



19 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	
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)

## **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).

## 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 recc'ing 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.

## Stubbington 10K 15<sup>th</sup> Jan 2017: Ladies Captain's report- Helen Boiling

There was a great Victory turnout for this 1<sup>st</sup> road race of the New Year which included 30 ladies! This is the most I've ever seen (I think)! Thank you all!

There were 9 ladies running their 1<sup>st</sup> road race for Victory and 12 PBs (see results below). Many were running their 1<sup>st</sup> 10K race too so congratulations to you all! 😊

Marilyn came 3<sup>rd</sup> in her age category so well done there!

The day itself dawned with the promise of heavy showers. However, I think we were lucky that it ended up as light rain and not much wind. The course itself is relatively flat with a couple of short, not too severe hills. It takes in the village of Stubbington and surrounding countryside, with a small amount of lovely coastline near the end. The support was good on the way round with plenty of friendly marshalls. Thanks to Nicola Stott for taking the team photos. Jackie brought the A Team home, with Chris and Jo; whilst the B Team included me, Shelly and Helen W.

Chip time results below (corrected!):

Jackie Lloyd	42.59	Chris Turner	01.01.18
Chris Riddington	44.11	Lucy Cowlin	01.02.30 PB
Jo Gilholm	45.17	Amber Ankinson	01.02.29 PB
Helen Boiling	47.22	Marilyn Crocker	01.05.38
Shelly Butler	47.22	Cathy Beresford	01.07.02
Helen Whiting	49.14 PB	Bridget Main	01.07.03
Sophie Needham	51.12	Amanda Rudkin	01.08.57 PB
Katie Lewis	52.16 PB	Dee Sims	01.11.28
Lisa Slight	52.39 PB	Mandy Coles	01.13.06 PB

Nicki Turner	52.49 PB	Sara Heath	01.18.39 PB
Jenny Lown	55.45 PB	Hazel Jenkinson	01.19.34
Rachel Jarvis	56.24	Mary Short	01.19.34
Lisa Emson	55.57	Susan Gover	01.24.27
Becki Ralf	58.41 PB	Tracy Long	01.26.24
Allison Lowder	01.00.16	Amy Duxbury	01.26.25 PB

Next road race on the calendar is the [Ryde 10 mile on 5<sup>th</sup> February](#). This is a great run and a good day out on the ferry or hovercraft! Please enter if you can!

## **Hampshire Cross Country Championships Women's Report** - by Marilyn

**Date: Saturday 07 January 2017**

**Venue: Fairthorne Manor, Curdrige, Southampton SO30 2GH**

Although parking was limited at the venue, youngsters who had competed in earlier races were leaving by the time we arrived and we managed to get parked close to the course. I left the others to set up the VAC flag and a small tent for our bags, while I headed off in search of the loos - passing the refreshment area where hot drinks, bacon butties and burgers were amongst the offerings. I missed the nearest toilet block - but then found one further away, which to my amazement was not only open with no queue - there was no-one else in there!

The venue was much drier than last year, when I remember paddling down to the Admin marquee to collect our numbers! This year a small puddle was easily avoided.

We missed cheering on Kathryn Simpson - running (for her first claim club, Havant AC) in the earlier U-20 Women's Race (6200m). Kathryn finished in 8th place in a very creditable time of 28:35.

We only had five entries in the women's race this year: Zoe, Belinda, Amber, Ann Wood and myself. As all five of us were Over-35, that was enough for both senior and veteran VAC teams of four. We also had two spectators, Graham Foden and Peter Royce. Peter travelled up from Gosport with Ann Wood and is hopefully joining VAC to compete in XC events.

The weather was dull but not cold with very little wind - ideal running conditions. We duly removed the extra clothing and made our way to the start. The women were doing one Arena lap with an extra loop within in it; then a full lap around the old golf course, the campsite and the arena; and a medium lap taking in the golf course and the arena. Zoe and Belinda zoomed off with the bulk of the field. We tail-enders were overtaken almost immediately by the leaders as we headed for the extra loop in the Arena lap. After that there was no more lapping until we completed the campsite loop of the full lap and joined the faster runners completing their final medium lap.

