



FAIRLANDS VALLEY SPARTANS
UK's Best Running Club 2010

What's on this Week - No.198 27th October 2012

A weekly summary of what's happening over the forthcoming weekend, and beyond, for members of Fairlands Valley Spartans.

Race Results: Please remember to email your race results to results@fvspartans.org.uk by 8pm on a Sunday evening.

Meeting Point: We meet at Marriotts in the Drama Room, which is just off to the right from the sports centre/gym.

Beware of the Dark Side!! With the darker evenings now upon us please make sure you are wearing suitable training gear so that you are more visible. This includes light coloured/fluoro running tops. Please take a look at our guide – Be safe, Be seen and be a Spartan!
<http://www.fvspartans.org.uk/2012/04/03/be-safe-be-seen-and-be-a-spartan/>

Important News ...

ANNUAL SUBSCRIPTIONS are now OVERDUE!!! These can now be paid on line by taking this link <http://www.fvspartans.org.uk/members/membership-form/> If you have not renewed your subscription then you should not be training with the club.

STEVENAGE HALF MARATHON – SUNDAY 4 NOVEMBER – entries are now closed. With over 650 entrants this is going to be another great Spartans event! We do still need your help though. On Saturday morning after training at Ridlins we will be preparing 700 goody bags. Many hands make light work as we have found in previous years and with enough Spartans this task can be completed in less than an hour. We are going to go for the all comers' record this year and see if we can smash 45 minutes! If you can spare up to an hour on the morning of the 3rd November at 10:45am then please come and help us.

If you are not taking part in the race and are able to spare some time on 4th November please let us know by adding your name to the details at <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1347556469>. **We particularly need marshals.** Thank you

ANNUAL GENERAL MEETING (AGM) 21st NOVEMBER - the AGM of Fairlands Valley Spartans will be held on **Wednesday 21st November 2012 at Marriotts School, 7.15pm**. The AGM is to consider amendments to the constitution and to vote in the Committee for next year. There are plenty of opportunities to join the Committee. If you would like to stand for election, or are interested in finding out more, please talk to any of the current committee <http://www.fvspartans.org.uk/club/committee/>. Some of the current committee will be standing down at this meeting and therefore it is important to involve more people to make this club remain as successful as it is and help FVS regain its status as "Britain's Best Running Club". Other important positions elected at this meeting are the team captains.

If you have any proposals for amendments to the Constitution or Rules of the Club, these must be sent to the General Secretary in writing by 31st October 2012 at the latest. Proposals sent after this date will not be considered. Only first claim adult members who have paid their subscription for this year may submit amendments, stand for the committee and vote at this election.

VIRGIN LONDON MARATHON 2013 – the results of the ballot are out and members are making plans!!! For many, unfortunately, that does not include running the VLM. However, do not be premature!! Firstly, we will be holding our own ballot for the club places in the VLM at our Christmas party (December!). For those that did not get a place from the ballot draw and are paid up members of the club, you can choose to enter the club ballot. Please let Roger Biggs know if you would like to do this. We are also beginning to pull the list together for those that would like to help on the baggage lorries at the 2013 VLM. Helping on the baggage gives you the opportunity to go into an extra ballot for places in the 2014 VLM and is also a really great day out at the event (there is some work involved for a shortish period of time before you can watch all of the runners coming through the finish areas, including all the Spartans!) If you would like to do this please let Roger Biggs know. Roger can be contacted on roger@thebiggs.net **Get in quick, places for the baggage lorries fill up fast!**

OUR NEW CLUB KIT TEAM – a massive thanks to Barry King, Phil Rushton and Nick Witcombe for stepping up to the plate and becoming our new kit team. Look out for details of the kit shop on the Forum. If you have any kit needs please speak to one of the team or e-mail them at kit@fvspartans.org.uk

NEW CLUB WEB SITE – To get the full benefits of the new website please sign up NOW by registering here <http://www.fvspartans.org.uk/login/> it only takes a minute

FORUM – Please note that the forum is available by taking this link <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl>

ARE YOU ON THE MAILING LIST? If you do not receive the news email then go to this link now and add yourself to the mailing list <http://www.fvspartans.org.uk/members/news-mailing-list/>

NEED HELP? If you are having problems accessing the new club website or forum then please contact us via webmaster@fvspartans.org.uk

....What's On This Week...

Saturday 27th October

9.15 – Track Session. 200m, 400, 600m, (800m), (1K), (800m), 600m, 400m, 200m pyramid OR the Cooper Fitness Test

This Saturday we have a pyramid session giving runners flexibility over the size of the pyramid they wish to climb up and down and the sharpness of its top!!

The full pyramid is shown in the title of the session with the optional distances in brackets. For example, the pyramid can be shortened to a flattish 200m, 400m, 600m, 400m, 200m. This should be run with a higher level of intensity. Another option includes 200m, 400m, 600m, 800m, 800m, 600m, 400m and 200m.

