



12 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 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
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>

## 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](mailto:marilyn.crocker@victoryac.org.uk)

07954 382340

## **Victory Athletic Club Statistics For 2016**

Another year has come and gone and I am at the point of consolidating the VAC stats for 2016.

These give various stats including your best performance for the year at the distances you have run, PB's you've gained. They also give The Most Improved Member result and The Best All Round Athlete of the year result. Also they provide grading of your performances against the club age standards and up date Victory club records.

They must be; 5k, 5m, 10k, 10m, 1/2Mar, 20m, Mar.

For which I can find results on the internet to confirm your race performance. Also added are the, short and long H/C.

Therefore I need from all members, any measured runs you have done in Victory colours & name entry, outside of the following;

Long & Short Handicaps, Stubbington 10k, Chichester 10k, Ryde 10m, Bramley 20, Portsmouth Coastal 1/2M, Worthing 1/2M, Romsey 5m, Selsey 10k, Spitfire 20m, Salisbury 10m, Eastleigh 10k,

Fleet 1/2M, Reading 1/2M, London Mar, Lakeside 5k Series, Alton 10m, Netley 10k, D-Day 10k, Purbrook Ladies 5, Hayling Billy 5m, Lordshill 10k, Midsummer 5, Adelaide Mar, Overton 5,

Loch Ness Mar, Barnes Green 1/2M, Budapest Mar, Chicago Mar, Chichester 1/2M, Solent 1/2M,

Denmead 10k, Great South 5k, Great South 10m, Gosport 1/2M, Hayling 10m, Victory 5, Portsmouth Coastal Mar.

These are already entered in the stats. You may notice that some of the marathons are missing Brighton,

Snowdon, New Forest, Purbrook and some of the Half's Wimbledon, Bristol, Windsor. If you have run in these I have seen no reports about them in the Flyer. As the Brighton for instance, does not have club name searching facilities, with over 2000 runners, it makes it difficult to find Victory AC times.

So far this year I have recorded 967 entries in the spread sheet.

I will be closing last years Stats at the end of January, so not long to get your additional races run in 2016, recorded.

Please send in any additional races you have run with the date, name of race and your time and I will ensure it is entered in the stats.

Many Thanks.

John Gallagher

The Late Starter.

Email: [j-cgallagher@ntlworld.com](mailto:j-cgallagher@ntlworld.com)

## **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

## **NEW YEAR'S EVE SOCIAL**

Many thanks to all the 40 participants in the New Year's Eve social.

The weather was very kind to us and the sun shone when we were running on the South Downs, with beautiful scenery.

Thanks to all those runners who ran in fancy dress. it was spectacular, and four people won prizes. Big thanks to Jan Mcdonald for helping me give out the prizes.

The Barley Mow looked after us very well, and the food was served on time to everyone.

Six players won the skittles competition, and everybody had a great time.

This was my last year organising the social runs and I hope someone will volunteer to take over the reins for future social runs.

# Hampshire League Cross Country at Prospect Park, Reading - from Marilyn

**Date: Saturday 14 January**

Meet: 11:00 at Morrisons, Horndean

Venue: Prospect Park, Reading

Postcode: **RG30 2ND**

OS Grid Reference: **SU692728**

Recommended route from Morrisons

A3(M), A3, Selborne, Alton, B3349 to Odiham and North Warnborough, A287 (cross M4 at J5), B3349 again (cross A30 at Hook), join the A33 just south of Reading to M4 Junction 11.

Directions and Parking

From the South avoiding Reading town centre:

At M4 Junction 11 take motorway west towards Newbury.

(Comfort stop at M4 Service Station recommended for the women due to huge loo queues at Prospect Park!)

Leave M4 at Junction 12.

Take A4 east towards Reading.

Prospect Park is approximately 2 miles on left.

Turn left into Liebenrood Road for main entrance (shared with Mansion House Restaurant).

Small car park next to changing rooms, otherwise park in Liebenrood Road.

**Times** 13:35 Women (max distance 6k - less than 4 miles!)

14:10 U17 Men (max distance 6k)

14:30 Men (max distance 10k)

There will also be additional non-league races for U-11 girls (at 11:00 and boys (at 11:20).

These races are for athletes who are 9 and 10 years old on 14 January 2017, **and any other Year 4 athletes even if 8 years old.** (11 year olds are able to compete in the Under 13 races.)

