



02 March 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 March	6:00pm	Final Winter handicap	HLC
Tue 7 March	6:30pm	<b>Emsworth Tempo</b> <b>coach:</b> Cathy <b>sweeper:</b> Jenny Lown	HLC
Thurs 9 March	6:00pm	<b>Barton's Road - Hills</b> <b>coaches:</b> Malcolm / Cathy	HLC
Tue 14 March	6:30pm	<b>Rowlands 10k: Pacing run</b> (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. <b>coach:</b> Cathy <b>sweeper:</b> Christine Riddington	HLC
Thurs 16 March	6:00pm	<b>West Leigh Cycle Track – Fartlek (fast, slow,fast, slow)</b> <b>coach:</b> Mary	HLC

Date	Category	Event Details	
Tue 21 March	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> Pete  <b>sweeper:</b> Mark Cooter	HLC
Thurs 23 March	6:00pm	<b>Havant Park - 400/155</b>  <b>coach:</b> Marilyn	HLC
Tue 28 March	6:30pm	<b>Emsworth 10k or Short Handicap Recce</b>  <b>coaches:</b> Dave / Mary  <b>sweeper:</b> Lucy Galloway	HLC
Thurs 30 March	6:00pm	First Summer Short handicap	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>

## Membership Renewal – Jan MacDonald

Membership renewals are due on 1st April, though I am processing renewals during March for those who want to renew early to avoid forgetting.

Just a couple of points to remember:

- New forms should be on the website. Please complete the relevant form and send to me, even if your details haven't changed.
- There are no increases in the costs of Victory AC subscriptions again this year!
- EA registration has gone up to £14 for 2017-2018. Please include this registration fee with your subs if you are currently registered or would like to be registered.
- If you have use of one of our Horizon Leisure Passes and you wish to use it for another year, please include the £6 for the card, with your subs, otherwise return the card to me.
- If you pay online, please identify your transaction with your name and email a renewal form to me ([memberships@victoryac.org.uk](mailto:memberships@victoryac.org.uk)) .
- If you would like a membership card, please send me a sae with your form and payment.

Forms and cheques can be sent to me (address on renewal forms), or given to me or one of our committee members at any of our training sessions.

Jan MacDonald

Victory AC Membership Secretary

## **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.

## Southern Cross Country League at Polecat Valley on the 26<sup>th</sup> February

This was the sixth and final race in the Southern XC league for this season which took place on Sunday at Polecat Valley near Hazelmere unfortunately only 11 VAC members ran with only 3 men so didn't manage a men's team (5 required) and 8 ladies

This was basically the same course as last year which was mainly through the woods, out towards the 'The Devils Punch Bowl' at the back of Hindhead, through a stream and back up the hill to the finish. Some lovely scenery I was told but I was too busy looking where I was going, if slowly.

At the time of writing this I'm not sure of the team positions but I think the ladies came 2<sup>nd</sup>, their best result of the season, well done ladies.

The finishing positions for were as follows:

Men: David Gamble 62, Andrew Wright 105 and myself 162.

Ladies: Faye Cripps 2, Jackie Lloyd 7, Jo Gilholm 25, Daveena Tweed 32, Sarah Swift 43, Chris Turner 112 , Raman Sangha 116 and Marilyn Crocker 126.

Thanks to everybody for turning up last Sunday and through-out the season, hope you enjoyed yourselves and hopefully we will see you again next season and we can hopefully encourage more members to come along.

Andy

# Chichester Corporate Challenge 2017

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

By the time this week's flyer goes out, Race 1 will have finished. Hopefully we had full Victory Vixens and Victory Vipers teams.

Results will be available (usually before the weekend) here --> <http://www.chichester-runners.org.uk/corporate-challenge>

I will find out on Wednesday whether further entries will be available - expect the price to reduce to £8 for new entries for Race 2 and Race 3 - and to £4 for Race 3 only (£2 more for anyone without current England Athletics registration.)

VAC Entries

Victory Vixens

Helen Whiting

Jane Noble - not available for Race 2

Marilyn Crocker

Belinda Harding - injured for Race 1

Victory Vipers - so far

Gary Heather

Andrew Wright

Zack Lahlal

Matt Healy

Paul Mitchinson

David Howard

Paul Bould - not available for Race 2 or Race 3

Hopefully Kevin Giles and maybe Tony Hoskinson will enter Race 1 on the night, so the Vipers have an A and a B team.

## 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.

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

## 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.

## **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.

## Selsey 10K Volunteers 2017

Hi Everyone

Here is a list of people who have kindly volunteered to help out at Selsey (PO20 9EH) on Sunday with roles.

Please note there will be no parking at the school except for marshals and officials. All runners parking will on the streets but not on School Lane or in the destined car parking, see race website for details.

We would like people involved with the Parking and Race numbers to be on site before 8.15am.

All other marshals, please could you be on site for before 8.45am for the briefing and allocation of marshalling points.

Could marshals with Medals/Finish against their names, please return to the finish area as soon as the Tail runner has passed to assist in this area.

If you have any questions don't hesitate to contact me.

Thanks Andy

Dan Bailey	Race Director	
Andy Smith	Race Marshal Co-ordinator	
Matt Gordon	Lead Cyclist	
Mary Short	Tail Runner	Late entries

	<b>Course</b>	<b>Other roles</b>
Dan Bailey	Start and finish	Set up finish area
Peter Harding	Start and finish	Set up finish area
Andy Smith	Start and finish	Set up finish area
Graham Foden	Start and finish	Starter
Malcolm Hagan	Marshal	Parking
Jim Clow	Marshal	Parking
Mr Gover	Marshal	
Sue Gover	Marshal	Baggage Drop off
Marilyn Crocker	Marshal	
Kevin Giles	Marshal	
Lisa Gatenby	Marshal	Race Number Issuing
Amber Atkinson	Marshal	Late Entries
Will Hahn Griffith	Marshal	Parking
Debbie Clarke	Marshal	Medals/Finish
Bridget Main	Marshal	Medals/Finish
Gill Ripiner	Marshal	
Dennis Boardway	Marshal	
Paul Bould	Marshal	Parking
Mark Cooter	Marshal	

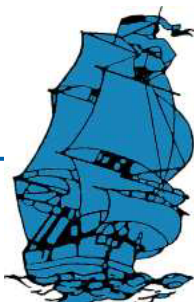


Lindsay Cooter	Baggage Drop off	running
Mike Meal	Marshal	
Gary John	Marshal	Race Number Issuing
Chris Turner	Marshal	Race Number Issuing
Raman Sangha	Marshal	Race Number Issuing
Rachel Jarvis	Marshal	
Terry Healy	Marshal	
Jo Lea	Marshal	Medals/Finish
Caroline Jane Newman	Marshal	Medals/Finish
Nicola Stott	Marshal	Medals/Finish
Ian Stott	Marshal	
Martin Cole	Marshal	Medals/Finish
Tim Cooper	Marshal	
Amanda Rudkin	Marshal	
Hazel Jenkinson	Marshal	
Julie Collins Powell	Marshal	
Lisa Emson	Marshal	Race Number Issuing
Pete Bone ?	Marshal	
Jan MacDonald	Late Entries	
Dave Howard & Family	Water Station	
Mrs Mitch & family?	Water Station	

## Curry Night

The next curry will be after training on Thursday 9 March at the Havant Tandoori, Market Parade, Havant. It would be good to see you.

James Tolson



**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**