



5 January 2017

Future VAC Events and Training

August

From time to time, some sessions may need to be adapted or changed at late notice. Before you set off for a training session, please take a moment to check our [Facebook Group](#), [Facebook Page](#) and [Twitter feed](#) for information on any of these possible changes.

Date	Category	Event Details	
Thurs 5 Jan	6pm	Winter Handicap Race 4 (3 miles)	HLC
Tue 10 Jan	6:30pm	Rowlands 10k: Pacing run (can be extended up Link's Lane 1.2m) Please bring head torch if you have one: it can be dark along Durrants Road and Redhill Road. coach: Mary sweeper: Raman Sangha	HLC
Thurs 12 Jan	6pm	Barton's Road – Hills coaches: Malcolm/Marilyn	HLC
Tue 17 Jan	6:30pm	Emsworth 10k Please bring head torch if you have one: it can be dark along South Leigh Road. coach: Cathy sweeper: Amber Atkinson	HLC
Thurs 19 Jan	6pm	Warblington – 1m reps coach: Lucy	HLC
Tue 24 Jan	6:30pm	Farlington Ave Please bring head torch if you have one: it can be dark in places. coach: Pete sweeper: Ali McNiff	HLC
Thurs 26 Jan	6pm	Warblington Railway Path – 400m coach: Lesley	HLC

Date	Category	Event Details	
Tue 31 Jan	6:30pm	Emsworth Tempo Please bring head torch if you have one: it can be dark in places. coach: Dave sweeper: Paul Spooner	HLC

Details about the regular Tuesday and Thursday training sessions are available on the Victory AC website at

There have been a few changes to our Winter sessions. Please check out the website link below for more information.

<http://www.victoryac.org.uk/training.html>

1st of All Happy new Year to everyone lets hope 2017 is another great running year

Grab a New Year Bargain! - from Marilyn

15 Months England Athletics (EA) Registration for the Price of 12 Months (£13)

New Customers Only!

NEW EA registrations after 1st of January 2017 are valid until 31 March 2018. This only applies if you have **NEVER** been registered with EA before, not if you are lapsed!! It also doesn't apply to those of you who are already EA registered for 2016-17. Current EA registration is valid until 31 March 2017, and EA renewal will be due along with your VAC membership renewal for 2017-2018. (The price for EA **RENEWALS** will increase to £14).

For the bargain **NEW** EA registrations: Pay the £13 (this year's price) to the club (message/txt/email me that you have done it) and I will register you immediately. You can pay in three ways:

1. Bank transfer £13 into the club account: sort code **60-10-20**, account number **61749923**. Identify yourself and what it's for, e.g. Fred Bloggs, new EA.
2. Cheque for £13 payable to **Victory AC** - write what it's for on the back. Give it to Jan Macdonald, myself or Neil Blanchard (our new club treasurer) at training.
3. Cash - preferably in an envelope with your name on and what it's for, so it doesn't get lost! Give it to Jan, myself or Neil B as above.

Why register with EA?

If you are entering ANY open races permitted by UK Athletics (UKA) as a VAC member, you should be individually registered with England Athletics. It is also required for any Championship events and the Hants Cross Country League.

Historically, it was always good enough to be a MEMBER of a club affiliated to UK Athletics (UKA) to run for that club and to claim a discount on a race entry.

Now to enter a race **as a VAC member**, and claim a minimum £2 discount, you should also have current individual registration with EA. This was incorporated into UKA Rules of Competition in 2012. Race entries now ask for your UKA URN (Unique (or UKA) Registration Number). This rule was difficult to enforce as UKA/EA did not allow most race entry providers access to their database. However, there is now provision for anyone, including race entry providers, to check EA numbers - though not all do check. Online entry through RunBritain (as for the Ryde 10) allows direct look-up on the UKA/EA database, as RunBritain is a UKA partner. So if you do NOT have current, active, registration with EA you cannot enter the race as a Victory AC member. And you will appear in the results as 'Unattached'. Our statistician, John Gallagher, who tracks all Victory members' performances from race results, won't find you.

There are other benefits to EA registration, including discounts from partners like New Balance, Sweatshop and InterContinental Hotel Group (IHG) - see:

<http://www.englandathletics.org/athletes/athlete-registration>

For me, the biggest bonus is that MOST of my running activities, including Parkruns and XC events, are tracked on my profile on the Power of Ten website:

<http://www.thepowerof10.info>

Missing performances can be added - for example, where your name has been spelled wrongly in results. Results from races not permitted by UKA are however, not included.

The money collected from registrations goes to developing the sport, training coaches and officials, providing opportunities for young athletes, etc. Funding from other sources is constantly constrained; hence the steady increase in the cost of registration.

If you are planning to enter any races in the next 15 months, you should become an EA registered athlete.

marilyn.crocker@victoryac.org.uk

07954 382340

Brighton Marathon:

The club generally has 4 places for the Brighton marathon (although there are still plenty of spaces available), and you would still have to pay the price of £69.50. If anyone wishes to consider taking a club place can they please let me know, in order for me to register names by Feb 2017.