Recent rain made the course treacherously slippery in places. I was at the back of the field with fellow W65, Rene from Totton. I could still see Amber and Ann and one or two others in front of me. Rene had pulled some way ahead of me, but had a fall on the full lap. The course was soft so no damage done. She picked herself up and carried on. I caught her up soon afterwards and overtook her. But she found a second wind and got her own back later - and also caught Amber. Ann was doing her first XC this season, having had a niggle with her knee. In the final lap on a downhill, she pulled off to the side and started to limp. I told her to pull out if she was hurting - and carried on to complete the VAC team. By the time I finished she was back at race HQ and soon being treated by the first aiders. They strapped up her knee really well and said it was probably her cruciate ligament. She is recovering slowly with exercises and gradually increasing walking. But no running for about 6 weeks. So that's the end of the XC season for poor Ann!

#### Individual Women's Results (7950 m)

1 Louise Small Aldershot Farnham & District SW 27:00

2 Louise Damen Winchester & District SW 27:05

3 Lauren Hall Aldershot Farnham & District SW 28:07

62 Zoe Gill Victory W35 10 39:09

72 Belinda Harding Victory W55 3 40:37

100 Amber Atkinson Victory W35 15 52:31

101 Marilyn Crocker Victory W65 3 53:41

101 Finishers. There was a Hampshire gold medal for the age-category winners from W35 to W65. The number in the table above shows our position in our age-category. So both Belinda and myself were third in our age categories. But while I was third out of three, Belinda was 3rd out of nine - well done. And a great run by Zoe, running her first XC for VAC and leading us in in an excellent time.

### Women's Team Results

Finishing positions of the first 4 are added for the team result. VAC only had 4 finishers, all O-35, so they were both our Senior and Veteran team. We were consistently the last scoring team in each section - but we had a scoring team, unlike many of the other clubs - and the VAC men of course!!

### Senior Women's Teams

1

Winchester & District 33 points

2

Guernsey 45 points

3

Southampton 55 points

18

Victory

335 points

Note that our 18th position includes five 'B' and 'C' teams ahead of us from three top clubs (Southampton, Winchester and Overton).

### Veteran (O-35) Women's Teams

1 Winchester & District 36 points

2 Guernsey 71 points

3 Stubbington Green Runners 91 points

11 Victory 217 points

Only Winchester had a Veteran 'B' team.

Full results - and photos of EVERYONE (courtesy of Paul Hammond) at:

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

## Stubbington 10K

Well after all the fuss about how cold might it be, how much snow we might get to how torrential the rain would be, the weather for Stubbington 10k turned out relatively ok in the end. Yes it was cold but the rain held off (most of the time).

This year heralding a few changes - waves at the start helped with the congestion normally seen with 1800 competitors. The start started without most of us hearing the starting gun but hey, we just started regardless. Down the hill towards Titchfield the through the village and back up again - I'm sure it wasn't that long last year?

Through the countryside, over the bridge and towards Hill Head the marshals were in great voice as were the kids at the Osbourne with jelly babies at the ready.

A few puddles led to the road back to the finish, though as ever it was deceiving - that last corner where you can see the Community Centre on your left so you pick up that final pace to cross the line only to realise there's still 350 metres to go!

Across the line, I can only apologise to Jackie and Andy for not chatting straight away - anyone who knows me will understand I may have felt the need to vomit as I crossed the line 🤢😞

Congratulations to all those who ran a 10k race for the first time, and the to those who PB'd - Paul Mitchinson continued his superb form coming in the top 20, Gary Heather, Ali McNiff and John Cowlin also smashed their times with great efforts.

With a finishing total of 55 Victory AC members, this has to have been our best turnout ever - role on Eastleigh 10k!

I'm away for Ryde so Ali McNiff will be doing the write up - good luck!

