



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 9 Feb	6pm	Barton's Road – Hills <b>coaches:</b> Mary & Becki	HLC
Tue 14 Feb	6:30pm	<b>Crookhorn</b> (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  <b>coach:</b> Mary  <b>sweeper:</b> Cathy Beresford	HLC
Thurs 16 Feb	6pm	Havant Park - Pyramid <b>coach:</b> Malcolm	HLC
Tue 21 Feb	6:30pm	Emsworth 10k <b>coach:</b> Gemma <b>sweeper:</b> Bridget Main	HLC
Thurs 23 Feb	6pm	Warblington – 800m <b>coach:</b> Lucy	HLC

Date	Category	Event Details	
Tue 28 Feb	6:30pm	Farlington Ave  <b>coach:</b> Cathy Beresford  <b>sweeper:</b> 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>

## Ryde 10 race report by Rachel Jarvis.

Lucky with the weather for the " Ryde 10" fairly cold but no rain. Lovely scenery whilst running a fairly challenging course with lots of hills .

I had run the "chilly hilly" the week before and felt the Ryde 10 course to be an easier run maybe because it is road and not cross country and not such steep hills also it wasn't windy .

6 ladies made the journey to the island which was excellent ,some brilliant running from all with Chris Riddington coming first for the ladies team.

Chris Riddington 1:15:09. Jo Gilholm 1:18:10. Michelle Butler 1:20:25.

Rachel Jarvis 1:37:29. Alison Lowder 1:44:59. Marilyn Crocker 1:57:13.

## Ryde 10 race report by Ali McNiff

The weather for Ryde was far better than we expected cloudy cold but luckily no rain.

The course was a challenge especially to those who are first timers to Ryde especially difficulty for Callum "cakey" Cairns who was participating in his first HRRL for victory, what a tough course to choose for his first.

The course starts with a lap around the pond then about smile in we hit our first steep hill. After some up and down we hit a small amount of flat before we hit hill 2 in St Hellens. This style of course continues with more up and down before 2 big final hills and then a final flat 1/2 mile before and final fast mile all down hill back to the pond me the finish line.

This was an extremely tough course but everybody seemed happy, once they had finished and we're making there way back to the ferries. A special mention goes to Kevin giles with a PB of 1:14:45 Results as follows.

8th - Paul Mitchinson - 0:58:31

9th - Dan Bailey - 0:58:49

124 - Neil Tolfrey - 1:11:34  
173 - Kevin Giles - 1:14:45  
209 - Christopher Lowder - 1:16:37  
220 - Jim Clow - 1:18:19  
278 - John Cowlin - 1:23:13  
323 - Ali McNiff - 1:28:38  
335 - Callum Cairns  
420 - Graham Foden - 1:45:55

## **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 8<sup>th</sup> 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/](https://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

## Hants League Cross Country at Staunton Park

### Saturday 11 February - from Andrew Wright and Marilyn

For those of you who have said these races are too far away, or are worried with all the talk about racing spikes, Saturday February 11th gives you an opportunity to experience the Hampshire Cross Country league. The races will be on tracks you may have covered during Havant Parkrun, Southern Cross Country races held there, or summer training at Havant Thicket. The course is as close to Havant as could be hoped for so why not come along and give it a try? The hard, stony, gravel tracks are definitely **NOT** suitable for spikes. So wear the trail shoes you use for Parkrun. Full venue details, including directions, parking instructions and a course map at:

[http://www.hampshireathletics.org.uk/events/hxcl\\_staunton.html](http://www.hampshireathletics.org.uk/events/hxcl_staunton.html)

#### Parking

**NO PARKING AT THE COUNTRY PARK or on the surrounding roads.** For those of you not within walking distance, parking is arranged at the Havant & Waterlooville Football Club, which is about a 0.6 mile walk to the start/finish area:

Havant and Waterlooville Football Club, Martin Road, Havant, PO9 5TH

#### Timetable

There are U-11 non-league races starting at 11:30. Last 4 races are:

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

The only requirements are you run in club colours and you are registered with England Athletics (EA). We have some old VAC vests that can be borrowed if you don't yet have your own - and EA registration can be arranged before Saturday!

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

## 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).

# Chichester Corporate Challenge 2017

## Wednesdays 1st, 15th & 29th March - by Marilyn

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 (WSSCC).

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

Helen Whiting

Jane Noble

C'mon girls - we need a few more!

