



02 February 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 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
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

Date	Category	Event Details	
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 AC Takeover of Havant parkrun: 8th April 2017: Staunton Country Park (9am)

Wow - Thank you to all the Victory AC Members who have volunteered and noted the date of the Club's 'takeover' of Havant parkrun...on Saturday 8th April - let's make it a good one. Within 24 hours of the request going out in the flyer and on Facebook we had filled all but 3 for the volunteer and pacer roles for the Victory Club take over of Havant parkrun in April - and it's 2 months away!!

There are currently just a few volunteer positions that we still need people to do:

- Photographer
- Run Report Writer and
- 21 min pacer (!)

Plus it's always goods to have extra marshals!

We have checked with the Event Director and he has said that if we want to, we can put our Victory AC pop up gazebo there on the day and have a table / display about the club - we

would therefore need a few additional volunteers to help put this up, 'man (or woman!)' it, and take it down afterwards.....

We will probably 'go quiet' [!] about this for a while, but if you have questions, please see Mary or Amber at club or visit the members Facebook event page: www.facebook.com/events/1041500055956388/

Oh - and don't forget 'Cake Club' afterwards... coffee, chat – and of course cake too [bakers always welcome!]

Mary & Amber

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 :-)

Hants cross-country at Staunton Park

For those of you who have said these racers are too far away, or are worried with all the talk about racing spikes, Saturday February 11th gives you an opportunity to experience the county cross-country league. The races will be on tracks you may have covered during parkrun, Today's Runner cross-country races or summer training at Havant Thicket (waiting for final details). The course is as close to Havant as could be hoped for so why not come along & give it a try?

13:05 Under 17 Women maximum distance 4.0km

13:35 Senior Women (including Veteran and Under 20 Women) maximum distance 6.0km

14:10 Under 17 Men maximum distance 6.0km

14:30 Senior Men (including Veteran and Under 20 Men) maximum distance 10.0km

We have had many runners who have tried this and found it surprisingly enjoyable.

The only requirements are you run in a club vest and you are registered with UK Athletics.

If you would like to know more ask me or Marilyn.

Andrew

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.

Chichester Corporate Challenge 2017 - by MarilynWednesdays 1st, 15th & 29th March

A series of evening road races around Chichester City Centre - only 4.5K. It is a brilliant event for all our newcomers (including CouchTo5K new recruits) as well as our fastest. Some of you may have already signed up to run for a workplace team. Pete Drury is entering IBM teams and Amanda Godfrey often organises teams from West Sussex County Council (WSCC).

Besides the Corporate teams, there is also a section for Sports/College teams, and we traditionally enter as **Victory Vipers** (men or mixed - four to score for a team) and **Victory Vixens** (women - three to score for a team).

Entry forms are available here --> <http://www.chichester-runners.org.uk/corporate-challenge>

Event Details

The Corporate Challenge is split into "A" and "B" races for logistical reasons. Race "A" for runners under 18 min (10K in under 40min); race "B" for all other runners. Team results are calculated from an aggregate of fastest times regardless of whether the team members run in the "A" or "B" race.

Timetable (for all 3 evenings)

- 6.30 pm** Junior races start - see entry form for age-groups, distances and full timetable.
- 7.30 pm** Corporate Challenge "A" race approx. 4500m (4 laps of 1100m approx.)
- 7.55 pm** Corporate Challenge "B" race approx. 4500m (4 laps of 1100m approx.)
- Course: 4 laps of Chichester centre, 4500m total, ie < 3 miles.
- Teams: Men/mixed - 4 to score for a team.

Women - 3 to score for a team.

Venue: Assembly Rooms, North Street, Chichester, PO19 1LQ.

Changing & showers available at Westgate Sports Centre. (not close to the start/finish).

Parking: Festival Theatre car park (or other city centre car parks) - free after 6 pm.

Cost: £12.00 for runners from a UKA affiliated club - with current EA registration - for all three races. £14 for those without EA registration.

Note: Once you have your number you need to keep it for all three races.

VAC Entries

Closing date is Saturday 25 February. I will co-ordinate the entries for Victory Vixens and Victory Vipers. Who wants to be included? Get your name to me at training or as below by **Thursday 23 February.** I'll try and get a club cheque, so you will owe your entry fee to the club.

The event has been oversubscribed in the last two years, so there may be no entries on the night and/or no extra entries accepted for the B race at the 2nd and 3rd race for those who had not entered the first race.

Victory Vixens - so far

Lisa Slight

Victory Vipers - so far

Gary Heather

Andrew Wright

email: marilyn.crocker@victoryac.org.uk - routes to my personal email address

tel: 023 9279 9983

mobile: 07954 382340

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 on 5th March – Your club needs you – Andy Smith

I'm acting as Head Marshal for this year's race with Peter Harding being away.

I know some of you have already volunteered through Martin's request on Facebook and the flyer but more are still required to make the race as successful as previously.

We need volunteers to give out race numbers, help with the baggage drop, set up the course and marshal during the race. We know some of you will want to run but please think about volunteering first as without enough support, the race cannot be the huge success it was last year.

Please send me an email with your name and which jobs you can do, at andrew.smith931@virginmedia.com

If you can help in some way it would be much appreciated.

Thank you

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 :-)

Curry Evening

Please come to the Havant Tandoori, Market Parade, Havant after training on Thursday 9 February for the best curry you have ever tasted.

James Tolson

Still Time for a New Year Bargain! - from Marilyn

14 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), you should be individually registered with England Athletics. Otherwise you should enter the race as 'Unaffiliated' and pay an extra fee of at least £2.

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>

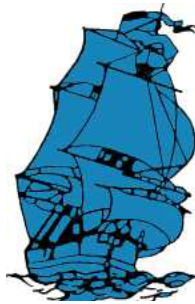
Missing performances can be added - for example, where your name has been spelled wrongly in results. Results from races not permitted by UKA are however, not included.

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 14 months, you should become an EA registered athlete.

marilyn.crocker@victoryac.org.uk

07954 382340



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