



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 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
Thurs 13 April		1st Mike Edwards Summer Long Handicap (6.7 miles) OR Un-coached Short Handicap Route (3.6 miles) run [UJ]

Date	Category	Event Details
Tue 18 April		<p>Havant Thicket</p> <p>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</p> <p>Please Note: meet at Havant Thicket car park</p> <p>coach: Lesley</p> <p>sweeper: Jan MacDonald</p> <p>OR</p> <p>5k - 10k Course: Week Three</p>
Turs 20 April		<p>Mill Lane: Hills [AJ] Up and Over hills (300 mtrs) – 30 mins</p> <p>coach: Gemma</p>
Tue 25 April		<p>Rowland Castle 6 miles</p> <p>Continuous run – multi terrain (New Route)</p> <p>coach: Becki</p> <p>sweeper: Dave Walker</p> <p>OR</p> <p>5k - 10k Course: Week Four</p>
Thurs 27 April		<p>Summer Short Handicap Race Two (3.6 miles) [UJ]</p>
Tue 2 May		<p>New Farlington Marshes : PACING Run (6.5 miles)</p> <p>coach: Lisa</p> <p>sweeper: Neil Blanchard</p> <p>Please Note: meet at Bidbury Mead car park</p> <p>OR</p> <p>5k - 10k Course: Week Five</p>

Date	Category	Event Details
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 Renewals are now due! – Jan MacDonald

Membership renewals were due on 1st April. If you haven't already done so, please make payment without delay.

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 2016, 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

Afternoon everyone, we have 87 coming for the annual dinner - there is still space for a few more with the price at just £25 for a glass of wine on arrival, 3 course meal, coffee and the obligatory DJ at the Langstone Hotel.

Timings are to be confirmed but I would suspect 7.15pm for 7.45pm sit down. Please remember to bring a prize for the raffle - in addition 5% of the bar takings will go to a nominated charity.

Could all please confirm if there are any individuals with specific dietary requirements please by 12th Apr as I need to have the choices to the caterers by then.

The menu is:

Terrine of chicken and ham

Chicken breast and trimmings

Lemon Delice

Vegetarians:

Feta cheese, black olive & fennel frittata, rocket & blushed tomato salad, tomato salsa (GF)

Could those who have paid their deposit ensure that the remainder is paid no later than 10th Apr.

Many thanks Hayling Billy 5

"This years Hayling billy 5 will take place on the 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' Havant parkrun this Saturday: 8th April!

The Havant parkrun will be operated entirely by Victory Club Members on Saturday.

Everybody, from the Set Up volunteers, the Run Director, the Marshals, The Finish Line Volunteers and Bar Code Scanners and the pacers will all be VAC Members, who have all come forward to volunteer.

Thank You all!

If you aren't volunteering, please come along... wear your club vest if you can and enjoy the fantastic atmosphere at Staunton Country Park's Saturday morning parkrun. Start time is 9am - but please get there before this to hear the run briefing.

Also, please come over the road to the cafe afterwards for a cuppa, chat - and hopefully cake!

If you would like to make a cake to bring along - this would be great too!

This is the current list of volunteers.

Please let us know if you are unable to do what you are down for.