Victory Vipers - so far

Gary Heather

Andrew Wright

Zack Lahlal

Matt Healy

Paul Mitchinson

Daniel Bailey

David Howard

Simon Gill

An A and a B team so far, boys! Need more for a C team and to cover those who may not make all three races!

email: [marilyn.crocker@victoryac.org.uk](mailto: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](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.

## **Selsey 10k on 5<sup>th</sup> 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](mailto: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

## Victory running kit clearance – Jan MacDonald

As Alexandra Sports has taken over the supply of our club kit, this is your last chance to pick up a bargain from the remaining stock I am carrying.

Clearance sale!

**Fastrax performance T-shirts**. In club colours with logo. I have 2 x size S only, **were £13, now £6!**

**Wasp club vests** in club colours with logo. I have sizes 32" (3), 34" (1), 36" (2) and 42" (3). 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 few **Hi-viz bibs** for sale at £8. Ideal to pop over your existing running kit for dark evenings.

You can contact me on 07503 151870 to reserve any of the above.

Jan MacDonald

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

07954 382340

## Results of Winter Handicap Race 5 – Jan MacDonald

A mild (ish) evening and the rain held off so almost good conditions for running apart from the wind! There was a good turnout of 40 runners and congratulations to **Zoe Gill** who came first at only 1 second outside her estimate! Great runs by the first 19 runners who earned the race bonus by finishing within 30 seconds of their estimates, and in particular, to the first 6 people who were within 10 seconds.

Thanks to Malcolm, Sue Gover and John Brothers for helping with the race organisation.

Pos	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
1	Zoe Gill	23.4	10	33.41	23.41	0.01	50	2
2	Helen Boiling	23.55	9.2	33.21	24.01	0.06	49	2
3	Roger Brummell	33	2.2	35.12	32.52	0.08	48	2
4	Graham Foden	27.15	6.2	33.26	27.06	0.09	47	2
4	Lesley Allen	30.45	4	34.54	30.54	0.09	47	2
4	Pete Bone	29	6.4	35.49	29.09	0.09	47	2
7	Kate Parks	25.45	7.4	33.13	25.33	0.12	44	2
7	Carol Tolfrey	36.01	1	36.49	35.49	0.12	44	2
9	Amanda Rudkin	36.2	2.4	38.47	36.07	0.13	42	2
10	Rachel Getty	31.25	3.2	34.31	31.11	0.14	41	2
10	Dee Sims	33.5	1.4	35.16	33.36	0.14	41	2
12	Helen Whiting	23.52	9.4	33.17	23.37	0.15	39	2
13	Jon Haines	25	9	34.16	25.16	0.16	38	2
13	Kevin McTaggart	34	4.2	38.04	33.44	0.16	38	2
15	Rachel Jarvis	28	5.4	33.58	28.18	0.18	36	2
15	Bridget Main	31.25	3.2	35.03	31.43	0.18	36	2
17	Darren Knight	19.4	12.1	32.09	19.59	0.19	34	2
17	Mary Short	39.32	0	39.51	39.51	0.19	34	2
19	Matt Healy	19.4	12.3	32.31	20.01	0.21	32	2
20	Neil Tolfrey	21.09	11.45	32.24	20.39	0.3	31	0
21	Amber Ankinson	29.3	5	33.55	28.55	0.35	30	0
22	Tracy Long	36	1.2	37.58	36.38	0.38	29	0

Pos	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
23	John Gallagher	27.1	8.4	36.3	27.5	0.4	28	0
23	Sara Heath	38.3	0.4	39.5	39.1	0.4	28	0
25	Lisa Slight	26.35	7.2	33.11	25.51	0.44	26	0
26	Hazel Jenkinson	39	0.2	40.08	39.48	0.48	25	0
27	Paul Spooner	24.03	11	34.14	23.14	0.49	24	0
27	Graham Coleman	31	4.4	36.29	31.49	0.49	24	0
29	Becki Ralf	29.1	5.2	33.39	28.19	0.51	22	0
29	Neil Blanchard	33	3	35.09	32.09	0.51	22	0
31	Marilyn Crocker	33	3.4	37.41	34.01	1.01	20	0
32	Jim Clow	23	6	30.04	24.04	1.04	19	0
33	Brian Millo	22.3	10.4	34.18	23.38	1.08	18	0
34	Colin Robson	23	11.2	33.07	21.47	1.13	17	0
35	Kerry Lunn	27	8	33.12	25.12	1.48	16	0
36	Tania Lee	34	2	37.53	35.53	1.53	15	0
37	Lisa Emson	28	7	32.39	25.39	2.21	14	0
38	Malcolm Hagan	34.42	9.2	41.28	32.08	2.34	13	0
39	Colin Moon	30	8.2	35.24	27.04	2.56	12	0
40	Terry Healy	22.4	10.2	36.24	26.04	3.24	11	0

Don't forget, the series results are based on your 4 best scores in the series, so still a chance for a really good score to finish next time.

