# FAIRLANDS VALLEY SPARTANS 3k RELAYS

**Date/Time** Thursday 25th July 2019. Race starts at 7.30 pm.
Details of the event and conditions can be found on www.fvspartans.org.uk

**Venue** Marriotts Sports Centre, Brittain Way, Stevenage, SG2 8UT

**Car Parking** Please do not park in the Brittain Way car park. The Centre is concerned that there will be insufficient spaces. There are car parks at Fairlands Valley Park. One is off Fairlands Way and the main one off Six Hills Way overlooking the lake on the opposite side of the park. Please do not inconvenience local residents by parking along Shephall View as the roads are very narrow and there are parking restrictions. We have been informed that traffic wardens have been operating there, even on Sundays!

**Changing** There are modern toilet facilities available for men & women at the race headquarters in the Centre.

**Course** One lap starting and finishing on the grassy area adjacent to the northern lake within Fairlands Valley Park. The race is run entirely on the park footpaths and Stevenage cycle way. After a downhill start it is a mainly flat course throughout.
Please keep to the cycleway/footpaths and follow the marshals' instructions especially at crossing points.

**Start** On the grassy area adjacent to the northern lake within Fairlands Valley Park. This can be accessed from the Race HQ by walking through the Centre building into the main car park and taking the footpath on the right into the park. Walk down the grassy slope to the lake and cross the lake by the footbridge next to the sailing centre. Follow the path up the hill towards the Aqua Playground. At the top turn right past the Aqua Playground and follow the path to the start

**Finish** (as above)

**Race Entries** Accepted on the night. Please try to arrive in plenty of time to allow the **Team Declarations** to be completed and submitted, so that we can start on time.

## INSTRUCTIONS ON HOW TO FIND REGISTRATION:-

If you have previously competed in the Relays, you will be familiar with the Registration Venue. We are using the same room at Marriotts Sports Centre as last year. For parking there are three car parks around the lakes. One is off Shephall View, one is off Fairlands Way and the third is off Six Hills Way. In the park at the sailing centre end of the bridge there is a junction of paths. There is also a small boathouse on the left, not where the sailing dinghies are, but on the other side of the path. Opposite this boathouse is a grassy bank. Go up the bank and at the top you will find an entrance to a footpath leading into the new Marriotts complex car park. After emerging from the path turn left and walk towards the large modern building. As you approach the main entrance of the building there are gates on the left to a service road going around the building. Walk through the gates and follow the service road turning right at the end of the building, passing the school allotments on your left and continue towards the tennis courts. Turn left around the tennis courts towards a building at the end of a large playground area. Enter the building and ask for the Reception Area. See the map of the park overleaf.

File Name: FVS 3k Relays 2018 - Map for Registration and Start.pages