



# FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

## What's on this Week - No.217 9th March 2013

### Saturday 9th March

**9.15am – 6-8 x 600m Ridlins track, Woodcock Road**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/6-8x600m/?instance\\_id=7770](http://www.fvspartans.org.uk/ai1ec_event/6-8x600m/?instance_id=7770)

**9.30am – Angels run – steady 6 miles from Charlton**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/angels-run-61/?instance\\_id=7658](http://www.fvspartans.org.uk/ai1ec_event/angels-run-61/?instance_id=7658)

### Sunday 10th March

**Group A – 13 mile run with Jo – meet at Blackhorse Lane, Hitchin 9:30am**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/4160-2/?instance\\_id=7973](http://www.fvspartans.org.uk/ai1ec_event/4160-2/?instance_id=7973)

**Group B – 13 mile training run around the Greenway (9:00am) with the option of an extra 3-6 miles (8:30am) – meet at Manor Wood car park, Willian**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/group-b-training-run-13-miles-on-the-greenway-plus-optional-extra-3-6-miles/?instance\\_id=7976](http://www.fvspartans.org.uk/ai1ec_event/group-b-training-run-13-miles-on-the-greenway-plus-optional-extra-3-6-miles/?instance_id=7976)

**Group C – 5 mile training run (9:00 am) with Lisa J, Maria and Phil with the option of an extra 4 miles – meet at Sainsbury's Coreys Mill car park**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/group-c-training-run-5-miles-plus-an-optional-extra-4-miles/?instance\\_id=7979](http://www.fvspartans.org.uk/ai1ec_event/group-c-training-run-5-miles-plus-an-optional-extra-4-miles/?instance_id=7979)

**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=7789](http://www.fvspartans.org.uk/ai1ec_event/group-d-3-4-mile-training-run/?instance_id=7789)

### Monday 11<sup>th</sup> March

**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=7964](http://www.fvspartans.org.uk/ai1ec_event/starter-group-71/?instance_id=7964)

### Tuesday 12<sup>th</sup> March

**7pm – 2 x (12x1min/1min)/3mins (use the new school entrance).**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/starter-group-71/?instance\\_id=7964](http://www.fvspartans.org.uk/ai1ec_event/starter-group-71/?instance_id=7964)

### Thursday 14<sup>th</sup> March

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

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/angels-run-52/?instance\\_id=7648](http://www.fvspartans.org.uk/ai1ec_event/angels-run-52/?instance_id=7648)

**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-98/?instance\\_id=7958](http://www.fvspartans.org.uk/ai1ec_event/starter-group-98/?instance_id=7958)

### **7pm – 8-10 x 400m (use the new school entrance)**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/8-12-x-400m-6/?instance\\_id=7933](http://www.fvspartans.org.uk/ai1ec_event/8-12-x-400m-6/?instance_id=7933)

### **7pm – recovery/transition run (use the new school entrance)**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/angels-run-52/?instance\\_id=7648](http://www.fvspartans.org.uk/ai1ec_event/angels-run-52/?instance_id=7648)

## **Further Ahead**

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

We now have the 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 12<sup>th</sup> June 2013  
WGC 5m Wednesday 26<sup>th</sup> June 2013

### **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!**