



31 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
Tue 4 April		New Farlington Marshes (6.5 miles) Pacing Run: Please Note: Meet at Bidbury Mead coach: Lisa OR 5k - 10k Course: Week One
Thurs 6 April		Staunton Park [AJ/UJ] Fartlek round lake (30 mins) coach: Nicola (Dave from HLC) Please Note: Those who wish to join the session but not the warm up / cool down runs, can meet at Staunton Park (approx 6.15pm) for just the session
Tue 11 April		Long Handicap Recce (6.7 miles) coach: Belinda OR 5k - 10k Course: Week Two

Date	Category	Event Details
Thurs 13 April		1st Mike Edwards Summer Long Handicap (6.7 miles) OR Un-coached Short Handicap Route (3.6 miles) run [UJ]
Tue 18 April		Havant Thicket Progression run: Easy jog to top of steep slope. Gradually pick up pace round remainder of loop. Push hard round second loop. Jog back down straight path to recover Please Note: meet at Havant Thicket car park coach: Lesley sweeper: Jan MacDonald OR 5k - 10k Course: Week Three
Turs 20 April		Mill Lane: Hills [AJ] Up and Over hills (300 mtrs) – 30 mins coach: Gemma
Tue 25 April		Rowland Castle 6 miles Continuous run – multi terrain (New Route) coach: Becki sweeper: Dave Walker OR 5k - 10k Course: Week Four
Thurs 27 April		Summer Short Handicap Race Two (3.6 miles) [UJ]

Date	Category	Event Details
Tue 2 May		New Farlington Marshes : PACING Run (6.5 miles) coach: Lisa sweeper: Neil Blanchard Please Note: meet at Bidbury Mead car park OR 5k - 10k Course: Week Five
Thurs 9 May		West Leigh Recreation Ground [AJ] Fartlek round field perimeter coach: Kevin

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

From Vac Club Secretary:- 'Club Member of the Year Award 2016'

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 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, 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.

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.

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 AC 'Take Over' of Havant parkrun: Sat 8th April : Make sure it's in your diary!

Just a reminder that Victory AC will be providing all the volunteer roles (including pacers) for the parkrun at Staunton Country Park, Havant on Sat 8th April.

We have had a terrific response from club members, with most roles being filled within a few hours! Please can everyone who has volunteered check that they are still able to do the roles that have put down to do.

Details of the event can be found at: www.facebook.com/events/1041500055956388/

The Havant parkrun Event Director has said that we can 'passively promote' the club [parkrun has a policy of 'no pressure'] by means of an information table with leaflets and entry forms for Hayling Billy 5 etc, and can also put up our gazebo if we want to – this would of course require people to take it, put it up etc.

This will be a 'regular' parkrun – and as is the ethos of parkrun, everyone is welcome to come along (don't forget your bar code!)

It would be great if club members wanted to wear their Victory AC vests/tee-shirts too!

Looking forward to seeing as many people as possible at Havant on 8th April!

Mary & Amber

last 3 Hampshire Road Race League races.

These are: Alton 10M on 7th May, Netley 10 K on 21st May and Lordshill 10 K on 25th June. They do fill up so time is of the essence to boost our overall standing in the league! Enter either via the HRRL website or via the Victory website using the 'Races' tab on the homepage.

Thanks,

Helen

Summer Short Handicap

There was a record turnout of 62 runners for our first Short Handicap race of 2017, with 12 runners competing for the first time. Congratulations to **Becki Ralf** who knocked almost 3 minutes off her handicap from last season – a terrific improvement, well done, to take the trophy. A special mention goes to Mark Morrison, one of our newer members who ran the race for the first time, for completing in 33.24 and catching the organisers by surprise when he arrived at the finish line nearly 4 minutes ahead of Becki!

22 people beat their handicaps including 7 who beat their handicaps by over a minute.

The evening wasn't without drama. Both Michelle Cartwright and Lisa Slight had falls and hobbled back to the finish. We hope you are not too badly hurt and are feeling better now. Kate Parks was also a DNF as she accompanied Lisa back after the fall, thank you Kate.

Also thanks to our helpers, in particular, James Tolson, Kevin McTaggart, Graham Foden, Andy Smith, Alan Shons and Hamid, and those that came along to support.

