



FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

Rules:

Individual:

One individual prize only.

Team:

The team prizes are only open to affiliated clubs.

There will be a prize for the 1st male team and 1st female team.

A team consists of 3 male or 3 female members of the same club.

Online entries at <http://www.fvspartans.org.uk> via Runners World

Further details of the event, to include regular updates of the number of entrants so far can be found on the club website at:

<http://www.fvspartans.org.uk>

Data Protection:

UNDER THE TERMS OF THE DATA PROTECTION ACT 1984 WE ARE REQUIRED TO INFORM YOU THAT YOUR INFORMATION IS HELD ON COMPUTER FOR RACE ADMINISTRATION ONLY

Why Not Join Fairlands Valley Spartans!

We are an all inclusive club and run weekly session to cater for all abilities

- Monday evenings is our Starter Group Session from 7.30pm
- Tuesday and Thursday evenings are our main club sessions from 7.00pm
- Saturday morning is a track session at Ridlins Track from 9.15am
- Sunday mornings feature regular long runs of 8 miles or more

Come and find us at Marriots School, Telford Avenue, Stevenage, SG2 0AN for our Monday, Tuesday or Thursday sessions.

To find out more about the SPARTANS, please contact us by email at info@fvspartans.org.uk or through the Club website: www.fvspartans.org.uk



FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

Fairlands Valley Spartans

5k Race

Incorporating the Herts County Championships
on Sunday 9th of September 2012



A limit of 300 entries applies

Race starts at 10:30am from

**The Moss Bury Primary School,
Webb Rise, Stevenage, SG1 5PA**

The Event: 5 k road race around Stevenage cycle paths. Mostly traffic free.

Dates: Sunday, 9th September 2012

Venue: Moss Bury Primary School, Webb Rise, Stevenage, SG1 5PA

Start: Race starts at 10:30am

Postal Closing Date: Friday 1st September 2012

Entry Fee: UKA or ARC affiliated club members £6.00
Unattached £8.00
We will accept entries on the day if there are places left.

Prizes: 1st/2nd/3rd Male & Female,
1st/2nd Male Vet 40 & Female Vet 35
1st/2nd Male Vet 50 & Female Vet 45
1st Male Vet 60 & Female Vet 55
1st Male Vet 70 & Female Vet 65
Team prizes. One individual prize only.

+ Herts AAA County Championship Prizes

Awards: A medal will be awarded to all finishers

Presentation: Presentation will be as soon after the race as possible.

Facilities: Changing area, toilets, baggage storage, mile markers, marshals, race clock and free light refreshments.

First Aid Hearn Management Company

Parking: Moss Bury Primary School, Webb Rise, Stevenage, SG1 5PA

Restrictions: Minimum age of 17 on the day of the race in accordance with UKA rules.
No dogs or accompanying vehicles.

Enquiries: For further information contact us by email at fv5@fvspartans.org.uk

Stevenage 5K Entry Form

Surname *Male/Female*

Forenames

Address

.....

Postcode *Date of Birth* *Age*

Telephone (day) *(Evening)*

Club/Team Name

Tick Box if Club is UKA or ARC Affiliated

Please tick boxes as appropriate

Affiliated (£6.00) Unattached (£8.00)

If you are Male aged 65 or Female 60 or over you can run in any our races for free. Please tick here if you are claiming a free entry.

Email address:

Please tick box to enter the Hertfordshire AAA County Championships

TOTAL ENCLOSED £.....

Competitors must be at least 17 on the day of the race. A signed form will be considered as acceptance of UKA rules, as a declaration that you will run entirely at your own risk and that you have no medical disabilities that would endanger you or others taking part.

SIGNATURE *DATE*

Parent/Guardian to sign if under 18.

Cheques should be made payable to FAIRLANDS VALLEY SPARTANS.

Send your entries to:

The Stevenage 5K, c/o 25 Watton Road, Knebworth, Herts SG3 6AH
with a stamped addressed envelope for race number and instructions.