



FAIRLANDS VALLEY SPARTANS
UK's Best Running Club 2010

What's on this Week - No.208 5th January 2013

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.

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 ...

MEETING POINT: FROM MONDAY 7th JANUARY WE WILL BE USING THE NEW SCHOOL ENTRANCE. YOU CAN FIND THIS BY COMING INTO BRITTAIN WAY (off of the roundabout on Six Hills Way near the Ken Brown Motors site, adjacent to Shephall Way). When you drive into Brittain Way, continue ahead and enter the new school car park. Walk towards the school main entrance and then turn left through a set of double gates and follow the wide tarmac pathway that goes around the side of the school building. There will be members of the sports centre team to direct you. This then leads around to the entrance of the new sports centre extension. There is a large covered walkway in front of the entrance that we will meet under. The postcode for the new school (and hence the new entrance is SG2 8UT).

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 5th January

9.15am – 4-6 x 800m

Details here: http://www.fvspartans.org.uk/ai1ec_event/4-6-x-800m-3/?instance_id=5538

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

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-15/?instance_id=7627

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 6th January

Group B – early 3 miles and/or 11 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-11-miles-plus-an-optional-early-3-miles/?instance_id=7665

Group C – 6 mile run – please meet at Fairlands Valley Showground car park at 8:50am ready for a 9am start.

Full details are here: http://www.fvspartans.org.uk/ai1ec_event/group-c-training-run-6-miles/?instance_id=7692

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=6440

Monday 7th January

7pm – Starter Group (use the new school entrance)

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-70/?instance_id=5636

Tuesday 8th January

7pm – LT/TEMPO/LT sandwich! (use the new school entrance) Get back into the swing of things again in 2013! Remember to check the website for details of the Tuesday groups and which group you should be training in.

Details here: http://www.fvspartans.org.uk/ai1ec_event/ltempolt-sandwich/?instance_id=6496

Thursday 10th January

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

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-35/?instance_id=7628

7pm Recovery/transition run (use the new school entrance) – 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-10/?instance_id=5730

7pm – Starter Group (use the new school entrance)

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-84/?instance_id=5731

7pm Speed Endurance (Sssssh secret squirrel!) (use the new school entrance)
– come along and find out what this session is all about!

Details here: http://www.fvspartans.org.uk/ai1ec_event/ssshhh-secret-squirrel-session/?instance_id=5729

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 this 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