



JONATHAN IS A RECORD BREAKER Pushing The Wind At Debden

A Fairlands Valley Spartans club record tumbled on Saturday with JONATHAN PARR running 5K in just 15 minutes 57 seconds.



The previous record 16 minutes exactly had been held by Callum Stewart since 18th August 2018. Jonathan improved on the 16:13 he ran in February this year to beat that by three seconds. Appropriately he was running at the Olympic Park.

Really In Essex

The Spartans were in action at three other “real” races on Sunday. All were on Debden Airfield with club members in the 5K; 10K and half marathon. These were the postponed Essex Remembrance events.

Not the greatest conditions greeted the Spartans arrival at Debden Airbase with plenty of rain in the air.

A well planned, Covid secure, start saw them called forward in sixes by their bib numbers as they set off in 20 second intervals.

The course was mainly flat with a few minor slopes, the major obstacles were the giant, and deep, puddles covering the width of the track at around 4K & 8K.

DAVID PATTMAN ran a new personal best at the Essex Remembrance 10K. His 44:06 was a 1 minute 9 second improvement on his previous 45:15.

STEVEN DOBNER was surprised to find at 8K that he was on target to be close to his personal best as he had set off just running to how he felt with no time in mind. Having noticed the opportunity he upped the pace in the final 1500m to sneak a new personal best by nine seconds. Extremely surprising having been out with an ankle ligament injury for a month in September/October and the race being his first since the pre covid days! New PB 48:41.

Paul and Alison SHELLEY ran the Essex Remembrance Run 10K. They said it was very cold, wet and windy, but they finally got to wear real race numbers again, and the start was well organised and socially distanced.

Paul was super pleased to run his first ever sub-40 10K with a PB chip time of 39:56.

Alison surprised herself with a two second PB at 51:05.

Position	Name	Time	Comments
30	PAUL SHELLEY	39:56	PB. 4VM50
54	DAVID PATTMAN	44:06	PB (by 1:09)
70	STEVEN DOBNER	48:41	PB (by 9 seconds).
84	ALISON SHELLEY	51:05	PB (by 2 seconds). 4VW50.

YUKO GORDON ran the 5K. She said she was lucky as it was still dry and added, “I liked the flat open course but I needed better awareness of the 6x6 start. The five others in my wave were young and fast, my initial rhythm was messed up, over paced and lost it. I was glad it was only 5K.” Nevertheless she still won the women 60 plus category in 23 minutes 19 seconds.

The weather well and truly arrived for 1p,m, and the start of the half marathon on Debden Airfield. With next to no shelter the wind howled across the course and it was a battle to keep moving let alone “sprint” for the last 500 metres. The race consisted of three laps, each just over seven kilometres. Lap one wind and rain; lap two just wind; lap three wind getting stronger and rain back. Not a steeplechase but runners had to negotiate a watersplash through a flood on each lap. With the conditions it was almost dark for some of the slower runners as they battled their way across the finish line. **JIM BROWN** said it was hard but a big thank you to the organisers, ATW, for finding a Covid secure way to let runners race. Not quite what he wanted but 1 hour 53 minutes 23 seconds was not bad in the circumstances.

Ultra John (Harris)

John Harris ran the “Twas the run before Xmas Off road Ultra” at Horseheath Racecourse in Cambridgeshire. He covered 36 miles in 6 hours 8 minutes in very muddy and wet conditions. He ran the furthest of all the competitors today, eleven laps and a new ultra course record.

Virtual Spartans

And the Spartans have been active in many virtual races, you run the distance but time yourself and submit it to the organisers.

Running in the USA

Lockdown Take Two did not stop Fairlands Valley Spartans running and they are going to keep running across the USA until New Year’s Eve.

FVS are on the road again. They have completed the historic Route 66, the Las Vegas, Death Valley, Big Sur, San Francisco, Napa Valley, El Paso, San Antonio, Houston, La Fayette, Baton Rouge, New Orleans, Gulf Shores, Tallahassee Jacksonville and Orlando Marathons. Also the Western States, Badwater 135, and Grand to Grand Ultra runs.

By Saturday evening, day 36, they had run a total of 7,720 miles with 40 members posting a total of 183 miles on that day.

Hard Soft Challenge – Time To Get Muddy

NIKKI WILBY now has more than fifty entrants in her hard soft motivator. Run 5K or 5 miles on tarmac in November then see how close you can get to matching the time cross country in December. Times up for the November on road qualifiers. Now it's time to get muddy.

Parkrun Roundup 12th December 2020

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 us 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. 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).

New Committee

Fairlands Valley Spartans “zoomed” in for their AGM on Friday 4th December.

Full details of their new committee will be released after Wednesday 9th December.

Train With The Spartans

Some group training started again on Thursday 3rd December and real races. To join the Spartans visit www.fvspartans.org.uk now.

Coming Events

The Spartans are growing. FVS have about 346 members, 177 women and 169 men.

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):

- **Run Through events at Victoria Park on Saturday 19th December.**
- **Dorney Lake 5K, 10K and Half Marathon on Sunday 20th December.**
- **Hatfield Five on Sunday 27th December (new date).**
- **Fordy Runs Rock Up ‘n’ Run 5K/10K and Half Marathon along the River Lea towpath from Stanstead St Margarets on Sunday 27th December and 31st January.**
- **Peterborough NYE 10K on Thursday 31st December.**
- **Half Marathon, 10K and 5K at Debden Airfield on New Year’s Day.**
- **Henley Culden Faw 5K, 10K and Half Marathon trail events on Sunday 3rd January.**
- **Silverstone Half Marathon on Sunday 14th February 2021 (new date).**
- **Love Welwyn GC 10K on Sunday 14th February 2021 (new date).**
- **Milton Keynes 20 miles, Half Marathon, 10K and 5K on Sunday 7th March 2021.**
- **Bedford Autodrome running events on Sunday 28th March 2021.**
- **Peterborough Marathon on Sunday 11th April 2021.**
- **Hertfordshire Half Marathon at Knebworth House on Sunday 6th June 2021 (new date).**

- **St. Albans 10K on Sunday 15th August.**
- **London Marathon on Sunday 3rd October 2021.**

Tables

Spartan Parkruns on Saturday 5th December:

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); secretary@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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