



LEADERS REACH KENT IN ENGLAND RACE Another Fly Team

Another Fly team. Although the minimum size for Fly 5K teams has been increased Fairlands Valley Spartans got onto the leaderboard for the 12th Fly inter-club competition on Saturday morning. Teams have to include women and men with at least six finishers.

Enjoying a great local morning four Spartan women and three men ran the virtual race.

They were MARIAN MORLEY 167th in 25 minutes 15 seconds; NICOLA ANDERSSON 213th in a new personal best (PB) of 26:37; JIM BROWN 264th in 28:10; PAUL HOLGATE 307th in 29:48; NICK KLEANTHOUS 321st in 30:21; PENNY SCHENKEL 354th in 32:05 and STEPHANIE BIGGAR in 36:33.

Overall participation hit a new record with 432 runners. The Spartans were 13th equal team in what is rapidly becoming an international competition. This was the 41st Fly 5K.

These are virtual events. Everyone runs between 8a.m. and 12 noon on a Saturday morning but in different places and only in ones and twos.

The next Spartan stripey Saturday will be on Saturday 6th March. On Sunday 14th March there will be a range of Fly virtual events from 5K to an ultra 50K.

Racing Round England

Fairlands Valley Spartans are racing round England. They started in Bristol and are running, walking or cycling 2,970 kilometres round the coasts and borders of the country.

By the end of February two, BRIAN WHITE and PENNY SCHENKEL had already completed at least 1,000 kilometres and two others JIM BROWN and SHARON CROWLEY had exceeded 500 miles.

Brian still leads. He has reached Walmer in Kent with 1,094 kilometres but Penny is closing the gap. She is on 1,037 kilometres and in Rye, East Sussex.

Jim has clocked up 892 kilometres (554 miles) and is “in” Chichester, West Sussex with Sharon heading towards Debden Purleigh after a peep at the Solent. Sharon is on 838 kilometres.

The others of the ten who have covered more than 500 kilometres are KEN JUDE 700 at West Bay, near Bridport; HAZEL SMITH 677 who is near Seaton tram terminus; CATHY CRAIG 671 at Branscombe; LIZ CROWLEY 587 kilometres; PAUL HOLGATE 531 kilometres and TRACY PEZ 519 kilometres.

Nearly all the Spartans have turned the corner at Lands End. All aim to finish by the end of the year. The team total is 9,135 kilometres.

(Not) Parkrun – Scanlon Sub 20

In addition to those combining (not) Parkrun times with Fly 5Ks five other Spartans ran (not) Stevenage Parkruns. On Monday NICK KLEANTHOUS ran 29 minutes 21 seconds; on Tuesday JIM BROWN ran a 5K in 27:10; on Thursday PAUL JENNINGS 27:48 and on Friday DANNY SCANLON beat 20 minutes with 19:10. Then on Saturday ALISON SHELLEY ran her virtual 5K in 27 minutes 59 seconds. The average time at Stevenage was 31 minutes 11 seconds.

On Sunday HÉLÈNE FOUCOURT ran the Wimpole Hall virtual (not) Parkrun in 37 minutes 31 seconds. (Not) Parkruns can be run on any day of the week.

North America Done Now It's Central and South America!

Virtually nothing stops Fairlands Valley Spartans and they have now run almost 24,000 miles in just over 100 days in their relay race across North, Central and South America. Lockdown 2 - Briefly Tier 3 - Now Tier 4 and they continue into 2021.

Having covered the USA, Canada, Mexico and Puerto Rico they have now several days into South America and heading for Lima in Peru where there is a marathon and the start of the Inca Trail. On Saturday, day 112, they completed 106 miles with 65 members posting a distance. The total distance so far is 23,652 miles.

Parkrun Roundup 27th February 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 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. 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):

- **Virtual One Mile Challenge. BMAF on Opentrack from 24th to 28th February. All 35 plus welcome.**
- **Spartans Stripecy Saturday on Saturday 6th March.**
- **Fly virtual races on Sunday 14th March including 10K; Half Marathon; 20 miles and Marathon.**
- **Bedford Autodrome running events on Sunday 28th March.**
- **Return to group training (check for details) on Monday 29th March.**
- **Run Fest at Lee Valley (Half Marathon and 10K) on Sunday 28th March (CANCELLED).**
- **St Albans Easter 10K on Friday 2nd April.**
- **Dorney Lake Marathon on Saturday 3rd April.**
- **Bedford Autodrome 5K and 10K (ATW) on Sunday 11th April.**
- **Essex Marathon and Half Marathon at Debden on Sunday 18th April.**
- **Greenway Challenge in Letchworth on Sunday 9th May (TBC).**
- **Peterborough Marathon on Sunday 23rd May (new date).**
- **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).**
- **FVS Off Road Fairlands Valley Challenge on Sunday 18th July.**

- **St. Albans 10K on Sunday 15th August.**
- **Lee Valley 10K and Half Marathon on Sunday 15th August.**
- **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.**
- **Standalone 10K in Letchworth on Sunday 26th September (note unusual date).**
- **London Marathon on Sunday 3rd October.**
- **Chelmsford Half Marathon on Sunday 3rd October.**
- **Manchester Marathon on Sunday 10th 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 (provisional. Note unusual date).**
- **Bass Belle Ten Miles on Sunday 28th November (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

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