Run Director : Amber Atkinson

Volunteer Co-ordinator: Mary Short

Pre-event Setup [required by 8am]: Dave Lown

Pre-event Setup [required by 8am]: Dave Walker

Pre-event Setup [required by 8am]: Pete Harding

Pre-event Setup [required by 8am]: Jason Horton

New Runners Briefing: Ian Stott

Timekeeper: Nicola Stott

Timekeeper: Del Chandler

Finish Tokens: Becki Ralf

Finish Tokens: Lisa Slight

Funnel Manager: Yvonne Hawlwy

Barcode Scanning: Mary Short

Barcode Scanning: Kate Parks

Manual Barcode Recording: Hilary Schwager

Marshal: Zoe Gill

Marshal: Raman Sangha

Marshal: Julie Collins-Powell

Marshal: Jo Lea

Marshal: Amanda Rudkin

Marshal: Mark Cooter

Marshal: Caroline Newman

Marshal: Jan MacDonald

21 min Pacer: Richard Turner

23 min Pacer: John Marengi

25 min Pacer: Gary Heather

27 min Pacer: Dave Lown

29 min Pacer: Pete Harding

31 min Pacer: Chris Turner

33 min Pacer: Jason Horton

35 min Pacer: Bridget Main

37 min Pacer: Helen Boiling

39 min Pacer: Marilyn Crocker

Get me round / Tail Runner: Sue Gover

Photographer: Nicki Ellul-Turner

Run Report Writer Lesley Allen

There is a Facebook event page : www.facebook.com/events/1041500055956388/ which we are trying to keep up to date with information.

See you on Saturday!

Men's Eastleigh 10k report. - Dave Down

Apologies for not putting this together sooner but here is the Men's Eastleigh 10k report.

A nice early start for this race, the sun was trying to break through as we lined up near the start line. Again this year there were pacers and time boards up to ensure that runners would be able to position themselves appropriately for their pace - didn't hold much hope but was pleasantly surprised that the usual trying to get through the crowd didn't occur! I set off with Jo Gilholm and Zoe Gill, Brian Millo just in front, along the main road and right past the roundabout.

Generally a flat and fast course, we ran up the 'gentle' slope and back through to the 6km mark with a brisk South Westerly gently preventing a more rapid progress. At 7km, we passed the entrance to the finishing path to go around the houses, but still managed to shout much encouragement to Zack to best James Baker!

Back past the school and towards the park, it's easy to believe that the finish is just there - unfortunately it wasn't with another 600m to run. Over the line I was looking forward to the obligatory fruit cake only to find it had be replaced by a banana! :(

All in all, a good race, not as scenic as others such as Stubbington. Some great results with Paul Mitchinson (getting faster every race!), Dan Bailey, Dave Howard and our newest club member Matt Gill making up the A team. Myself, Brian Millo, Martin Coles and John Cowlin made up the B team for the HRRL. Gary Heather, Malcolm Hagan and Neil Blanchard (with a PB - Well Done!) also finished strong with Graham Coleman unfortunately unable to finish.

HRRL update: In division 1, the Mens A team is in 9th with the B team in 3rd place in the Men's B division 2.

Well done all and good luck for Sunday at Salisbury 10m

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

Curry

Why not celebrate the first Mike Edwards Long Handicap with a curry at the Havant Tandoori, Market Parade, Havant on 13 April? It would be good to see you there!

James Tolson

Start times for Long Handicap Race 1 – Jan MacDonald

The first Long Handicap race of 2017 is next week on Thursday 13th April at 6pm sharp. As with the Short Handicap, don't forget you must register if you want to participate, we will be there from 5.45. Please leave plenty of time between registering and your start time, ideally register before the race starts to ensure we can get you off on time.

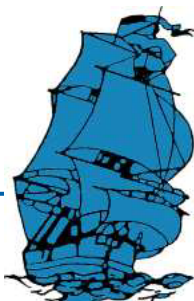
Here are the start times for all those who ran the Long Handicap Race last year:

Name	Estimated Finish Time	New Start Time
Sue Gover	96.05	0
Jenny James	89.55	0
Dee Sims	89.1	0
Hazel Jenkinson	88.05	0
Tracy Long	85	0
Amanda Rudkin	84.25	0
Mandy Coles	83.55	0
Mary Short	80.45	0
Jo Lea	80.35	0
Lynette Meredith	76.5	0
Lesley Allen	76.3	0
Marilyn Crocker	75.55	0
Michelle Ratcliff	74.55	0.05
Amber Ankinson	74.4	0.2
Jackie Yarnold	74	1
Carol Tolfrey	73.35	1.25
Mike Roff	73.2	1.4
Darin McCloud	73.15	1.45
Del Chandler	71.35	3.25
Mike Boyd	71.2	3.4
Raman Sangha	71.2	3.4
Bridget Main	71.05	3.55
Amanda Wells	70.45	4.15
Nicola Stott	70.3	4.3
Jan MacDonald	70.05	4.55
Allison Lowder	68.4	6.2
Helen Smith	68.2	6.4
Rachel Jarvis	68.1	6.5
Howard Wright	67.4	7.2
Kevin McTaggart	67.2	7.4
Cathy Beresford	66.45	8.15
Mandy Boyd	66.35	8.25