Can you complete the pyramid maintaining your pace and technique???????

Recoveries between each effort:
1 K, 800m – 2:30 minutes

600m – 2 minutes
400m – 1:30 minutes
200m – 1 minute

As an alternative to the pyramid session we will be holding our first Cooper test. Like the 'bleep' multistage fitness test, this gives athletes an indication of their aerobic fitness and VO2 max levels. It can be conducted in poor weather conditions so it is an ideal alternative to the 'bleep' test during the winter months. Simple to complete, you run as far as you can in 12 minutes. Details of the test can be found here: <http://www.fvspartans.org.uk/2012/09/13/the-cooper-fitness-test/> **PLEASE DO NOT DO THIS TEST OR THE TRACK SESSION IF YOU ARE RACING THE XC AT CHESHUNT THIS SUNDAY!**

Details here: http://www.fvspartans.org.uk/ai1ec_event/200m-400-600m-800m-1k-800m-600m-400m-200m-pyramid/?instance_id=2907

9.30 – Angels run – Steady 6 miles, Manton Road, 9-25 a. m. for 9-30 a.m. start.

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-26/?instance_id=2781

10.30 – Cross Training/Fat Burning Session at Ridlins

Andy Prior is currently running a series of sessions that incorporate cross training/fat burning training techniques. He is holding the sessions at Ridlins Stadium on Saturday mornings at 10:30am (all weather conditions 😊). The sessions are designed to burn fat, not improve aerobic fitness.

This form of cross training will help runners across a range of objectives.

Details here: <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1331816856>

Sunday 28th October

Cross Country league fixture 1 – race starts at 10:30am

The first fixture in our 2012/13 campaign!! We want to get off to a great start and put all of that training during the summer months into practice. Cross country is also the tried and tested way of improving your strength and running technique in readiness for the year ahead. There is a wealth of information to be found on our website regarding the benefits and also loads of information about cross country running generally: <http://www.fvspartans.org.uk/club/cross-country/>

This first fixture is at Cheshunt and the race starts at 10:30am over an approximate 5 mile course. All of the details can be found here: http://www.fvspartans.org.uk/ai1ec_event/xc-league-fixture-1-cheshunt/?instance_id=5565 **Please check the cross country board on the Forum for details of the car sharing arrangements.**

Monday 29th October

19.30 – Starter Group – Marriotts

Meet at Marriotts School ready to start at 19.30. Suitable for all abilities. Details here: http://www.fvspartans.org.uk/ai1ec_event/starter-group-58/?instance_id=2945

Tuesday 30th October

19.00 – Marriotts – 5-7 x 4min/90 seconds + 2x2min/1min

Please meet in the Drama Room at 18.50 for announcements at 19:00.

The session consists of a series of 4 minute efforts, focusing on your tempo pace. This is then concluded with a set of quicker 2 minute intervals. The challenge is to ensure that you pace the session appropriately, working at your tempo pace during the main efforts so that you can inject additional pace into the final intervals. Run too fast early on and the lactate will get you!! Run too slow then you will not get the best out of the session.

You may not get it right first time which is why we will come back to this one again!

Group 1 – 5x4min/90 secs + 2x2min/1min

Group 2 – 5 x 4min/90 secs + 2x2min/1min

Group 3 – 6 x 4min/90 secs + 2x2min/1min

Group 4 – 7 x 4min/90 secs + 2x2min/1min

Group 5 – 7 x 4min/90 secs + 2x2min/1min

Details here: http://www.fvspartans.org.uk/ai1ec_event/5-7-x-4min90-seconds-2x2min1min/?instance_id=2962

Thursday 1st November

9.30 – Angels Run - Steady 6 miles, Charlton to Offley up the Beast, 9-25 for 9-30 start.

Those running 10 miles meet at Manton Road, 9-00 for 9-05 start. Run to Charlton and back adds 4 miles to core circuit.

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-37/?instance_id=2793

19:00 – Recovery/transition run

This is a continuous run over a route of approximately 5 miles, with regular regrouping so that the group stay together. Quicker runners should expect to get between 10-25% more mileage depending upon the pace they run at. Runners can use this for a variety of training objectives:

- recovery from a series of harder training sessions;
- recovery from a race the previous week (e.g. half or full marathon)
- part of their overall approach to increasing their training mileage
- developing pace judgment and/or tempo training
- as a transition from the Starter Group to the main club sessions on Tuesday and Thursday

Details here: http://www.fvspartans.org.uk/ai1ec_event/recoverytransition-run-2/?instance_id=3065

19:00 – Speed Endurance (Sssssh Secret Squirrel session!)

The session uses a loop of cycle ways focusing on developing your running strength and technique. The focus is on maintaining good running form whilst also maintaining your overall speed.