The distance will be approx. 2K. Registration will be between 10:00 and 10:45 with an entry fee of £2.

Full league details, including the full timetable and a course map, available on the Hants Athletic website, where results will be published:

<http://www.hampshireathletics.org.uk/events/hxcl.html>

VAC women's team needs at least one more. So far only Belinda and Marilyn are definitely going. Ann Wood is sadly injured - no running for about 6 weeks.

VAC men's team is even shorter. Andrew Wright is definitely going. Two more M40+ needed for a veteran team of three; four more of any age needed for a senior team of five.

Yes, I know it's the day before the Stubbington 10k (HRRL), with 61 VAC names entered! But it would be great to have full teams for this as well. The club pays £90 to enter the league. All VAC members who are currently registered (and paid!) with England Athletics (EA) are eligible to run - and it's FREE to you - just turn up with your club vest/t-shirt. I have spare second-hand vests to lend to any newcomers who want to give this a go. These events are great training runs - whatever distance you are aiming for. Spikes are very suitable for the course - or studded footwear (e.g. fell or trail running shoes).

Any volunteers please get in touch with Marilyn Crocker or Andrew Wright. See us at training, contact us on Facebook or as follows:

email: [xc@victoryac.org.uk](mailto:xc@victoryac.org.uk) - routes to our personal email addresses

mobile: 07954 382340 (Marilyn)

## **Southern Cross Country League at Manor Farm on the 22<sup>nd</sup> January 2017**

The fifth race in the Southern XC league takes place on the Sunday the 22<sup>nd</sup> at Manor Farm Country Park, Pylands Lane, Bursledon SO31 1BH with an 11.00am start.

Please car share where possible as there is limited parking, the country park have agreed that we only need to pay £1.50 rate per car than £3.50 for over an hour, could you please pass this on to other runners.

We will meet at car park C at IBM, North harbour at 9.30, for those who want to car share.

Course is approx. 4.5 miles and will be very muddy so trail shoes would be advisable, no spikes.

Refreshments will be available afterwards in the QE Activity Centre at a cost of £1.50, please bring clean shoes to wear inside hall. The results will also be given out as soon as possible.

Andy

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

## 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.



## Hampshire Cross-country Championships

As always a popular start to the year with 12 races spread over the day this is a major event. The course team spent all of Friday preparing the course, marking out the full lap and four alternatives. To see the full-scale of the event you will need to wait another year however photographs and information can be found at <http://www.hampshireathletics.org.uk/events/xcc.html>.

We managed three male entries for the championships this weekend, Matt Healy in the U17, Terry Healy, V60 and me, V50.

Matt was first off with one long and one medium lap to complete for 6300m. Towards the end of the first lap he was running well, in the middle of a competitive field. One lap later the runners were more spread out, though Matt was battling in a small group. Final time 24:09 for 18th place, 3 seconds behind the 17th finisher and 2 seconds ahead of the next.

The race was won by Lachlan Wellington, City of Portsmouth in 20:38.

After watching the ladies Terry & I made our way to the back of the 150+ field for the Senior and Veteran men's race over 11750m made up of one short lap, followed by three full laps. Our cunning plan was to go for a steady start, pace each other round the first three laps and hope to gain some ground on the final lap.

After the initial charge we settled down with me leading Terry out for the first two and a bit laps. This changed in the third lap as mTerry set the pace and continued to ease away. With about a lap and a half left Alex Teuten led the first few runners past us as we hung on ready for the final lap. The plan was working again as I drew level with Terry and began to inch away in the final mile. We had several runners ahead as targets to spur us on but I only passed one, Terry passed two (one being me) and finished 147th in 59:25, 10 seconds ahead of me.

Top three finishers:

- 1 Alexander Teuten Southampton SM 37:34
- 2 Jamie Knapp Southampton SM 38:26
- 3 Andrew Greenleaf Serpentine RC SM 38:47

Zack finished 21st in 42:34 with only one shoe

Southampton won the team event (with their 6th runner finishing 8th) and the veteran team event.

For those of you who want to experience the excitement of these events there are still two county league events remaining this season - Saturday Jan 14th at Prospect Park, Reading and Saturday Feb 11th rumoured to be somewhere closer than the original venue of QE country park.

