



# FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

## What's on this Week - No.214 16th February 2013

A weekly summary of what's happening over the forthcoming weekend, and beyond, for members of Fairlands Valley Spartans.

### **Saturday 16th February**

**9.15am – 10x300m parlauf - Ridlins track, Woodcock Road**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/10x300m-parlauf-2/?instance\\_id=7755](http://www.fvspartans.org.uk/ai1ec_event/10x300m-parlauf-2/?instance_id=7755)

**9.30am – Angels run – Steady 6 miles, Manton Road, 9-25 a.m. steady 6 miles**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/angels-run-46/?instance\\_id=7641](http://www.fvspartans.org.uk/ai1ec_event/angels-run-46/?instance_id=7641)

**10.30 – Cross Training Session at Ridlins with Andy Prior.**

Details here: <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1331816856>

### **Sunday 17th February**

**XC league fixture 5 – Watford -10:30am.** The final fixture in the league campaign in which the club have been steadily rising in the rankings with more and more runners getting involved. Let's have a final push and fun at this last league fixture! Look out for the car sharing details on the Forum as well.

Details are also here: [http://www.fvspartans.org.uk/ai1ec\\_event/xc-league-fixture-5-watford/?instance\\_id=7897](http://www.fvspartans.org.uk/ai1ec_event/xc-league-fixture-5-watford/?instance_id=7897)

**Group B – 10 mile training run (9:15am) with the option of an early extra 7 miles (8am) – meet at the Fairlands Valley Showground (opposite the football ground)**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/group-b-training-run-10-mile-run-with-an-extra-7-miles/?instance\\_id=7899](http://www.fvspartans.org.uk/ai1ec_event/group-b-training-run-10-mile-run-with-an-extra-7-miles/?instance_id=7899)

**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=7786](http://www.fvspartans.org.uk/ai1ec_event/group-d-3-4-mile-training-run/?instance_id=7786)

### **Monday 18<sup>th</sup> February**

**7:30pm – 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-71/?instance\\_id=7740](http://www.fvspartans.org.uk/ai1ec_event/starter-group-71/?instance_id=7740)

### **Tuesday 19<sup>th</sup> February**

**7pm – 2x (6-8 x 2min/1min)/3 mins, including hill efforts (use the new school entrance).**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/2x-6-8-x-2min1min3-mins/?instance\\_id=7893](http://www.fvspartans.org.uk/ai1ec_event/2x-6-8-x-2min1min3-mins/?instance_id=7893)

## Thursday 21st February

**9:30am – Angels Run** - Steady 6 miles, Manton Road, 9-25 a.m. steady 6 miles

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/angels-run-47/?instance\\_id=7643](http://www.fvspartans.org.uk/ai1ec_event/angels-run-47/?instance_id=7643)

**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-91/?instance\\_id=7894](http://www.fvspartans.org.uk/ai1ec_event/starter-group-91/?instance_id=7894)

**7pm – 5K handicap.** Another chance to check out your fitness levels and 5K pace! Look out for the details on target 5K times shortly. Please let Paul Holgate know whether you will be taking part so that he can refine the starting list.

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/5k-handicap-4/?instance\\_id=7841](http://www.fvspartans.org.uk/ai1ec_event/5k-handicap-4/?instance_id=7841)

## Further Ahead

### HOT OFF THE PRESS!! Midweek league 2013 dates!

We now have the provisional details of the midweek league fixtures for our 2013 league campaign:

Stevenage 10k	Tuesday 14 <sup>th</sup> May 2013
Chingford 10k	Wednesday 29 <sup>th</sup> May 2013
Harlow 10k	Wednesday 19 <sup>th</sup> June 2013*
WGC 5m	Wednesday 26 <sup>th</sup> June 2013

\* Harlow Running Club investigating if date can be brought forward to Weds 12<sup>th</sup> June, but 19<sup>th</sup> June provisionally set while investigations carried out

### Mob Match

Trent Park 9k Wednesday 17<sup>th</sup> July 2013

## Reminders .....

**Race Results:** Please remember to email your race results to [results@fvspartans.org.uk](mailto: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/>

## Training

Don't forget that full details on all forthcoming training sessions can be found here <http://www.fvspartans.org.uk/calendar/>

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

We welcome your feedback - please send us your comments to [webmaster@fvspartans.org.uk](mailto:webmaster@fvspartans.org.uk)

**Not getting information by e-mail from the club? Then make sure you have registered as a member of the mailing list. Simply go to the members menu bar on the website and click on NEWS MAILING LIST and enter and confirm your e-mail address. Simple!**