



21 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
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

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'

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 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.

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

Victory Vixens Teams for the Emsworth to Basingstoke Charity Relay Saturday 20 May - from Marilyn

We now have TWO Victory Vixens teams for the first time ever! Though the B team may become a Mixed team if anybody drops out before the day.

Victory Vixens A has been organised by Helen B - legs are allocated and recces have started over the Easter weekend - thanks Helen.

Victory Vixens B team is: Fay Cripps, Clare Eglin, Belinda Harding, Gina Turner, Annie Panting and Marilyn Crocker. Anybody else like to join us? I would be much happier being a genuine reserve - as the Plan inevitably changes...

Stage	End Postcode	km	miles	Victory Vixens A	Victory Vixens B
1. Emsworth (PO10 7EH) to Warblington Church	PO9 2TU	2.6	1.62	Kate Hart / All	Fay Cripps/All
2. Warblington Church to West Leigh	PO9 5QA	4.8	2.98	Kathryn Simpson	Fay Cripps
3. West Leigh to Rowlands Castle	PO9 6DA	2.7	1.68	Kate Hart	Fay Cripps
4. Rowlands Castle to Finchdean	PO8 0AZ	2.5	1.55	Shelly Butler	
5. Finchdean to Chalton	PO8 0BG	3.3	2.05	Helen Boiling	Belinda Harding
6. Chalton to Buriton	GU31 5RX	4.83	3	Helen Boiling	
7. Buriton to Petersfield	GU32 3LX	3	1.86	Amanda Godfrey	
8. Petersfield to Steep Church	GU32 2DD	3.5	2.17	Kathryn Simpson	
9. Steep Church to Hawkley	GU33 6ND	4.7	2.92	Amanda Godfrey	Belinda Harding
10. Hawkley to Vann Farm	GU34 3SF	2.7	1.68	Amanda Godfrey	
11. Vann Farm to Charity Farm	GU34 3LW	2	1.24	Shelly Butler	
12. Charity Farm to Upper Farringdon	GU34 3EG	5.1	3.17	Kathryn Simpson	
13. Upper Farringdon to Alton Cricket Fields	GU34 1SN	3.9	2.42	Kate Hart	
14. Alton Cricket Fields to Bentworth	GU34 5RA	6.2	3.85	Laura Praeger	Belinda Harding
15. Bentworth to Burkham	GU34 5RT	6.2	3.85	Laura Praeger	
16. Burkham to Ellisfield	RG25 2QR	3.3	2.05	Shelly Butler	
17. Ellisfield to Cliddesden School	RG25 2QU	5	3.11	Laura Praeger	
18. Cliddesden School to Village Hall	RG25 2JQ	3.3	2.05	Helen Boiling	
Total		69.63	43.27		

B team legs will hopefully be allocated before this goes to press. Everyone welcome to join in recces - we will advertise on the club Facebook page.

See: <http://www.emsworthrelay.org.uk>



**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**