Contact me or Marilyn if you want to know more.

Andrew

## 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](mailto: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!

## 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](mailto: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

## Emsworth - Basingstoke Relay Saturday 20th May 2017 - Martin

This is great day out running the 45 miles or so from Emsworth to Cliddesden near Basingstoke in teams of 6. We can enter several teams and of course, we always need a few reserves as people drop out for all sorts of reasons (petty excuses usually, you know, leg fell off, that sort of stuff). It would be good to have some newer runners in as well so get in touch. You don't have to be fast or be able to run long distances. We each run 3 legs so the total distance can be adjusted from about 6 miles to 10 miles depending on leg allocation. There are one or two hills along the way but it is fun and the time flashes by. Our teams would expect to finish in about 6 - 7 hours (2016 Men's 6:01, Ladies 7:09) - unless anyone gets lost of course!.

Gentlemen please contact me at [martcoles@yahoo.co.uk](mailto:martcoles@yahoo.co.uk) , ladies please contact Marilyn. I'd like to get teams sorted by around the end of March or so to allow for reccying. For information take a look at the website <http://www.emsworthrelay.org.uk/> where you can find pictures, results etc from previous years and maps of the legs.

The gents will be defending their title and my mate Darren wants to try a recruit a fast team. I was myself thinking of recruiting a mixed, and mixed ability, team assuming Darren doesn't need me! So the more the merrier please!

This is a charity relay so runners will need to share the entrance fee of £50 per team and any travelling expenses and be expected to make a donation themselves or raise money from friends and family. Marilyn usually creates a donation web page to make this simpler.

To be clear this is the day before the Netley 10k.

## South Downs Relay 2017 - Saturday 3rd June - Martin

<http://www.southdownsrelay.co.uk/>

This might seem early as it's nearly 6 months away but I expect to receive an invitation soon to enter a team in this event and need to confirm our entry by 31st March.

In recent years we've entered a mixed team from VAC as the take-up has been limited but let's make no bones about it, this is an epic race where stamina is as important as speed and is not to be entered into lightly. Each leg will need to be recc'ed, so that is another reason why early decisions have to be made - somebody will be reccying leg 1 starting at Eastbourne. If you don't have your own transport, then we can probably arrange some help here too.

I think most who have ever participated, would consider the event a tough but great experience. The course (on the website above) is just under 100 miles in length. Each team consists of 6 runners, who do 3 legs each. So in round figures, each runner needs to do about 16 miles over hilly cross country over 3 legs. There is some scope for giving some runners longer or shorter lengths according to needs and wishes. The slow teams start first at 06:00 and teams are expected to finish by 20:00. There are cut-off times in the race (strictly enforced), so those teams failing to meet the cut-off will be asked to leave the race. To put the standard into context, I expect team members to be able to clock 1:45 for a normal half marathon. I may be able to accommodate a slower runner if I have faster ones to offset.

There is a 14 hour limit for the race which must be met or we will no longer be invited.

We would normally be amongst the early starters at 0600 which will mean leaving the area at 0330 to get there.

For now, please send me your name if you are interested in taking part to [martcoles@yahoo.co.uk](mailto:martcoles@yahoo.co.uk). I will sort out team selection and leg allocation nearer the entry deadline. Entry fee will be £17.00 per team member. The team will have to pay for their transport too estimated at £33.00 per head. Hopefully Bob Cope will be able to source and drive a minibus for the team again this year. This is not an event for wimps. As we have discovered in the last three years, we also need potential last minutes reserves too in order to cover for injuries.

Last year we had to withdraw at the last minute due to injury to one of our runners, I suspect if we do this again we will no longer be invited.

This is the day before the D-Day 10k which is NOT in the road race league this year.

## Results of Winter Handicap Race 4 – Jan MacDonald

What a cold evening but conditions good for running! Congratulations to **Matthew Walker** who came first at only 2 seconds outside his estimate! Great runs by the first 18 runners who earned the race bonus by finishing within 30 seconds of their estimates, and in particular, to the first 8 people who were within 10 seconds.

Welcome back to Kate Parks, who hasn't run with us for some 4 years, and welcome to potential new member Rachel Getty. Hope you enjoyed the race.

Thanks to Malcolm, Alan Shons and Nicola for helping with the race organisation.