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Mark Morrison	34.24	1	33.24	59		1st timer
2	Becki Ralf	38.07	4.5	33.17	58		trophy winner
3	Matthew Walker	39.19	12.55	26.24	57		
4	Lesley Allen	39.33	2.4	36.53	56		
5	Dan Bailey	39.47	19.55	19.52	55		
6	Gary Heather	39.57	11.45	28.12	54		
7	Jo Gilholm	39.59	14.05	25.54	53		
8	Richard Turner	40.08	15.4	24.28	52		1st timer
9	Bridget Main	40.15	3.15	37	51		
10	Howard Wright	40.22	5.45	34.37	50		
11	Helen Boiling	40.23	12.3	27.53	49		
12	Zoe Gill	40.25	14.05	26.2	48		1st timer

Pos	Name	Finish Time	Start Time	Actual Time	Points		
13	Mark Hay	40.3	13.4	26.5	47		
14	Kathryn Simpson	40.34	13.3	27.04	46		
15	Colin Robson	40.35	15.25	25.1	45		
16	Amber Ankinson	40.37	5.15	35.22	44		
17	Dave Morris	40.4	14.4	26	43		
18	Hannah Lowry	40.42	15.4	25.02	42		1st timer
19	Dave Lown	40.43	15.4	25.03	41		
20	Jim Clow	40.47	14.5	25.57	40		
21	Neil Tolfrey	40.49	17.1	23.39	39		
22	Simon Turner	40.54	16.3	24.24	38		
23	Dave Gamble	41.02	17	24.02	37		1st timer
24	Paul Smart	41.08	0	41.08	36		1st timer
25	John Marenghi	41.11	15.2	25.51	35		
26	Andrew Wright	41.14	14.25	26.49	34		
27	Ann Mann	41.15	0	41.15	33		
28	Paul Willcox	41.15	9.05	32.1	32		
29	Raman Sangha	41.18	5.5	35.28	31		
30	Helen Smith	41.23	4.2	37.03	30		
31	Lindsey Cooter	41.29	5	36.29	29		1st timer
32	Debbie Clarke	41.39	0	41.39	28		
33	Brian Millo	41.43	14.55	26.48	27		
34	Colin Moon	41.43	11.35	30.08	26		
35	Neil Blanchard	41.48	2.35	39.13	25		
36	Roger Brummell	41.48	2.35	39.13	24		1st timer
37	Katie Lewis	41.55	9.15	32.4	23		
38	Allison Lowder	42.03	7.5	34.13	22		
39	Kevin Leighfield	42.04	9.3	32.34	21		
40	Rob Godwin	42.14	13.3	28.44	20		
41	Debbie Wilson	42.16	0	42.16	19		1st timer
42	Mark Cooter	42.22	11.2	31.02	18		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
43	Pete Harding	42.32	13.05	29.27	17		
44	Jon Haines	42.35	13	29.35	16		
45	Carol Tolfrey	42.36	0.2	42.16	15		
46	Sara Heath	42.44	0	42.44	14		
47	Rachel Duffy	42.55	3.35	39.2	13		
48	Dave Walker	43.25	11.35	31.5	12		
49	John Gallagher	43.38	11.05	32.33	11		
50	Emerson Potter	43.48	13.5	29.58	10		
51	Tracy Long	44.07	0	44.07	9		
52	Simon Cristofoli	44.18	11.2	32.58	8		
53	Shelly Butler	45.42	13.45	31.57	7		
54	Jenny James	45.44	0	45.44	6		1st timer
55	Hazel Jenkinson	47.06	0	47.06	5		
56	Tim Cooper	47.49	15.15	32.34	4		
57	Jo Cooper	50.01	0	50.01	3		1st timer
58	Mary Short	51.58	0	51.58	2		
59	Sue Gover	52.02	0	52.02	1		
60	Michelle Cartwright		15.2	0		DNF	
61	Lisa Slight		10.05	0		DNF	
62	Kate Parks		10.05	0		DNF	

Start times for the Short Handicap Race 2

Name	Estimated Finish Time	New Start Time
Jo Cooper	50	0
Sue Gover	47.55	0
Christine Howard	46.05	0
Lynette Meredith	46.05	0
Hazel Jenkinson	45.45	0
Jenny James	45.4	0

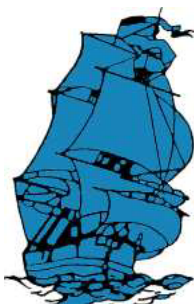
Name	Estimated Finish Time	New Start Time
Mary Short	45.25	0
Georgia Ash	44.2	0
Tracy Long	44.05	0
Sara Heath	42.4	0
Gill Ripiner	42.25	0
Debbie Wilson	42.15	0
Amanda Rudkin	41.55	0
Carol Tolfrey	41.4	0
Debbie Clarke	41.35	0
Tania Lee	41.35	0
Ann Mann	41.15	0
Paul Smart	41.05	0
Lisa Slight	41	0
Amy Beresford	41	0
Dawn Watson	40.4	0.2
Jo Lee	40.3	0.3
Mandy Coles	39.55	1.05
Dee Sims	39.4	1.2
Marilyn Crocker	39.15	1.45
Neil Blanchard	39.1	1.5
Roger Brummell	39.1	1.5
Yvonne Hawley	38.3	2.3
Rachel Duffy	38.25	2.35
Lisa Emson	37.25	3.35
Bridget Main	37	4
Helen Smith	37	4
Lesley Allen	36.5	4.1
Paula Benitez	36.5	4.1
Kevin McTaggart	36.45	4.15
Jenny Lown	36.3	4.3
Lindsey Cooter	36.25	4.35
Mike Boyd	36.2	4.4

