sypula	Horsey, Norfolk
100	1301.6	1190.6	Liz Crowley	Martello Beach in Essex
102	1299.2	1248.5	Paul Holgate	St. Osyth in Essex
113	968.1	951.2	Liz Carvell	Rottingdean, Essex
109	939.1	909.2	Tracy Pez	Kingston Course, east of Littlehampton
136	911.8.	863.5	Wendy Tharani	Approaching Bognor Regis
114	720.4	690.2	Lee Pickersgill	West Dorset Heritage Coast at Langton Herring.

Fly 5K Number 53

Four Spartans raced in Saturday morning's Fly 5K, the 53rd running of the virtual event.

This time NICOLA ANDERSSON was the fastest from Fairlands with 27 minutes 43 seconds. This was her 30th Fly 5K.

Feeling nostalgic JIM BROWN and PENNY SCHENKEL followed the paused Stevenage parkrun course. In an otherwise quiet Fairlands Valley Park Jim was second in his age group with 28 minutes 46 seconds and Penny scored 28:48. They were 123rd and 124th out the 210 finishers. Jim and Penny are the outgoing Mayor and Mayoress of Stevenage and this was a small compensation for there being no parkruns for their whole time in office.

PAUL HOLGATE came in 186th with 34:40.

The Saturday morning virtual Fly races started during the first lock down to help keep people active.

(Not) Parkrun

In addition to those using the same effort to record Fly 5K times on Friday NICK KLEANTHOUS ran a (not) Parkrun on Monday in 27:39 and JIM BROWN ran a (not) parkrun 26:21 on Thursday.

(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. From Monday 17th May maximum group sizes increased to thirty. There are six groups out on Tuesday, three groups out on Thursday, three groups out on Sunday, starters on Mondays and a whole range of other activities at the weekend including track training on Saturdays and the return of racing events.

Parkrun Roundup 22nd May 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 26th 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

This would be the season for the Mid Week Road Race League. It is happening in 2021 but it's a bit different. The first two races will be virtual. For the first Spartans can run a 10K anytime between 24th May and 6th June or the club have organised a waved start 10K on Tuesday evening 25th May. Already more than sixty have said they want to run.

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):

- Mid Week League first virtual 10K race between 24th May and 6th June.

- Spartans club 10K wave event on Tuesday 25th May. More than sixty entries already.
- Run Through Half Marathon, 10 miles, etc., at Lee Valley on Saturday 29th May.
- Richmond Marathon postponed and relocated to Kempston on Saturday 29th May.
- Hitchin 10K on Sunday 30th May.
- EMAC (Eastern Veterans track and field league) at Sandy on Wednesday 2nd June.
- 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).
- Mid Week League second virtual 10K race between 14th and 27th June.
- Love Welwyn Garden City 10K on Sunday 20th June (deferred date).
- Hertfordshire Hobbit on Sunday 20th June.
- Summer Solstice Beat the Sunset 10K on Monday 21st June.
- Parkrun returns ☺ on Saturday 26th June (new date). 200th Stevenage Parkrun.
- Milton Keynes Half Marathon on Saturday 26th June.
- Greenway Challenge in Letchworth on Sunday 27th June.
- EMAC Event Two at Cambridge on Wednesday 30th June.
- Ware Ten on Sunday 4th July.
- Fairlands Valley Challenge (off road) on Sunday 18th July.
- Bedford Harriers Doug Anderson 5K on Wednesday 21st July.
- Running GP at Bedford Autodrome on Sunday 25th July.
- EMAC Event Three at Bedford on Wednesday 28th July.
- Beds 10K in Priory Park, Bedford on Friday evening 30th 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.
- Live Fly 5K event at Bovington, Hemel Hempstead on Sunday 22nd August (new date)th.
- Clacton Half Marathon on Sunday 22nd August.
- Hitchin 5K on Sunday 29th August.
- EMAC Event Four at Milton Keynes on Wednesday 1st September.

- **Bedford “Spring” Half on Saturday 4th September.**
- **Bedford Running Festival Half Marathon on Sunday 5th September.**
- **Hillingdon 20 on Sunday 5th September.**
- **Stevenage 10K on Sunday 19th September.**
- **Hitchin 5K on Sunday 19th September.**
- **EMAC final at Milton Keynes on Saturday 25th 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.**
- **Running GP at Bedford Autodrome on Sunday 17th October.**
- **Chelmsford Marathon on Sunday 17th October.**
- **Abingdon Marathon on Sunday 24th 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 in Stevenage on
Sunday 7th November.**
- **Hertfordshire Half Marathon (2021) at Knebworth House on Sunday 7th November.**
- **Stebbing Ten (miles) in Essex on Sunday 14th November.**
- **Stevenage Half Marathon on Sunday 21st November (Note unusual date). County
Championships for seniors.**
- **Hatfield Five (2021 edition) on Sunday 28th November.**
- **Bass Belle Ten Miles on Sunday 28th November (TBC).**
- **Cross Country League Race on Sunday 19th December (TBC).**
- **Oakley 20 on Sunday 20th March 2022.**

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

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