Name	Estimated Finish Time	New Start Time
Jill MacKenzie	66.15	8.45
Chris Turner	65.5	9.1
Becki Ralf	65.1	9.5
Anita Huddleston	64.55	10.05
Helen Mears	64.35	10.25
Pete Bone	63.3	11.3
Andy Smith	63.05	11.55
Fran Muir	62.35	12.25
Gill Tebbitt	62.3	12.3
Paul Bould	61.55	13.05
Katie Lewis	61.35	13.25
Claire Eglin	61.25	13.35
Gary Heather	61.2	13.4
Jenny Lown	61.2	13.4
Callum Cairns	61.05	13.55
Mark Cooter	60.45	14.15
Kate Parks	60.3	14.3
Helen Hull	60.2	14.4
Lucy Handley	60.2	14.4
Ali McNiff	59.45	15.15
Ali Pirie	59.4	15.2
Jason Horton	59.3	15.3
Belinda Harding	59.2	15.4
Dave Walker	59.1	15.5
Matthew Walker	59.1	15.5
John Marengi	58.55	16.05
John Gallagher	58.4	16.2
Paul Willcox	58.4	16.2
Helen Boiling	58.3	16.3
Colin Moon	58.15	16.45
Graham Foden	58.1	16.5
Nichol Riggott	57.45	17.15

Name	Estimated Finish Time	New Start Time
Martin Foster	57.3	17.3
Vicki Turnbull	57.3	17.3
Amanda Godfrey	56.5	18.1
Graham Coleman	56.5	18.1
Malcolm Hagan	56.5	18.1
Beth Pirie	56.35	18.25
Helen Whiting	56.35	18.25
Richard Westbrook	56.3	18.3
Simon Lee	56.25	18.35
Andrew Wright	55.45	19.15
Bart Pirie	55.45	19.15
Pete Harding	55.45	19.15
Mark Hull	55.3	19.3
Shelly Butler	54.5	20.1
Bernie Cammell	54.1	20.5
Will Hahn-Griffiths	53.55	21.05
Jo Gilholm	53.45	21.15
Mark Hay	53.3	21.3
Michelle Cartwright	53.25	21.35
Emerson Potter	53.15	21.45
John Cowlin	53.1	21.5
Jon Haines	53.1	21.5
Martin Coles	52.3	22.3
Terry Healy	52.3	22.3
Ian Stott	51.5	23.1
Damian Hamilton	51.25	23.35
Jim Clow	50.55	24.05
Rob Godwin	50.5	24.1
Gemma Corbett	50.45	24.15
Brian Millo	50.35	24.25
Tim Cooper	50.25	24.35
Colin O'Donnell	50.1	24.5

Name	Estimated Finish Time	New Start Time
Laura Allen	50.05	24.55
Mark Wilson	50.05	24.55
Dave Morris	50	25
Paul Spooner	50	25
Lucy Smith	49.4	25.2
Kevin Giles	49.25	25.35
Darren Knight	49.1	25.5
Dave Lown	48.4	26.2
Mark Griffiths	48.25	26.35
John Simpson	48.15	26.45
Chris Riddington	48	27
Simon Turner	47.35	27.25
Jackie Lloyd	47	28
Harry Lown	46.5	28.1
Neil Tolfrey	46.35	28.25
Paul Hiles	46.25	28.35
Tom Stott	46.2	28.4
Tony Butler	46.1	28.5
Russell Coleman	41.3	33.3
Zack Lahlal	40.1	34.5
Paul Mitchinson	39.5	35.1
Daniel Bailey	39.2	35.4



**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**