Pos	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
1	Matthew Walker	22.1	13.05	35.17	22.12	0.02	50	2
2	Mary Short	39.3	0.2	39.53	39.33	0.03	49	2
3	Terry Healy	22.25	11.4	34	22.2	0.05	48	2
4	Martin Coles	23.5	10.2	34.04	23.44	0.06	47	2

Pos	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
4	Lesley Allen	30.5	3.4	34.36	30.56	0.06	47	2
6	Rachel Getty	31.2	3	34.27	31.27	0.07	0	2
7	Bridget Main	31.2	3	34.28	31.28	0.08	44	2
8	Graham Foden	27	4.3	31.2	26.5	0.1	43	2
9	Brian Millo	22.3	11	33.19	22.19	0.11	42	2
10	Ali McNiff	25	9.2	34.01	24.41	0.19	41	2
10	Pete Bone	29	6.4	35.21	28.41	0.19	41	2
12	Darren Knight	19.49	13.2	32.49	19.29	0.2	39	2
12	Jo Cooper	41	0	40.4	40.4	0.2	39	2
14	Matt Healy	17.3	13.5	31.41	17.51	0.21	37	2
15	Dave Morris	23.15	11.2	34.13	22.53	0.22	36	2
16	Paul Bould	27	6.2	32.57	26.37	0.23	35	2
17	Andrew Wright	24	9.4	33.16	23.36	0.24	34	2
18	Kate Parks	26.1	7	32.45	25.45	0.25	33	2
19	Jon Haines	25	7.4	32.07	24.27	0.33	32	0
19	Hannah Lowry	22.3	12	33.57	21.57	0.33	32	0
21	Becki Ralf	29.3	4.45	33.41	28.56	0.34	30	0
21	Hazel Jenkinson	38.4	0.4	39.54	39.14	0.34	30	0
23	Helen Whiting	24.06	10	33.29	23.29	0.37	28	0
23	Zoe Gill	23.54	10.4	33.57	23.17	0.37	28	0
25	Pete Harding	25.2	8.41	33.22	24.41	0.39	26	0
26	Tim Cooper	29	5.2	33.39	28.19	0.41	25	0
27	Dee Sims	35.35	2.2	37.13	34.53	0.42	24	0
28	Lisa Slight	26	7.2	34.11	26.51	0.51	23	0
29	Mandy Coles	36	1.2	36.23	35.03	0.57	22	0
30	Tania Lee	34	2	36.59	34.59	0.59	21	0
30	Kate Hart	26	5.4	32.39	26.59	0.59	0	0
32	Amber Ankinson	30	4	33	29	1	19	0
33	Shelly Butler	26	5.4	32.42	27.02	1.02	18	0
34	Paul Spooner	23.14	12.2	36.44	24.24	1.1	17	0
35	Tracy Long	37	1	36.4	35.4	1.2	16	0

Pos	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
36	Lisa Emson	27.3	6	32.03	26.03	1.27	15	0
37	Colin Robson	23	12.4	34.06	21.26	1.34	14	0
38	Sara Heath	38	3.2	39.42	36.22	1.38	13	0
39	Marilyn Crocker	33	5	39.4	34.4	1.4	12	0
40	John Gallagher	26.1	8	36.16	28.16	2.06	11	0
41	Helen Boiling	26.1	9	37.17	28.17	2.07	10	0
42	Amanda Rudkin	33.33	2.4	38.33	35.53	2.2	9	0
43	Dave Walker	26.56	8.2	32.46	24.26	2.3	8	0
44	Neil Blanchard	36	1.4	33.27	31.47	4.13	7	0

To assist in helping runners to estimate their times, here is a list of this year's participants and their times to date on next page.