Many thanks

Lesley Allen

Southern Cross Country League (SXCL) Fixtures 2016-17 Update - from Marilyn

The good news is that the Manor Farm XC is now scheduled for **Sunday 22 January**. So there is now no clash with the Chilly Hilly in QE Park on Sunday 29 January. Hope to see lots of you at BOTH events!

The not so good news is that Alton Runners can now no longer put on a 7th league event at Chawton Woods this season. The revised fixture list

Southern Cross Country League 2016/2017 Fixtures

Sunday 09 October 2016 - Pamber Forest, nr Tadley

hosted by Basingstoke and Mid Hants A.C.

Sunday 13 November 2016 - Queen Elizabeth Country Park

hosted by Portsmouth Joggers Club

Sunday 11 December 2016 - The Bourne Woods

hosted by Farnham Runners

MONDAY 02 January 2017 - Lord Wandsworth College

hosted by Hart Road Runners

Sunday 22 January 2017 - Manor Farm Country Park hosted by Stubbington Green Runners

Sunday 26 February 2016 – Polecat Valley

hosted by Haslemere Border AC

Alton Runners cannot now host a 7th fixture at Chawton Woods.

Watch this space and the league website:

<http://www.bobayer.com/trwl/>

Full information about the next event will be posted on the Directions page (Diary menu) of the league website as soon as possible beforehand:

<http://www.bobayer.com/trwl/diary/directions/>

English National Cross Country Championships - by Marilyn

Date: Saturday 25 February 2017

Venue: Wollaton Park, Nottingham

Closing date for entries: Friday 13 January 2017

I will register as VAC Team Manager and enter anyone who wants to take part. All VAC first-claim members with current paid-up registration with England Athletics (EA) are eligible. Entry fee is £7 which you will owe to the club. Online entry only this year at:

<https://www.race-results.co.uk/results/2017/natxc17e.php>

The English Cross Country Association (ECCA) website says that all entries must be made by a club official - but the entry lists show there are a number of individual entries. So I guess individuals CAN enter themselves in spite of the instructions on the website?

Timetable

Events start at 11:00 with the U17 Women (5K)

Senior men and women have the last two races:

14:20 Senior Women - 8K

15:00 Senior Men - 12K

6 men aged 20+ needed for a club men's team and 4 women aged 20+ for a women's team.

All details, including full timetable at the English Cross Country Association (ECCA) website:

<http://www.englishcrosscountry.co.uk/the-national-cross-country-championships/>

Note this is another very busy XC weekend, with the last Southern Cross Country League (SXCL) event at Polecat Valley AND the Meon Valley Plod (21 miles) - both on the following day, Sunday 26 February. So I don't believe there will be much enthusiasm (if any) for VAC entries to the National XC Championships this year.

Southern Cross Country League Race 4 - from Marilyn

at Lord Wandsworth College

Monday 2 January 2017

An intrepid band of 17 VAC members gathered at Lord Wandsworth College (a posh boarding school with extensive grounds between Alton and Odiham) on Bank Holiday Monday 2nd January. Special welcome to two new members making their first foray in a VAC vest: Fay Cripps (previously running for Chichester Runners & AC); and Angela Brown (another of Sarah's recruits from Poole Runners, who like this league so much they are prepared to travel from Poole to take part as 2nd claim VAC members). Young Matt Healy also made his debut in this league - and was our 3rd male finisher in 29th place overall - very impressive, Matt!

It was a fine, sunny morning - cold, but not quite so cold (no frozen ice slides!) as it might have been. We were expecting a tough, challenging XC course with plenty of mud, glorious mud - to work off those festive excesses. We were not disappointed! The Race Director recounted some of the hazards, and we were off across the length of the playing fields to spread us out (464 finishers!!) before a few metres of tarmac path and a sharp left turn on to a stony, cinder path down towards the woods. No huge puddle at the bottom, so drier than it's been before. Then began the loop that we did twice: a right turn uphill to the woods (slippery mud in places), then a left turn at the top of the woods, where almost every step was slippery mud or muddy puddles! We pussy-footed around the muddy puddles at first, but towards the end of this stretch, straight through was the only option. Then it was a left turn downhill and left again along the bottom of the woods - still treacherously slippery in places. Sting in the tail was a left hand turn up to the top of the woods again on a really steep, stony trail! The first runner lapped me at this point. Then right along another slippery, muddy path and a final right downhill on to a narrow twisty path with lots of trip hazards. Had to pull in to the side several times to make way for the faster lapping runners - including Paul. Then out of the woods across a field down to the junction where we turned left to do the loop all over again. Straight through all the puddles this time! The finish was across a claggy field, taking a different route back to the playing fields.

Many thanks to Lisa's Mark who collected the names and numbers and wrote them down in a legible hand. Thanks also to Graham for transcribing them on to the results sheet. It means that results for all our first claim members with current EA registration have been picked up automatically on the their PowerOfTen profile - except Del's (and I think that's 'cos he is registered as Derek). I will notify PowerOfTen to update his record and those of the 2nd claimers.

