



FAIRLANDS VALLEY SPARTANS
UK's Best Running Club 2010

What's on this Week - No.206 22nd 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. **PLEASE LOOK OUT FOR FURTHER INFORMATION ABOUT OUR NEW MEETING POINT IN THE NEW YEAR.** 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.**

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 – congratulations to Barry King, Kerry Setterfield, Chris Leigh, Andy Jay, Jan Fry, Mark Goodwin, Tracy Stiles and Lisa Liversidge for getting a place in the Virgin London Marathon through the club ballot.

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.

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 are on sale through the website. Please try to sign up early to be sure of a place.

THE STEVENAGE HALF - Following the successful Stevenage Half Marathon on 4th November, the organisations listed below who helped with marshalling, car parking and water stations, have all been given donations: **Stevenage Scout groups, Stevenage Sea Cadets, The Rotary Club of Stevenage and The Rotary Club of Stevenage Grange.** In addition, the following charities have also been given donations towards their work: **Shine, Herts. Society for the Blind, Lister Hospital**

Children's Ward, Greenside School, Herts Air Ambulance. Simon Harris and Matthew Holgate presented the cheque to Mr. Dave Victor at Greenside School's Christmas Party last Friday.

Thank you to everyone who helped make this a very worthwhile event in spite of the weather!

CLUB KIT – there is a kit sale with 25% off all kit items (except club vests). The sale lasts until 31/1/2013. Order your kit by posting on the kit board on the Forum, by calling Barry King on 07802 482302 or e-mailing the kit team 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 22nd December

9.15 – Track Session. 6-8 x 600m

Details here: http://www.fvspartans.org.uk/ai1ec_event/6-8-x-600m-3/?instance_id=5544

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>

9.30 – Angels run – 6.5 miles from Graveley Church, 9-25 for 9-30 a.m.

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-39/?instance_id=6491

Sunday 23rd December

All groups – Minsden Chapel run, 8 or 12 miles – we are making our traditional Christmas visit to the Chapel this weekend. This run is for everyone! For those wanting to run the complete 12 mile circuit, please meet at Sainsbury's Corey's Mill car park (at the back by the stone steps) at 8:50am ready for a 9am start. For those wanting to complete a shorter 8 mile circuit please meet at the Meadway car park (off of Redcar Drive) ready to get going at 9:15am.

It is traditional to have mince pies and other treats at the end of the run so please bring along a few treats to tuck in to at the end!

Full details are here: http://www.fvspartans.org.uk/ai1ec_event/christmas-run-to-minsden-chapel-8-or-12-miles/?instance_id=5613

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=6438

Monday 24th December

Christmas Eve – no training. Enjoy!!!

Tuesday 25th December

Happy Christmas!!!! There is no training so make the most of the rest and have a great time!!!

Thursday 27th 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-28/?instance_id=5480

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. **AS MARRIOTTS WILL BE CLOSED, WE WILL BE MEETING IN THE SMALL CAR PARK OFF OF FAIRLANDS WAY (NEAR THE MAZE)**

Details here: http://www.fvspartans.org.uk/ai1ec_event/recoverytransition-run-8/?instance_id=5735

19.00 – Starter Group

Come and join our Starter Group for a run of approximately 5K. Ideal for new runners. **AS MARRIOTTS WILL BE CLOSED, WE WILL BE MEETING IN THE SMALL CAR PARK OFF OF FAIRLANDS WAY (NEAR THE MAZE)**

Details here: http://www.fvspartans.org.uk/ai1ec_event/starter-group-82/?instance_id=5736

Friday 28th December

10am – Core training with Jamie – a Christmas treat for Spartans kindly organised by our friends at Domin8 fitness. Come along to Marriotts at 10am and join in the core training session. Find out more about a series of core exercises they you can perform regularly to improve your core strength and, in turn, your running.

Details here: http://www.fvspartans.org.uk/ai1ec_event/core-training-session-with-domin8-fitness/?instance_id=5791

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 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.

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