



FAIRLANDS VALLEY SPARTANS
UK's Best Running Club 2010

What's on this Week - No.201 17th November 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.

ANNUAL GENERAL MEETING (AGM) 21st NOVEMBER – YOUR CLUB NEEDS YOU!! The AGM of Fairlands Valley Spartans will be held on **Wednesday 21st November 2012 at Marriotts School, 7.15pm**. The Club AGM is a chance to come and have your views heard. It is also the chance for you to vote in your Committee for next year. The Committee decides the direction the club takes, what events are run and how your money is spent. Being a member of the Committee does not have to be onerous and the club is keen that individuals are not overburdened. It is fun, you are only agreeing to be part of it for one year and there are only eight meetings in that time. If you are interested in standing for the committee, but are unsure what it involves, please speak to one of the current committee or contact Stephanie Mayfield (General Secretary) on 01438 815859 or 07944 294767 or via e-mail: secretary@fvspartans.org.uk.

Everyone can bring skills and new ideas to this committee (even if you don't think so!) and it is a great way to be involved and have a say in how the club is run. In particular the committee for next year is very interested if you have administration, event organising, accountancy or website skills. Specific roles which are vacant include: Assistant Treasurer, General Secretary, Minutes Secretary and Race Promoter/Race sub-committee leader. If you wish to be part of the Committee and are unable to attend the AGM, that is not a barrier to being elected, simply send your name to Stephanie Mayfield – secretary@fvspartans.org.uk.

We look forward to seeing as many people as possible at the AGM.

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 – Barry King, Phil Rushton and Nick Witcombe are our 'kit masters'. 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. Keep up to speed with all things training at <http://www.fvspartans.org.uk/calendar-all/old-style-calendar/>

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 17th November

9.15 – Track Session. 8-12 x 400m/90 seconds

The session is flexible to suit the objectives of the athlete. For example, those that want to complete a shorter number of efforts/repetitions but at a faster pace can do 4-6 efforts (and even increase the recovery time to optimise their pace) whereas those training with a focus on 5K-10K racing, for example, may wish to complete all 12 efforts.

Details here: http://www.fvspartans.org.uk/ai1ec_event/8-12-x-400m-3/?instance_id=6400

9.30 – Angels run – Steady 6 miles from Graveley Church. Meet at 9-25 a.m. ready to roll at 9-30 a.m. promptly. The church is about a half mile down the road past the garage. When you get to the sharp right corner then carefully turn LEFT into the stable yard. You are allowed to park there but space is limited so please car share where possible, or even better run a few miles extra there and back and get in more training.

If you are coming from Hitchin we are leaving at **9-05 a.m. promptly** because we intend to park under the motor way bridge and run the mile there and back to the church. This will make an 8 mile run, helping to prepare for the Buntingford 10.

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-41/?instance_id=6431

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 18th November

Group B – 11 mile run with Coach Leigh – the hills are alive.....with the sound of Spartans!? We will be meeting at Chells Park, off of Gresley Way at 8:50am ready for a 9am start to enjoy the sights of Aston and Bennington.

Group B train at a long run pace of 10 min/mile or faster. The run is continuous with regrouping at intervals to ensure we stay together. Quicker runners within the group may get an extra 1-3 miles from the run.

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-b-11-mile-training-run/?instance_id=6409

Group C - 5.5 - 6 mile with Lisa - 5.5-6 mile run (mostly off road). Meet at 8.50am, for a prompt 9am start, at Aston Village Hall car park. This is a new route, that hasn't been fully tested, but will take us out to Bennington and back – wear your trails or old trainers just in case of mud! Group C is most suited to those whose long run pace is slower than 10 minutes per mile, including those coming up from the starter group. There will be regular regrouping so faster runners should expect to get additional mileage.

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-c-training-run-5-5-6-miles/?instance_id=6447

Group D – 3-4 mile run with Ossie - Running from Manton Road, Hitchin, starting at 9-00a.m. Running only 3-4 miles, this group is a Recovery/Transition group for those recovering from hard training on Saturday, missed training due to illness/injury/work/family or just forgetting to train because of a busy life style. The group runs at around 11 minute miling and is also ideal for Starters wanting to move up to Group 1 but feeling a little unsure of their fitness. We regroup regularly about every ¾ mile, but not stopping just jogging back. The run incorporates off road running.

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-d-3-4-mile-training-run/?instance_id=6433

Monday 19th November

7:30pm – Starter Group - Come and join our Starter Group for a run of approximately 5K. Ideal for new runners.

Details here: http://www.fvspartans.org.uk/ai1ec_event/starter-group-65/?instance_id=6408

Tuesday 20th November

19.00 – ladder session!

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

A great session for evaluating your training and pace judgment. We are going up the ladder!!!

Group 1 – 3min, 3min, 4min, 4min, 5min, 5min

Group 2 – 3min, 3min, 4min, 4min, 5min, 5min

Group 3 – 4min, 4min, 5min, 5min, 6min, 6min

Group 4 – 4min, 4 min, 5min, 5min, 6min, 6min

Group 5 – 4min, 4 min, 5min, 5min, 6min, 6min

Recoveries – 1 min after the 3mins and 4mins, 2 mins after all other efforts.

Details here: http://www.fvspartans.org.uk/ai1ec_event/ladder-session-3/?instance_id=6406

Thursday 23rd November

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

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-32/?instance_id=6405

19:00 – Handicap 5K

A final chance in 2012 to race the 5K handicap course.

Full details of target times will be posted on the Forum in due course.

Please meet at Marriotts School at 6:50pm, confirm your attendance and then warm up to the start or go directly to the start in readiness for your warm up and start time.

Please let Paul Holgate know (paul.holgate@bt.com) whether or not you will be running so that he can refine his starting list.

Details here: http://www.fvspartans.org.uk/ai1ec_event/5k-handicap-race/?instance_id=6403

19.00 – Starter Group

Come and join our Starter Group for a run of approximately 5K. Ideal for new runners.

Details here: http://www.fvspartans.org.uk/ai1ec_event/starter-group-77/?instance_id=6404

Further Ahead

CROSS COUNTRY SEASON 2012/13

The Cross Country season has started with a good race last weekend at Cheshunt in our first fixture.

All races are free for Spartans and details are in our calendar. Here are the 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/>

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 Tracy Pez, Jayne Pinner, Katrina Doyle 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!

CLUB 10 MILE AND 5 MILE HANDICAP RACES – 27th January 2013

The Handicap 10m/5m was scheduled for Sunday 2nd December. However we have been asked to avoid this date to prevent clashing with the Santa 5k now taking place in the park at the same time and the proposed revised date now clashes with the Garden City 5m event being arranged for the 16th December, so the Handicap will now not take place until 27th January, so please make a note of the new date. Further information will be issued next month, including details of handicaps issued.

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.dominatfitness.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>

Training programme - <http://www.fvspartans.org.uk/calendar-all/old-style-calendar/>

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