



26 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 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
Thurs 2 Feb	6pm	Winter Handicap Race 5 (3 miles)	HLC
Tue 7 Feb	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: Kate Parks	HLC
Thurs 9 Feb	6pm	Barton's Road – Hills coaches: Mary & Becki	HLC

Date	Category	Event Details	
Tue 14 Feb	6:30pm	Crookhorn (Can be extended up London Rd 1.5-2.5m) Please bring head torch if you have one. It can be dark along the top of Portsdown Hill coach: Mary sweeper: Cathy Beresford	HLC
Thurs 16 Feb	6pm	Havant Park - Pyramid coach: Malcolm	HLC
Tue 21 Feb	6:30pm	Emsworth 10k coach: Gemma sweeper: Bridget Main	HLC
Thurs 23 Feb	6pm	Warblington – 800m coach: Lucy	HLC
Tue 28 Feb	6:30pm	Farlington Ave coach: Cathy Beresford sweeper: Debra Ritsperis	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>

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

Victory Athletic Club Statistics For 2016

I have added the following results to the Stats for 2016.

Clanfield Challenge 5k, the Ageas Bowl 5m, and Andrew Wright in the Brighton Mar.

did anybody else do it? If yes, time please so I can check it.

I have also Rob Edwards result's for Exbury 5m, Vitality London 10k and Faxon Law 5k (USA).

Anyone got any more results for me time is running out, cut out is 31st January.

Remember this for all club member's runs on measured races.

We currently have 995 entries looking to make the 1000 for the first time ever.

Regards

John G.

Victory AC Takeover of Havant parkrun : Saturday 8th April 2017 : by Mary Short

It may seem a long way off - but it will be here before you know it!

For the past two years Victory Ac has 'taken over' Havant parkrun - by organising the whole thing for one Saturday in April and this year it will be **8th April**.

It will be an **odd numbered pacing event** from 21 mins to 39 mins, so there are about 35 roles to fill, with half of them still allowing you to run.

Amber Atkinson has volunteered to be the Run Director - and I am going to be volunteer co-ordinator - so please come and volunteer!

I will try to get everyone the roles they ask for - on a first come, first serve basis - but with the speed that Facebook happens sometimes I may not always be able to keep thing updated!

The event page is: www.facebook.com/events/1041500055956388/ [VAC members only page]

Here is the list of volunteer roles [as at 11.30am on Weds!] – updated list will be on the FB event page.

We already have a few taken (thank you): please don't be shy – let's fill all the vacancies (please!)

Run Director : **Amber A**

Pre-event Setup [required by 8am]: **Dave L**

Pre-event Setup [required by 8am]: **Dave W**

Pre-event Setup [required by 8am]:

Pre-event Setup [required by 8am]:

New Runners Briefing:

Timekeeper:

Timekeeper:

Finish Tokens:

Finish Tokens:

Funnel Manager: **Yvonne H**

Barcode Scanning: **Tania L**

Barcode Scanning: **Kate P**

Marshal:

Marshal:

Marshal:

Marshal:

Marshal:

21 min Pacer:

23 min Pacer:

25 min Pacer:

27 min Pacer:

29 min Pacer:

31 min Pacer:

33 min Pacer:

35 min Pacer:

37 min Pacer:

39 min Pacer:

Get me round: **Sue G**

Photographer:

Run Report Writer:

If you're not on Facebook - you can contact me via email: mary.short@victoryac.org.uk or see me at club on Tuesdays or Thursday - or indeed at parkrun on Saturdays!

Thanks

Mary Short

Southern Cross Country League at Manor Farm on the 22th January

The fifth and definitely not the filthiest race in the Southern XC league took place on the Sunday at Manor Farm. On this very cold but beautiful morning 5 VAC member's ran, 9 men and 6 ladies which was a bit of disappointing turnout considering the weather and location.

The course had changed this year with the different start but as Marilyn pointed out this was the old start a few years ago and she should know. The cold and frosty condition meant there wasn't usual mix of mud and with the conditions un-foot hard and ice in places still made it just as channelling.

The men's team finished 8th and women's team finished 9th mainly due to our Poole contingent with an overall team score of 8th, nearly matching our best result for the season of 7th.

The finishing positions for were as follows:

Men: Paul Mitchinson 79 Dave Howard 13, David Bramble 68 (only running his second race for the club), Darren Knight 73, Andrew Wright 126, Terry Healy 131, Pete Harding 178, Graham Foden 183 and me bring up the rear in 205.

Ladies: Jo Gilholm 30, Daveena Tweed 39, Sarah Swift 43, Helen Boiling 68, Angela Brown 110 and Marilyn Crocker 166.

Thanks to everybody for turning up.

The sixth and last race in the series scheduled for the 26th February at Polecat Valley near Haslemere with an 11.00 am start.

Andy

Victory running kit clearance – Jan MacDonald

As Alexandra Sports has taken over the supply of our club kit, it is your last chance to pick up a bargain or two from the remaining stock I am carrying. In most cases prices are reduced, some are even FREE! Let me know what you want and I will put aside for you.

FREE! – I have the following items which I am offering for free, yes , free!!

FREE pair of Fastrax **royal blue striders**. Great for training on cold winter's days or wearing to/from training. They are waist approx 28-30" and outside leg 43", stretchy with stirrups.

FREE pair of Fastrax **navy blue running shorts** with built-in pant. Waist approx.30-32".

FREE Fastrax performance **long-sleeved top**. In club colours with logo, size XL which would fit 42-44" chest.

FREE **old style club running vests**. I have 1 each of 32", 34" and 36" chests.

FREE Fastrax **T-shirt 100% cotton**. In club colours with logo, size L.

Clearance sale!

Fastrax performance T-shirts. In club colours with logo. I have sizes S (2) and M (1) for quick sale, **were £13, now £6!**

Wasp club vests in club colours with logo. I have sizes 32" (3), 32" (1), 36" (2) and 42" (4). Perfectly valid to continue to wear this design as most members have these vests. These were **£15, now selling at £10** to clear.

and lastly, I have a limited number of our very popular

Hoodies and Sweatshirts selling for £17 and £14 respectively. I will not be ordering any more of these, so when they're gone, they're gone!!

I have Hoodies in sizes S (2) and M (3), and Sweatshirts in sizes M (2) and L(1). Grab one while you can!

You can contact me to reserve on 07503 151870

Jan MacDonald

Updated Fixture List for Hampshire Cross Country League - from Marilyn

Change of venue from QE Country Park to Staunton Country Park for the next fixture on Saturday 11 February. That's even more convenient for VAC members, so hoping for a HUGE turnout!

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.

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 :-)

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.

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.

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 , 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. 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.

Selsey 10k – Volunteers required – Martin

This is one of our prestigious club races and this year is on Sunday 5th 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

(this notice is also on Facebook)

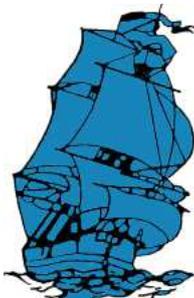
RESCHEDULED: Hampshire League Cross Country at Prospect Park, Reading - from Marilyn

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