



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 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

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

Alec Marshall

Alec's funeral will be on Friday 5 May at 12.15pm at The Oaks Crematorium, Barton's Road, Havant.

If any one wants to contact Rose direct her address is 49 Pound Gate Lane, Titchfield Common, Fareham, Hampshire. PO14 4AT.

James Tolson

Southampton Marathon

After having to defer my 'London' until next year, I decided to go and support our runners in the Southampton Marathon. This is a new, very welcome, addition to the Spring marathon calendar and, along with a 10k event, joins the now established half marathon to make a festival of running.

Although my focus for the day was the marathon, I arrived just in time to see the half marathon start. I scoured the moving sea of colour for VAC vests but alas was unable to spot any, just made myself very dizzy!

By this time the marathon had been on the road for an hour. Armed with my trusty route map, my plan was to head towards The Itchen Bridge which the runners had to cross over and back, so I could cheer twice. The two lap marathon meant that the 26.2 runners had to climb the bridge twice, that's four times up and over -tough!

I calculated I had a reasonable amount of time to reach the bridge so I decided to see a few of the city sights. I obviously only had time to scratch the surface, so forgetting the 1st to 13th centuries, I headed to the bridge via The Old Town where I found many interesting sights partially enclosed by 14th century walls. Edward III ordered the Western Wall to be constructed after the town was sacked by the French in the early 1300s. It took until the 15th century to complete them. I passed the beautifully restored Tudor House which, now a museum, has a long and varied history - shame buildings such as this are now often unique and rare. Continuing down onto the road past Town Quay and the Cruise Terminal (yes there was a cruise liner docked - huge!) I couldn't help but think Southampton was missing a trick. Liverpool has its Three Graces on their waterfront and here in Southampton they could easily emulate this. The Wool House, Custom House, Terminus House and Southwestern House flanked by the world's oldest bowling green could also gain the same recognition.

Back to the race, I arrived at the foot of the bridge well in time and joined in the spirit of the marathon. The sun was now much warmer than forecast and the water station was a welcome respite for the competitors.

After a few minutes along came Beth and Katie, big waves and cheers and up they went on their first climb of the Itchen Bridge. More cheers on their way back then I made my way to the halfway point to cheer them through. While waiting some very speedy runners came through but I soon realised it was the 10k ending, confusion over!

After halfway I headed up The Avenue for two sightings of Beth and Katie before going to St Mary's Stadium. Got slightly confused with my route to the stadium but made it with plenty of time to spare. This is a great feature of the course, the runners literally run through the centre of the stadium.

One last cheer on at The Itchen Bridge and I hot footed it to the finish by the Civic Centre. For a smaller city event the atmosphere was spot on; music, plenty of cafes, pubs made for a great grandstand finish for the runners as they ran through an ever-growing and increasingly noisy crowd - a real highlight.

I walked round to the exit of the competitors area to see Beth and Katie downing a pint and collecting their goody bags which contained very nice t-shirts and lovely, well deserved medals.

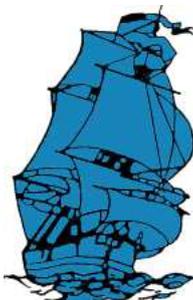
Our three Victory competitors in the marathon all had a great day. From what I could see the ' Southampton ' offers us a fantastic, and local, alternative spring marathon. We're lucky to have it on our doorstep.

Fantastic day, great to see everyone enjoying their run.

Beth 4:16:31

Katie. 4:16:31

Raman 5:32:41



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