

SPARTA Newsletter



May/June 2023

[CLICK HERE TO FOR SPORTS DAY ENTRIES](#)

SPARTA Fitness Class
Free Every Friday 12.30
Live Online or in GMH

SPORTS DAY ENTRIES ARE OPEN

Welcome to the Newsletter for May and June 2023.

Exciting news - entries for **Sport and Wellbeing Day** on **21st JULY 2023** are now open. Get booking now for all the usual activities. It's going to be a great day and is the event of the year.

We will be needing some volunteers to help make the day special for everyone so if you are interested in helping then details are in the blue panel on this page.

Find out more about Sports Day in the rest of this newsletter.

We also have a report from the CS 10km championships and 5km Fun Run where the SPARTA runners had another good outing.

Also, in this issue we have details of some new clubs and opportunities that SPARTA has organised and that have just started. They include Netball, Yoga classes in GMH and the start of social Table Tennis lunchtime get togethers.

We had some interesting answers to our blast from the past feature in the last newsletter with some of the coach trip picture attendees being named.



Those named in the above picture were Les Smith, Naresh Rao, Rick Kennedy, Gary Tavender, Darren Cooper, Len Britton, John Boothman, Rod Board, and Steve Carter.

See how you get on with identifying people in this issue's crop of SPARTA pictures which come from tennis and the Civil Service road relay championships.

Talking of pictures, Chris Fung has once again created our Sport and Wellbeing Day poster. A small version of which can be seen in the next column.

He has created digital images from photos of last year's event which are then embedded in the final version.

Stay fit and well with SPARTA.
Jason Marchant
SPARTA General Secretary



SPORTS DAY VOLUNTEERS



The SPARTA Sport and Wellbeing Day takes place on 21st July 2023. Are you able to help?

Sport and Wellbeing Day is our major event each year. We wouldn't be able to put on the event without the help of our wonderful volunteers. We need around 30 people to make the day go smoothly.

It counts as a volunteer day so if you would like to help us then get in touch with us at SPARTA@dfit.gov.uk

[Check out the SPARTA website for upcoming events](#)



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CS 10KM AND 5KM 2023

SPARTA had some brilliant results at the Civil Service 10km and 5km races at Battersea Park on 10th May 2023.

SPARTA had a really good turnout for the Civil Service 10km Championship and 5km Fun Run on 10th May.

It has certainly turned out to be a popular event with DfT and DLUHC staff as we had over 60 entries across our two Departments, out of just over 300 entries across the two events.



We are pleased to announce that the 10km championship was once again won by our very own Jack Millar in a rapid 31 minutes and 2 seconds. Jack's time was well over a minute ahead of his nearest rival and with David Taylor finishing 4th Luke Watson 10th and Adam Duggan finishing 20th (a total of 35 points) I was convinced that SPARTA had won the first Male team prize for the second year in a row but unfortunately, we were robbed by a change in the rules this year, and DEFRA sneaked the prize with 44 points. [Oh! Come on ref that was never offside]



Above SPARTA's Jack Millar in full flight

Our first female finisher was Sarah Palmer, who finished 5th in the Women's race in a time of 48m 29s. In 7th was Sarah Afrane, 11th Christy O'Driscoll and 12th Sophie Alderson.

In the 5km, SPARTA runners finished 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, and 11th, with William Ford leading the bunch and Sarah Morris being our leading female finishing 4th overall in the race.

The whole day was a huge success with so many SPARTA runners that it is impossible to name them all here, but I thank you all for representing us.