Name	Estimated Finish Time	New Start Time
Cathy Beresford	36.15	4.45
Jackie Yarnold	35.5	5.1
Jan MacDonald	35.45	5.15
Natalie Davies	35.4	5.2
Raman Sangha	35.25	5.35
Amber Ankinson	35.2	5.4
Amanda Wells	35.05	5.55
Sam Howard	35	6
Anita Huddleston	34.55	6.05
Ed Spencer	34.45	6.15
Howard Wright	34.35	6.25
Mike Roff	34.35	6.25
Gill Tebbit	34.3	6.3
Jill McKenzie	34.15	6.45
Allison Lowder	34.1	6.5
Pete Drury	34	7
John Simpson	33.55	7.05
Mandy Boyd	33.55	7.05
Hamid Alamar	33.5	7.1
Victoria Oiller	33.45	7.15
Bill Kelly	33.4	7.2
Clare Shardlow	33.4	7.2
Nicola Stott	33.3	7.3
Julia Hopes	33.25	7.35
Mark Morrison	33.2	7.4
Becki Ralf	33.15	7.45
Chris Turner	33	8
Katie Lewis	32.4	8.2
Jane Noble	32.4	8.2
Rachel Jarvis	32.4	8.2
Kevin Leighfield	32.3	8.3
Pete Bone	32.25	8.35

Name	Estimated Finish Time	New Start Time
Paul Willcox	32.1	8.5
Graham Coleman	32.05	8.55
Bob Wheeler	32	9
Jason Horton	31.55	9.05
Andy Smith	31.3	9.3
Helen Mears	31.3	9.3
Paul Bould	31.25	9.35
Malcolm Hagan	31.2	9.4
Claire Eglin	31.15	9.45
Vikki Turnbull	31.1	9.5
John Gallagher	30.55	10.05
Kate Parks	30.55	10.05
Helen Whiting	30.45	10.15
Mark Cooter	30.4	10.2
Simon Cristofoli	30.4	10.2
Derek Chandler	30.35	10.25
Dave Walker	30.25	10.35
Colin Moon	30.05	10.55
Bart Pirie	29.55	11.05
Amanda Godfrey	29.5	11.1
Graham Foden	29.4	11.2
John Cowlin	29.3	11.3
Ali Pirie	29.15	11.45
Jon Haines	29	12
Pete Harding	28.55	12.05
Ali McNiff	28.35	12.25
John Marsh	28.35	12.25
Sarah Swift	28.35	12.25
Rob Godwin	28.3	12.3
Mark Hull	28.2	12.4
Simon Lee	28.2	12.4
Shelly Butler	28.15	12.45

Name	Estimated Finish Time	New Start Time
Beth Pirie	28.15	12.45
Gary Heather	28.1	12.5
Emerson Potter	28.1	12.5
Martin Coles	28.05	12.55
Nichol Riggott	28.05	12.55
Helen Boiling	27.5	13.1
Will Hahn-Griffiths	27.5	13.1
Richard Westbrook	27.4	13.2
Mark Griffiths	27.1	13.5
Kathryn Simpson	27	14
Mark Hay	26.5	14.1
Gina Turner	26.5	14.1
Andrew Wright	26.45	14.15
Brian Millo	26.45	14.15
Tim Cooper	26.45	14.15
Terry Healy	26.45	14.15
Bernie Cammell	26.35	14.25
Matthew Walker	26.2	14.4
Zoe Gill	26.2	14.4
Dave Morris	26	15
Jim Clow	25.55	15.05
Jo Gilholm	25.5	15.1
John Marengi	25.5	15.1
Colin O'Donnell	25.45	15.15
Michelle Cartwright	25.4	15.2
Chris Riddington	25.3	15.3
Lucy Smith	25.3	15.3
Paul Spooner	25.25	15.35
Colin Robson	25.1	15.5
Hannah Lowry	25	16
Dave Lown	25	16
Richard Turner	24.25	16.35

Name	Estimated Finish Time	New Start Time
Simon Turner	24.2	16.4
Jackie Lloyd	24.2	16.4
Mark Wilson	24.2	16.4
Dave Gamble	24	17
Alistair Helliwell	23.4	17.2
Darren Knight	23.4	17.2
Kevin Giles	23.4	17.2
Neil Tolfrey	23.35	17.25
Harry Lown	23.35	17.25
Tony Butler	23.15	17.45
Gemma Corbett	22.4	18.2
Matt Healy	21.4	19.2
Paul Mitchinson	20.35	20.25
Dan Bailey	19.5	21.1
Zac Lahlal	18.25	22.35



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