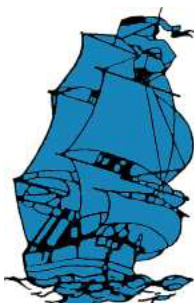
Name	Start Time	Fastest in Series	Race 1	Race 2	Race 3	Race 4
Helen Barter		46.38		46.38		
Caroline Newman		45.41		45.41		
Jenny O'Hara		40.15		40.15		
Jo Cooper		40.11		40.11		40.4
Sue Gover		39.52	39.52		40.51	
Mary Short		38.45		39.43	38.45	39.33
Jenny James		37.3		37.3		
Hazel Jenkinson		37.22	37.22	38.26		39.14
Georgia Ash		37.16	37.16	41.16		
Sara Heath		36.22	37.43	38.14		36.22
Carol Tolfrey		35.38	35.38	36.42	35.47	
Tracy Long		35.36	35.36	36.01	35.37	35.4
Mandy Coles		35.03		35.28		35.03
Dee Sims		34.53				34.53
Ann Mann		34.49		34.49		

Name	Start Time	Fastest in Series	Race 1	Race 2	Race 3	Race 4
Tania Lee		34.18		34.32	34.18	34.59
Sharon Wheeler		34.02		34.02		
Amanda Rudkin		33.37	33.37	34.22	33.55	35.53
Neil Blanchard		31.47				31.47
Hamid Alamar		31.41			31.41	
Rachel Getty		31.27				31.27
Bridget Main		31.19	31.19	32.4	31.59	31.28
Marilyn Crocker		31.01	31.01	32.15	32.25	34.4
Lesley Allen		30.53		31.09	30.53	30.56
Kevin McTaggart		30.32	31.48	30.32	31.43	
Helen Smith		30.27		30.27		
Caroline Jordan		30.21	30.21			
Raman Sangha		30.11		30.11	30.14	
Jan MacDonald		30.01	30.47	30.01		
Mandy Boyd		29.47		29.47		
Clariece Warrior		29.15	29.15			
Amber Ankinson		29	29.43	30.27		29
Becki Ralf		28.41	28.41			28.56
Tim Cooper		28.19				28.19
Rachel Jarvis		27.5		27.5		
Malcolm Hagan		27.27		27.27	28.32	
Jim Clow		27.17		27.17		
Jason Horton		27.17		27.17		
John Cowlin		27.09		27.09		
Bob Wheeler		27.08	27.46	27.08		
Shelly Butler		27.02		27.33		27.02
Kate Hart		26.59				26.59

Name	Start Time	Fastest in Series	Race 1	Race 2	Race 3	Race 4
Graham Foden		26.5	34.29	28.51	28.51	26.5
Paul Bould		26.36	26.36		27.39	26.37
Pete Bone		26.31	27.03	26.31	28.52	28.41
Lisa Emson		26.03	29.22	27.54	26.41	26.03
Lisa Slight		25.56	26.52	26.03	25.56	26.51
Kate Parks		25.45		26.22	26.14	25.45
Jenny Lown		25.45	26.51	25.45		
Simon Cristofoli		25.37	25.37	26.05		
Colin Moon		25.27	25.27	25.37	26.27	
John Gallagher		25.24	25.24			28.16
Simon Lee		25.09		25.09		
Beth Pirie		24.35	24.35	27.54		
Jon Haines		24.27			25.32	24.27
Dave Walker		24.26	24.48	26.56		24.26
Pete Harding		24.17	24.22	24.17		24.41
Helen Boiling		24.15	28.19	24.33	24.15	28.17
Gary Heather		23.48	24.26	23.48		
Ali McNiff		23.4	23.4	25.04		24.41
Andrew Wright		23.36				23.36
Helen Whiting		23.29		24.13	23.38	23.29
Richard Westbrook		23.19	23.19			
Martin Coles		23.17	24.36	23.42	23.17	23.44
Jo Gilholm		23.13		23.13		
Zoe Gill		22.39	22.39	23.18		23.17
Emerson Potter		22.38	23.27	22.38		
Dave Morris		22.28		22.28	23.49	22.53
Terry Healy		22.2	22.26	22.32	22.21	22.2
Brian Millo		22.19			22.38	22.19
Mark Hull		22.05	22.05			



Name	Start Time	Fastest in Series	Race 1	Race 2	Race 3	Race 4
Paul Spooner		22.01	22.01			24.24
John Marengi		22	22			
Hannah Lowry		21.57		22.12		21.57
Matthew Walker		21.41	22.19	22.21	21.41	22.12
Colin Robson		21.26				21.26
Dave Lown		20.56	20.56	23.41		
Neil Tolfrey		20.34	21.19	20.34	21.16	
Darren Knight		19.29		19.46	19.43	19.29
Matt Healy		17.4	17.4	18.04	17.49	17.51



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