The full results are available using this link [CSiokm results](#)

UPCOMING SPARTA CLUB FIXTURES/EVENTS

June

14th – SPARTA Board Games Club – 5.00pm – LG7

21st – SPARTA History Society Talk – Black Victorians with John Woolf – the forgotten history of the Victorian period – 1:00pm

22nd – SPARTA Golf Society – Summer Meeting – West Surrey Golf Club

28th – SPARTA Board Games Club – 5.00pm – LG7

29th – SPARTA History Society Talk – The Dissolution of the monasteries Professor James Clark – 1:00pm

July

11th – Civil Service Choir Performance – A Retrospective - St Stephen's Church

12th – SPARTA Board Games Club – 5.00pm – LG7

20th - SPARTA History Society Talk – The British Soldier on the Western Front – Peter Hart and Gary Bain – 1:00pm online

Keep up to date with the SPARTA website.



SPORT AND WELLBEING DAY 2023

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SPARTA are proud to announce that preparations are well under way for this year's exciting main event

SPARTA's main event of the year, Sport and Wellbeing Day, is taking place on **21st JULY 2023** at the Kings House School Sports ground in Chiswick.

Preparations are well under way, and we are planning a super day for you all to enjoy.

There are a few changes this year. The first that you may notice is that Softball is now being replaced with Rounders. This is because Rounders England will be running the event for us. I am sure that it will be a great event.

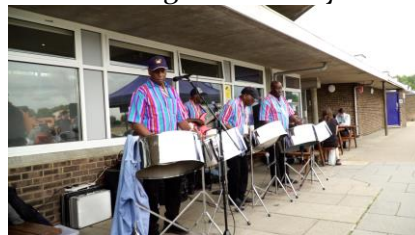


Entries for the day's events are also being processed through the CSSC website. If you don't have a CSSC account, then you will need to create a guest account.

To enter the events, use this link [Sports Day 2023 entries](#)

If you have any problems entering, please get in touch with us at SPARTA@dft.gov.uk

I know that you will all be glad to hear that we once again will be joined by the Caribbean Melody Steel Band. The band will be keeping you entertained with their music throughout the day.



This year we will also have the Charity for Civil Servants and the British Heart Foundation on site.

The British Heart Foundation will be giving CPR demonstrations throughout the day. This will be a great opportunity to pop along and learn a skill that can save lives.

The NHS Blood and Transplant team will also be on site showing you more ways that you can make a difference to other people's lives.

You will glad to hear that we are keeping the site entrance cost at £2 again this year with the majority of money raised going directly to our two main charities.

We still need help to ensure the day runs smoothly so if you are interested in volunteering to help, please get in contact with us at SPARTA@dft.gov.uk



We are really pleased to unveil the new Sport and Wellbeing Day poster (above).

Once again, the poster has been designed by Chris Fung. We thank him for all his hard work in creating this design.

This year Chris used a method of using photographic images from last year's Sport and Wellbeing Day to create digital art images for the poster. So don't be surprised if you recognise someone!

Thanks Chris



NETBALL, YOGA AND TABLE TENNIS

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SPARTA are always looking at way to improve our offer to you. Check out what we have been doing.

THEY'RE BACK

Yes, Netball, Yoga and Table Tennis are back.

We have got all these activities up and running again for your enjoyment.

If you fancy getting involved in any of these activities, then please go along. They are all being run in a fun, non-competitive, social environment.

NETBALL

The Netball club are currently meeting on Thursdays for fun sessions and are looking for and welcoming new members.

If you are interested in finding out about the club, then they will be happy to hear from you. The main contact is Roxanne. She can be contacted at her email roxanne.appleyard@dft.gov.uk

YOGA

SPARTA is, in a couple of weeks' time, starting up the Yoga classes in Great Minster House. They will be on Tuesday lunchtimes starting at 12.30 for an hour.

We are keeping the cost to the low price of £5 per session.

Sessions will be starting on 13 June.

Our Yoga teachers are very keen to meet you at their first session,

Yoga was very popular pre-covid so we hope that we can generate the same interest now in the new working environment.

TABLE TENNIS

Table Tennis is always popular but our club has found that taking part in league fixtures after work hours has been particularly difficult post-covid so we have come up with a solution to encourage people to come along and enjoy table tennis without the extra competitive edge.

