



FAIRLANDS VALLEY SPARTANS
UK's Best Running Club 2010

What's on this Week - No.205 15th December 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.**

VIRGIN LONDON MARATHON 2013 – 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 race 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. Roger also has a list of those who 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 club 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

SPARTAN OF THE YEAR - now is the time to vote for your 'Spartan of the Year'. You can vote for any paid up member of the club. Please send your nomination with the reason you think this Spartan should receive the award to Soty@fvspartans.org.uk.

THE CLUB COMMITTEE - At the first meeting of the new committee last week the following items were discussed/decided:

- Chris Leigh was unanimously elected Vice-Chair
- Jim Brown was formally reappointed as Press Officer and thanked for his valued contribution in this role
- A Race Committee was set up to discuss events for 2013

- Following a discussion about the Club Championships it was decided to make no change to the procedure for the coming year. The committee will consider a Cross Country Club Championship for next season at a later date
- The Committee agreed the price for the Presentation Evening tickets in the light of increased prices for the venue

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 15th December

9.15 – Track Session. 10x300m parlauf

Details here: http://www.fvspartans.org.uk/ai1ec_event/10-x-300m-parlauf/?instance_id=6449

9.30 – Angels run – Angels Christmas run, Manton Road 9-25 for 9-30 a.m.

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-44/?instance_id=6490

Sunday 16th December

Group B – 8 or 10 mile run – Coach Leigh will be leading out a training run starting from the Ridlins car park (Woodcock Road). Please meet there at 8:50am for a prompt 9am start.

Full details are here: http://www.fvspartans.org.uk/ai1ec_event/group-b-training-run-8-or-10-miles-datchworthaston/?instance_id=6452

Group C – 5 mile run with Phil – Phil will be leading out a 5 mile run, starting from Sainsbury's Corey's Mill car park. Please be there for 8:50am so that you are ready for a prompt 9am start.

Full details are here: <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1355435398>

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.

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-d-3-4-mile-training-run/?instance_id=6437

Monday 17th December

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-69/?instance_id=5780

Tuesday 18th December

19.00 – 8-10 x 3min intervals PLUS OUR POST RUN CHRISTMAS NIBBLES!

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

Don't forget to bring along your selection of savouries etc to tuck into after the run!

Details here: http://www.fvspartans.org.uk/ai1ec_event/8-10-x-3min-intervals-plus-our-pust-run-christmas-nibbles/?instance_id=6495

Thursday 20th December

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-29/?instance_id=5481

19:00 – 4-6 x 800m

Details here: http://www.fvspartans.org.uk/ai1ec_event/4-6-x800m/?instance_id=5737

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.

Details here: http://www.fvspartans.org.uk/ai1ec_event/recoverytransition-run-7/?instance_id=5738

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-81/?instance_id=5739

Further Ahead

CROSS COUNTRY SEASON 2012/13

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

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 PRESENTATION EVENING – 25th JANUARY 2013

The Club Presentation Evening will be on Friday 25th January at Knebworth Barns. Tickets will be £25.00 which includes a hot buffet and disco. Tickets will be on sale through the website over the next few days. Please try to sign up early to be sure of a place.

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

The Handicap 10m/5m will take place on 27th January. Please make a note of the date. Further information will be issued next month, including details of handicaps.

CHANGE IN MARRIOTTS ENTRANCE – JANUARY 2013

We are moving ever closer to the opening of the new Marriotts school. With this will come a change in main entrance. During January we will start to come into the school via the entrance off of Six Hills Way into Brittain Way (the roundabout near the Ken Brown Motors site, adjacent to Shephall Way). Further details will be given to all club members as soon as the effective date of the change is known.

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>

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