No squirrels will be harmed in the making of this session! Come along and find out what the secret is!

Details here: http://www.fvspartans.org.uk/ai1ec_event/speed-endurance-sssssh-secret-squirrel-session/?instance_id=3080

19.00 – Starter Group – Marriotts

Meet at Marriotts School ready to start at 19.00. Suitable for all abilities.

Details here: http://www.fvspartans.org.uk/ai1ec_event/starter-group-62/?instance_id=3033

Further Ahead

FAIRLANDS VALLEY SPARTANS RACE CALENDAR

Please see this link to see all the clubs home races or local events that the club will be supporting in 2012 <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1329582894>

CROSS COUNTRY SEASON 2012/13

The Cross Country season starts on **28th October 2012!!** Full details can be found here: http://www.fvspartans.org.uk/ai1ec_event/xc-league-fixture-1-cheshunt/?instance_id=5565

All races are free for Spartans and details are in our calendar. Here are the other key dates for your diary:

25 November 2012 - Grovelands Park (Serpentine)

9 December 2012 - St Albans (St Albans Striders supported by GCR and Harpenden Arrows)

13 January 2013 - Royston (Royston Runners)

17 February 2013- Cassiobury Park, Watford (Watford Joggers)

Further details about the league series and tips about running cross country can be found on the club website at <http://www.fvspartans.org.uk/club/cross-country/>

MARRIOTTS FIREWORKS PARTY – 5th NOVEMBER

Marriotts are holding their usual firework festivities from 6pm. The fireworks are due to start at 7.30pm. There will be kid's activities, bouncy castle, colouring competitions, hot and cold food and drinks available, free parking, plus a great view of the Fairlands Fireworks Display.

You don't need to book onto this event, just turn up and it is also free entry!

CLUB 10 MILE AND 5 MILE HANDICAP RACES – 2nd DECEMBER

Please put this date in your diary. This is a great chance to run a handicap race over a 10 mile course. The Spartan who finishes first wins the prestigious Bryan Moore memorial shield. Target times will be provided by Paul Holgate leading up to the event.

An optional 5 mile handicap race is also available.

Further details will appear on the Forum and club calendar closer to the event.

CLUB CHRISTMAS PARTY – WE ARE GOING BACK TO SCHOOL! – 14TH DECEMBER

Relive the best days of your life with fun and games along with dancing to a variety of popular music. Fancy dress is encouraged (maybe your old school uniform still fits) but you are free to attend in non-uniform. The evening will also include the VLM club draw which is due to take place at around 7.30pm. The event is taking place at Mossbury Primary School , Webb Rise , Stevenage SG1 5PA, doors open at 7pm (Don't be late for registration).

Tickets are now available (see Andy Jay, Tracy Pez, Jayne Pinner or Nick Witcombe) and cost £5. This includes a buffet but can you please bring your own drinks. Further details will be posted to the Forum in due course. Please put this in your diary for now though!

CLUB CHRISTMAS TRAINING RUN – 18th DECEMBER

On Tuesday 18th December we will be having our traditional post run nibbles! Just bring a long a contribution of crisps, savouries, sandwiches or cakes and we will get the urn running for a nice hot drink and post run treat. A chance to have a chat and some grub ahead of Christmas with your Spartan buddies! See the details here http://www.fvspartans.org.uk/ai1ec_event/8-10-x-3min-intervals-plus-our-pust-run-christmas-nibbles/?instance_id=3100

CLUB PRESENTATION EVENING – 25th JANUARY 2013

The Club Presentation Evening will be on Friday 25th January at Knebworth Barns.

Further details will follow, but please put the date in your diary for the time being!

Kit

The new club vest has landed. Be one of the first to get your hands on a new vest. The sizes are very similar to the current vest and its cost is £15. There are also very attractive, go faster, stripy shorts to match ;o)

Please send an email to kit@fvspartans.org.uk for all kit enquiries.

Training

Don't forget that full details on all forthcoming training sessions can be found here <http://www.fvspartans.org.uk/calendar/>

Domin8 Fitness

For a full list of fantastic fitness classes please take a look at the Domin8 website <http://www.domin8fitness.co.uk/fitness-classes/>

Andy Prior PT

We can highly recommend Andy Prior if you are looking for a local personal trainer who will help you increase your fitness, lose weight, tighten those stubborn wobbly bits, reach your goals and motivate you to the next level. Take a look at Andy's website for details: <http://www.andyprior-pt.co.uk/>

Website



Like our Facebook page – www.facebook.com/fvspartans



Follow us on Twitter – <http://www.twitter.com/FVSpartans>

Club Discipline & Conduct rules: <http://www.fvspartans.co.uk/AGM.shtml>

We welcome your feedback - please send us your comments to webmaster@fvspartans.org.uk