



FAIRLANDS VALLEY SPARTANS
UK's Best Running Club 2010

What's on this Week - No.207 29th 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.** At a date yet to be confirmed in 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.**

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.

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 29th December

9.15 – 8-12 x 400m

Details here: http://www.fvspartans.org.uk/ai1ec_event/8-12-x-400-metres/?instance_id=7623

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

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-27/?instance_id=5479

Sunday 30th December

Group B – early 3 miles and/or 10 miles. For both runs please meet at Sainsburys Coreys Mill car park. The 3 mile run is on good trails/road and starts at 8:30am prompt. This will bring us back to the car park in time for the main run at 9am.

Full details are here: http://www.fvspartans.org.uk/ai1ec_event/group-b-training-run-early-3-mile-option/?instance_id=7616 and http://www.fvspartans.org.uk/ai1ec_event/group-b-training-run-10-miles-3/?instance_id=7617

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=6439

Monday 31st December

No training, New Years Eve – enjoy!!!

Tuesday 1st January

7pm – steady/continuous 5 mile run. A chance to see in the New Year with a steady run around a 5 mile route.

Details here: http://www.fvspartans.org.uk/ai1ec_event/steadycontinuous-new-year-run-happy-new-year/?instance_id=5734

Thursday 3rd January

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

19:00 5K handicap – a chance to start 2013 in style!

Details here: http://www.fvspartans.org.uk/ai1ec_event/out-and-back-2020-tempo-run-2/?instance_id=6465

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-83/?instance_id=5733

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/FV Spartans>

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