



Victory Athletic Club

Weekly Flyer



09 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 9 March	6:00pm	Barton's Road - Hills coaches: Malcolm / Cathy	HLC
Tue 14 March	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: Cathy sweeper: Christine Riddington	HLC
Thurs 16 March	6:00pm	West Leigh Cycle Track – Fartlek (fast, slow,fast, slow) coach: Mary	HLC
Tue 21 March	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: Pete sweeper: Martin Coles	HLC
Thurs 23 March	6:00pm	Havant Park - 400/155 coach: Marilyn	HLC

Date	Category	Event Details	
Tue 28 March	6:30pm	Emsworth 10k or Short Handicap Recce coaches: Dave / Mary sweeper: 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).
- 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

Alec Marshall

Older members of VAC will be saddened to learn that Alec Marshall died over the weekend. Alec was a fine runner in the early years of the club running all distances including ultra-marathons and with a sub 3 hour marathon time. In recent years Alec was confined to a wheelchair having suffered a severe stroke but many members may have been able to catch up with him at Mike Edwards's funeral. Details of Alec's funeral will be announced later.

James Tolson

From Vac Club Secretary:- 'Club Member of the Year Award 2017'

It's that time of year again where we ask all members to consider your nomination for the Club Member of the Year 2017, which will be awarded at the Annual Dinner next month.

Vac recognizes the success of every runner, no matter how far they run be it long or short, fast or slow, or even supporting from the side lines.

There is no particular criteria, just your own choice and it can be for a variety of reasons. It could perhaps be someone who has always been there for you , helped you meet your goals, progressed well, contributed to the club, volunteered or supported, or just been good company to run with. You don't have to give a reason if you don't wish to.

So please can you consider who you believe is worthy of this years Club Member of the Year award.

Please email me secretary@victoryac.org.uk by Fri 14th April 17.

Many thanks

Lesley Allen

Club Sec

Emsworth - Basingstoke Relay Saturday 20th May 2017 - Martin

Another call for runners, your club needs you!

This is great day out running the 45 miles or so from Emsworth to Cliddesden near Basingstoke in teams of 6.

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 reccyng. 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, he already has some but needs more.

I'm still thinking of recruiting a mixed, and mixed ability, team but not had much interest, come on everyone - this really is fun!

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 but this is more fun!

PS Have I mentioned this is fun?

VAC Annual Dinner on 28th April

Please can I have Full payment by 7th April. Cash, Cheque (payable to Victory AC) or BT is acceptable though if you use BT please annotate the reference with your name and 'AD'. Transfer the amount online to the VAC Account, sort code 60-10-20, account number 61749923, and make sure that you identify yourself on the transfer transaction.

Evening All

Thank you to all of you that have responded to the VAC Annual Dinner on 28th April at the Langstone Hotel. I can now confirm that the price has dropped £25 per person as we have 90 people coming so far!

Please can you check the list to ensure you are on it if you want to be - my memory isn't the best at the moment so apologies if I've missed you off. I have space for another 18 so it's not too late join join in the fun.

The menu will be a set menu with vegetarian and Gluten-free variations.

The raffle will happen as normal - please bring a prize or 2 (Jenny has a pile of unwanted Xmas presents!). The hotel have provided 2 prizes -A room for 2 with breakfast, and afternoon tea for 2.

Many thanks

Dave

Hayling Billy 5

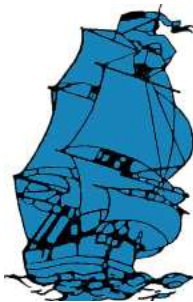
"This years Hayling billy 5 will take place onthe evening of 14th June 2017. As with last year there will not be a junior race. Entries will be via Fullon sports.

We will be requiring help with race organisation and marshalling on the day so watch out for further notices.

Posters and entry forms to be available very soon."

Pete Harding

HB5 Race Organiser.



**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**