Every Wednesday lunchtime we will be getting our Table Tennis table out and letting you come along and use it for recreation purposes.

The table will be in room LG1 (or a similar room) between 12 and 2 every Wednesday lunchtime.

Come along, bring your lunch and have a knock around with your friends in a relaxed environment.

If after a few weeks you would like to get more involved and competitive then our Table Tennis Club would love to hear from you, click below:

[SPARTA Table Tennis](#)

WANT TO START A CLUB OR MAYBE HELP AT A CLUB?

SPARTA are always looking to build on our portfolio of clubs. If you want to start a club or are already running one and want SPARTA's help, then please get in contact.

Want to help at a current club? Then please get in contact with us:

SPARTA@dft.gov.uk

Details of current club contacts can be found on the SPARTA website

www.spartarecreation.co.uk/





BLAST FROM THE PAST 2

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The SPARTA archives are still open but who is in them?

SPARTA is still in the process of archiving lots of old records and has found some more old SPARTA photos.

Who are these people in this team photo taken on 17th August 2014?



I think I recognise one face, but I could be wrong. Are they Tennis players?

The Civil Service road relay championships used to be held each year at Finsbury Park.

I took part in it many times when I was a competitive runner and was pleased to get into the SPARTA 'A' team on a couple of occasions.

SPARTA always put out reasonable teams but the mighty MoD and FCO teams were hard to beat.

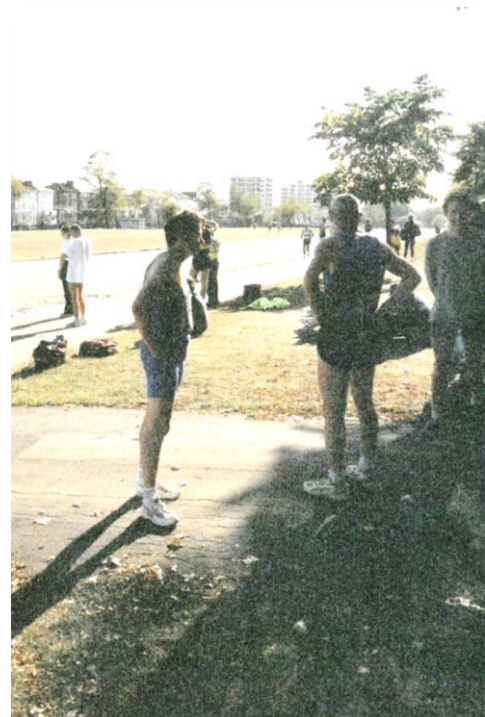
The runner on the right can be seen wearing a SPARTA vest, but who is he?



One year we actually had three teams competing. I was in the 'B' team that year.

Who were these people pictured on 24th September 2003?

Send your answers to us here at SPARTA@dft.gov.uk






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THE SPARTA CLUBS

SPARTA supports a number of clubs and associations across the UK and is always looking to start new clubs. Here is just a taster of the current clubs

SPARTA TABLE TENNIS CLUB 

www.spartarecreation.co.uk

SPARTA GOLF SOCIETY 

www.spartagolf.co.uk/

YOGA CLASSES 

www.spartarecreation.co.uk/yoga

SUPERSTARS CRICKET CLUB 

www.superstarscricket.org.uk

SOFTBALL CLUB 

www.spartarecreation.co.uk/softball

BOARD GAMES CLUB

www.spartarecreation.co.uk/board-games



CIVIL SERVICE CHOIR 

www.civilservicechoir.org.uk

HISTORY SOCIETY 

www.spartarecreation.co.uk/history-society

FITNESS CLASSES 

www.spartarecreation.co.uk/fitness-class

TENNIS CLUB 

www.spartarecreation.co.uk/tennis

TENPIN BOWLING 

www.spartarecreation.co.uk/tenpin-bowling



Check out all the SPARTA clubs on our website

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