



12 April 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 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

Date	Category	Event Details
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]
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 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'

Club Member of the Year 2016 - reminder please for nominations to be emailed to secretary@victoryac.org.uk by 24th April 17.

Presentation Evening: There will be a presentation evening after the next Short Handicap race on Thursday 27th April 17, for the Winter handicap and Cross Country winners. It would be good if as many Club members can attend is evening as well as the winners, to be held in the cafe area at HLC straight after the Short Handicap race.

Trophies Officer: The club are looking for a volunteer to take over the role of Trophies Officer. If any member would like to consider this position please let me or any committee member know and we can explain the role.

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

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.

Hayling Billy 5 - 14th June 2017.

John G has finally been persuaded to run the race (for the first time)that he has organised for the last 20 years including this one.

So, I now need a couple of people to step forward and man the on site laptops to enter entries on the night (if any) and enter and produce the results. This is a key role as it enables us to allocate the winner and age category prizes. The results are spreadsheet driven so, who's up for it???

Names to me please.

Pete Harding

Salisbury 10 Mile Race, 10th April 2017: Ladies Captain's report- Helen Boiling

With just 4 races to go the pressure is on for our teams to maintain their positions! I was hoping for 2 complete teams, unfortunately poor Marilyn succumbed to the dreaded flu and was unable to run, hope you're feeling better Marilyn! Allison chalked up her 9th race-just 3 more to go to complete all 12!

The day dawned as the hottest of the year so far, but we were all glad not to be running Brighton Marathon as other club members were!

A few of us left IBM at 08.00 and made good time to the Leisure centre headquarters. Here we picked up our numbers and lovely race technical t- shirts without any hassle. The race started and finished on a race track which is either loved (Beth) or not so loved (me)!

This race in Salisbury is a lovely course along country lanes; passing through small pretty villages. There are a few undulations and thankfully the 2nd half was more shady. There wasn't too much dodging traffic this year, and there were plenty of marshals to both direct us and cheer us on.

With the heat, we were all pretty happy to see the finish line where we received a medal and generous goody bag. Thanks to all who ran.

Chip time results below:

Helen Boiling	1:25:35	Allison Lowder	1:42:24
Beth Pirie	1:27:36	Bridget Main	1:54:35
Shelly Butler	1:36:53		

Current Victory ladies league positions are:

A team, division 1: 9th position (last year finish place was 7th after all 12 races)

B Team, division 1: 13th position (last year finish place was 9th)

With just 3 races left, it will be great if we can have at least 6 runners in each race so that we can score for both teams.

Next up is Alton 10 miles on Sunday 7th May-see you there! 😊

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

Salisbury 10 Race Report - Men - Martin

I'm guest editor of the report this time, Dave said something about going to the seaside.....

This is a superb race, very well organised with T shirt (nice) and medal (very nice) and goody bag (yummy), one of my favourites. The weather forecast said it would be hot and boy, they were right! From the pleasant temperatures at the start it soon warmed up and as we were running the first half of the race in full sun, it would be fair to say we all had a glow about us. Thankfully there was a little more shade on the return but a couple of hills so it didn't feel much of a relief. The heat does tend to sap the strength so times were not as good as normal for many of us. Dan had a great race for 7th overall with Paul, Neil and John M (in a PB I think!) completing the A Team. Martin, Chris, Will and John C making up the B Team.

Daniel Bailey

SEN 7 58:14:00 58:13:00

Paul Mitchinson

V35 45 63:27:00 63:25:00

Neil Tolfrey

V50 123 69:44:00 69:36:00

John Marengi

V50 224 76:01:00 75:35:00 PB

Martin S Coles

V55 322 82:43:00 82:10:00

Chris Lowder

V40 339 83:31:00 83:12:00

Will Hahn-Griffiths

V45 372 85:09:00 84:33:00

John Cowlin

V40 377 85:17:00 84:13:00

Malcolm Hagan

V55 520 96:09:00 95:11:00

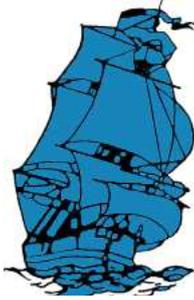
Mark Cooter

V55 580 01:41:49 01:40:56

Committee Change - Martin

Just a few words to say thank you very much to Beth who has stepped down from the committee and also her role of Vice Chair recently. In your time on the committee, you've played a key role in changing the way we source club kit and also in recognising performance of club members. I've always valued your input on all subjects and thank you for supporting me in my role as Club Chairman.

At the recent committee meeting, Marilyn agreed to take on the role of Vice Chair for the remainder of the year, until the AGM.



**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**