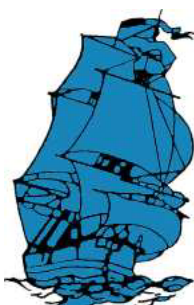
To help you all to get really accurate estimates for the last race, here is a list of your times so far this season:

Name	New Estimate	Start Time	Fastest in Series	Race 1	Race 2	Race 3	Race 4	Race 5
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	39.51
Jenny James			37.3		37.3			
Hazel Jenkinson			37.22	37.22	38.26		39.14	39.48
Georgia Ash			37.16	37.16	41.16			
Sara Heath			36.22	37.43	38.14		36.22	39.1
Carol Tolfrey			35.38	35.38	36.42	35.47		35.49
Tracy Long			35.36	35.36	36.01	35.37	35.4	36.38
Mandy Coles			35.03		35.28		35.03	
Ann Mann			34.49		34.49			
Tania Lee			34.18		34.32	34.18	34.59	35.53
Sharon Wheeler			34.02		34.02			
Amanda Rudkin			33.37	33.37	34.22	33.55	35.53	36.07
Dee Sims			33.36				34.53	33.36
Roger Brummell			32.52					32.52
Graham Coleman			31.49					31.49
Neil Blanchard			31.47				31.47	32.09
Hamid Alamar			31.41			31.41		
Bridget Main			31.19	31.19	32.4	31.59	31.28	31.43
Rachel Getty			31.11				31.27	31.11
Marilyn Crocker			31.01	31.01	32.15	32.25	34.4	34.01
Lesley Allen			30.53		31.09	30.53	30.56	30.54
Kevin McTaggart			30.32	31.48	30.32	31.43		33.44

Name	New Estimate	Start Time	Fastest in Series	Race 1	Race 2	Race 3	Race 4	Race 5
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			28.55	29.43	30.27		29	28.55
Becki Ralf			28.19	28.41			28.56	28.19
Tim Cooper			28.19				28.19	
Rachel Jarvis			27.5		27.5			28.18
Malcolm Hagan			27.27		27.27	28.32		32.08
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	
Graham Foden			26.5	34.29	28.51	28.51	26.5	27.06
Paul Bould			26.36	26.36		27.39	26.37	
Pete Bone			26.31	27.03	26.31	28.52	28.41	29.09
Lisa Slight			25.51	26.52	26.03	25.56	26.51	25.51
Jenny Lown			25.45	26.51	25.45			
Lisa Emson			25.39	29.22	27.54	26.41	26.03	25.39
Simon Cristofoli			25.37	25.37	26.05			
Kate Parks			25.33		26.22	26.14	25.45	25.33
Colin Moon			25.27	25.27	25.37	26.27		27.04
John Gallagher			25.24	25.24			28.16	27.5
Kerry Lunn			25.12					25.12
Simon Lee			25.09		25.09			

Name	New Estimate	Start Time	Fastest in Series	Race 1	Race 2	Race 3	Race 4	Race 5
Beth Pirie			24.35	24.35	27.54			
Jon Haines			24.27			25.32	24.27	25.16
Dave Walker			24.26	24.48	26.56		24.26	
Pete Harding			24.17	24.22	24.17		24.41	
Jim Clow			24.04		27.17			24.04
Helen Boiling			24.01	28.19	24.33	24.15	28.17	24.01
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	23.37
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	23.41
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	26.04
Brian Millo			22.19			22.38	22.19	23.38
Mark Hull			22.05	22.05				
Paul Spooner			22.01	22.01			24.24	23.14
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	21.47
Dave Lown			20.56	20.56	23.41			
Neil Tolfrey			20.34	21.19	20.34	21.16		20.39
Darren Knight			19.29		19.46	19.43	19.29	19.59

Name	New Estimate	Start Time	Fastest in Series	Race 1	Race 2	Race 3	Race 4	Race 5
Matt Healy			17.4	17.4	18.04	17.49	17.51	20.01



**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**