



Fairlands Valley Spartans
Running Club *Silver Jubilee 2009*

Affiliated to UK Athletics and the Association of Running Clubs

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 5 male or 3 female members of the same club.

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

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

Join the SPARTANS

We run on Tuesday and Thursday evenings. Come and find us at Marriots School, Telford Avenue, Stevenage. Be ready to start at 7 p.m. There is also track training most Saturday's, while many SPARTANS also organise informal training runs on Sunday mornings.

Not everyone wants to compete but at weekends we enjoy a wide range of events, for which there are always entry forms available, ranging from 5Km through half marathons, full marathons, ultra distances and cross-country. Transport to the more popular events can be arranged on a shared vehicle basis.

To find out more about the SPARTANS, please contact us by email at info@fvspartans.org.uk or through the club website, or telephone Tony Willson on 07974 537036. Club website: www.fvspartans.org.uk



Fairlands Valley Spartans Presents

The Jubilee 5

A 5 mile Road Race to celebrate

Fairlands Valley Spartans 25th Anniversary

Incorporating the Herts County Championships
on 13th September 2009



NO ENTRIES ON DAY

A Limit of 500 places are available

Race starts at 11:00pm from

The Marriots School

Telford Avenue, Stevenage



uk:athletics

South of England Certificate Number:

08/119

Certificate of Course Accuracy



Permit No 09 / 90



**Fast, flat traffic free course around
Fairlands Valley Lakes**

The Event: 5 mile road race around Fairlands Valley Lakes on traffic free foot paths

Dates: Sunday, 13th September 2009

Venue: The Marriots School, Telford Avenue, Stevenage, SG2 0AN

Start: Race starts at 11:00am

Postal Closing Date: Monday 6th September 2009

Entry Fee: UKA or ARC affiliated club members £9.50
 Unattached £11.50
 We will not accept late entries or entries on the day.

Prizes: 1st/2nd/3rd Male & Female,
 1st/2nd/3rd 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

One individual prize only.

Awards: A medal will be awarded to all finishers

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

Facilities: Showers, changing rooms, toilets, baggage storage, Mile markers, marshals, race clock and FREE light refreshments.

First Aid: British Red Cross

Parking: The Marriots School, Telford Avenue, Stevenage, SG2 0AN.

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 Tony Willson 07974 537036 or at Jubilee5@fvspartans.org.uk

Jubilee 5 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 (£9.50) **Unattached (£11.50)**

Results (£1)
Free by email if supplied below

Email address:

Please tick box to enter the Hertfordshire AAA County Championships

TOTAL ENCLOSED £.....

Competitors must be at least 16 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 Jubilee 5, c/o 19 Bellamy Close, Knebworth, Herts SG3 6EH
 with a Stamped addressed envelope for race number and instructions.