## On the Whistle Resolution Run - Sunday 8th Jan 2017

by Laura Praeger

I ran the On the Whistle Resolution run a couple of weeks ago as part of my marathon training and also to prove to myself I could up my mileage! This was my fourth On the Whistle event and I love them, hence my need to keep entering them! The format of these events consists of a 6 hour timed event whereby you run as many laps of a set course (sometimes a loop, sometimes an out and back) as you can in that time. You can choose how many laps you run (they tend to vary between 3.5 and 4.5 miles depending on the course) and you qualify for a medal after just one. In that sense they are great for runners of all levels and are great for training and for keeping your pace consistent. You might think that repetition might get boring but think again! The camaraderie between the runners is fantastic and as you always pass other runners coming the other way there is always lots of high fives and 'well dones' between runners to keep you going and it's always a really friendly atmosphere.

The Resolution Run was no exception. The location for the run was the Hayling Billy trail, starting at the theatre end and heading up the island and then back. The day had started off drizzly but not too cold but cleared for the start. However, the fog set in and we could barely see the sea, let alone the path ahead! However, I think that was a blessing as we couldn't see how far away the turnaround point was! As we started to run I realised how muddy the path was and that my choice of road shoe was probably an error! My plan was to run 4 laps

which at 4.4 miles each would total 17.6 miles. I hadn't run further than 16 miles since late November so I was hoping that this would be good progress in my marathon training. I was aiming for 8 min miling and to keep it consistent. As the run progressed I got into a good rhythm and felt good. The last lap was tough, I had some tightness in my left ankle ligaments but I managed to plough on to the end. I was really pleased to see from my watch that I had done 7.51 average and very consistent miles so a good run. As I crossed the finish point and had my wrist band marked for the last time all I had to do was reach for the bell and ring it (all runners must ring this to signal their finish time). I then received my fab giant Resolution run medal in the shape of a big clock. They always do great medals so for all the medal bling lovers you will not be disappointed! They also have the best selection of sweets, cakes and treats available for runners to stock up on either at the finish or between laps.

So I headed off home after my 17.6 miles feeling happy but tired and very muddy! I was looking forward to a hot shower and a nice lunch after 2 and a quarter hours running! I have a lot of respect for those runners who continued to run for longer to complete their target laps whether it be a 10k, half, marathon or ultra. The thought of still being out there running 4 hours later was too much for me but people did and I think the furthest run was 35 miles! Wow. I thoroughly recommend the On the Whistle events to all you Victory runners. They are always local and Kieran and his team are really friendly and encouraging, as are your fellow runners. Great runs, great medals and great people, what more could you ask for! Go and sign up today!

Thanks

Laura

## **Selsey 10k – Volunteers required – Martin**

This is one of our prestigious club races and this year is on Sunday 5<sup>th</sup> March.

To ensure its success we must provide sufficient volunteers to make the day run smoothly for the runners and to ensure their safety while out on the course.

We need volunteers to give out race numbers, help with the baggage drop, helps set the course up and marshal during the race. We also need someone to be head marshal and work directly with Dan Bailey on marshalling points/allocation etc.

I know some of you will want to run it but please think about volunteering first as without enough support, the race cannot be the huge success it was last year.

Drop me an email with your name and which jobs you can do please at [martcoles@yahoo.co.uk](mailto:martcoles@yahoo.co.uk)

(this notice is also on Facebook)

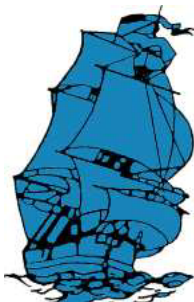
## **RESCHEDULED: Hampshire League Cross Country at Prospect Park, Reading - from Marilyn**

**Date: Saturday 4 March**

The fixture at Prospect Park, Reading that had to be cancelled on 14 January (due to travellers in the park) has been re-arranged for 4 March, which is a designated date for league events.

To avoid clashing with junior football matches, the timetable has been put back by 30 minutes, with the first race starting at 12:30.

As this is the day before the Selsey 10K, a great opportunity for you all to run the XC on Saturday and help at the Selsey 10K on Sunday :-)



**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**