Women's Results - first 3 to score for the VAC team

1 Fay Cripps - yes, after a lay-off from running (apart from parkruns), Fay was first woman home!!

22 Jackie Lloyd

41 Sarah Swift

48 Daveena Tweed

114 Belinda Harding

126 Lisa Emson

150 Angela Brown

171 Marilyn Crocker

184 Women Finishers

Adding up the positions of the first 3 finishers (64) placed VAC as **5th** women's team.

Men's Results - first five to score for the VAC team

9 Paul Mitchinson

19 David Howard

29 Matt Healy

82 Darren Knight

162 Terry Healy

183 Andrew Wright

219 Graham Foden

226 Peter Harding

268 Del Chandler

280 Men Finishers

Adding up the positions of the first 5 finishers (301) placed VAC as **11th** men's team.

Adding up our men's and women's team positions ($5 + 11 = 16$) placed VAC as **7th** club overall. This is the only result that counts towards the league and it's FAR better than any of our results in the last few seasons. We have even crept into the top half of the aggregate league table (11th= with Petersfield Tri), with an improving score at each event!

Southern Cross Country League at Lord Wandsworth College on the 2nd January - Andy Smith

The fourth race in the Southern XC league took place on the Monday at Lord Wandsworth College on a cold morning with 17 VAC member's running with some new and old faces turning out. The course was muddy field and hilly as usual with a great turning of 464 finishers.

The men's team finished 11 and women's team finished 5 with an overall team score of 7, our best I can remember for a long time with Fay Cripps running her first XC race for the

club winning the ladies race which as a great achievement. We also had grandson and granddad, Matt and Terry scoring for the men's team.

The finishing positions for were as follows:

Men: Paul Mitchinson 9, Dave Howard 19, Matt Healey (his first SXC) 29, Darren Knight 82, Terry Healy 162, Andrew Wright, Graham Foden 219, Pete Harding 226 and Del Chandler 268

Ladies: Fay Cripps 1, Jackie Lloyd 22, Sara Swift 41, Daveena Tweed 48, Belinda Harding 114, Lisa Emson 126, Angela Brown 150 and Marilyn Crocker 171.

Thanks to Marilyn for doing the scores, as I was unable to attend this meet.

We now move on the filth race in the series, just along the road at Manor Farm Country Park, on the 22nd of this month for an 11.00 am start which is always lovely muddy.

Andy

If you need Contact me on 07976 946518 or by the club's Facebook page.

Spring Marathon to run? London, Brighton, Southampton or Edinburgh Marathons to name a few? Running for charity and want to make sure you finish?

Come and Victory AC's marathon training session starting on Sunday 8th January at 8am from Havant Leisure Centre.

With around 20 people already signed up, there will be runners of every ability to run with, and led by 2 very experienced marathon and ultra-marathon runners.

Paul Spooner adds, *"You don't need to be training for a marathon. If you're looking to extend the distance you run, these runs will be a supportive group to do that with too".*

First session is a flat 10-13mile (1.45-2 hour run). Email vac@victoryac.org.uk to book yourself on the course - first and second claims welcome

Want a free 10 mile race?

Enter and complete the Ryde 10m on 5th February in Victory AC colours and the club will pay you back your entry fee.

Can't say fairer than that!

Pacing Event

We will be running another event next Tuesday on the Rowlands Castle 10k. There will be pacers for 8, 9, 10, 11 and 12 minute/miles, as well as a sweeper. We will be swapping the

spacing times from whole to half minutes every other month to help those of you who want to speed up on your pace. Hopefully you will all find this of a benefit.

If you would be interested in being a pacer, then please message us on the FB page or email coaches@victoryac.org.uk

Thank you

The Coaches

The annual Victory Awards night will be on Friday 28th April (weekend after London and Southampton marathons 😊) at the Langstone Hotel, Hayling Island.

There will be a drink on arrival, 3 course dinner (V, dairy free and GF options available), coffee and presentations followed by the obligatory disco.

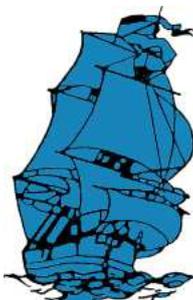
It's provisionally booked for 60 with the cost at £30 per person however if we have 80 or more then the cost will reduce to £26ish per person as we won't have to pay for room hire.

Can everyone who would like to attend please let me know on either on FB (reply to this) or email me at vac@victoryac.org.uk.

Curry Evening

If you enjoyed the Christmas Curry at the Havant Tandoori, Market Parade, Havant on 22 December you would be mad not to join us again on Thursday 12 January after training when we visit the restaurant for our regular monthly curry. We look forward to seeing you there.

James Tolson



**Victory Athletics Club: www.victoryac.org.uk
Please send flyer submissions to flyer@victoryac.org.uk by 7pm
Weds, or earlier in the week if possible**