



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 9		Hayling Billy trail HLC – HB Trail 30 mins out – 30 mins back coach: Lisa Slight sweeper: Kevin Giles OR 5k - 10k Course: Week Six [approx 10k]
Thurs 11		Mike Edwards Summer Long Handicap Rae 2 (6.7 miles) OR Un-coached Short Handicap Route (3.6 miles) run [UJ]
Tue 16		Old Farlington Marshes 5 miles Continuous run – multi terrain coach: Lesley sweeper: Del Chandler OR 5k - 10k Course: Final Week (Seven)
Thurs 18		Vo2 Max [AJ] West Leigh Recreation Ground coaches: Pete/Mary
Tue 23		Summer Short Handicap Race Three (3.6 miles) [UJ]

Date	Category	Event Details
Thurs 25		Rowland Castle 6 miles Continuous run – multi terrain coach: Marilyn sweeper: Dee Simms
Tue 1		
Thurs 3		

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>

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

Club Position's

Currently the club are looking to fill the following position, if anybody is interested please apply.

Social Secretary

Trophies Officer

Many thanks

Lesley Allen

Vac Club Sec

London Marathon

I was fortunate to have won a Victory club place for the London marathon having failed to get in yet again on the London ballot. Although initially on hearing of my win was a feeling of shock (I have to do this now!) I soon became more and more excited about the event.

It is a brilliant experience, one I would recommend, total madness but would do it again.

I stayed in Tooting with relatives ,the journey across London is easy. Rail transport is free for the runners ,the number you wear is your ticket. So the transport staff let you through ,wish you good luck and direct you through to the correct platform.

London Bridge station is well signed with where to go for the different starts. Everyone was going to the marathon it seemed.

I joined a pacing group ,10.52 minute mileing which was brilliant and heard everyone's story ,2 guys who had never run before applied and got places on the London ballot so then started training.

I spit from the pacing group at some point ,it did get quite crowded and went past a scary "Jesus Christ" a man carrying a tumble dryer and got over taken by Gary John.

I spotted Jo Lea and Mary Short in the crowd ,the Victory attire looked familiar ,it was lovely to see them.

My favourite bit was crossing Tower Bridge it felt very "London marathon "and the worst was feeling ill around mile 20 ,I stopped for a while, recovered, " got a grip " and ran on.

Obviously crossing the finish line felt good so were the many cups of tea after.

The only injury I sustained was a blister on my toe and have made a 'note to self' " don't dance in high heels within a week of a marathon " An excellent Victory club event rounded off my week.

Well done to all the other Victory marathon runners it was a warm but memorable day.

Rachel.

Curry

There will be curry as usual after the Mike Edwards Long Handicap on Thursday 11 May at the Havant Tandoori, Market Parade, Havant. Please come along.

James Tolson

Results of Short Handicap Race 2 – Jan MacDonald

It was a chilly evening but nevertheless another record turnout of 65 runners for our second Short Handicap race of 2017. It's great to see so many of you taking part. Congratulations to **Lisa Emson** who put in an absolutely stonking run and knocked 8 minutes off her handicap from last season – a terrific improvement, well done!

27 people beat their handicaps including 5 who beat their handicaps by over a minute, very well done to them.

Welcome to Jenny O'Hara, Dave Gartland, Rachel Getty, Clare Austin and Mike Bruce who ran the race for the first time, and to our guests Lewis Smith, Anna Greenslade and Andy Jest (welcome back Andy after 8 years?), who gave it a go.

Also thank you to my helpers, Nicola Stott, Malcolm Hagan, Kevin McTaggart and Hilary Schwager, and those that came along to support. We couldn't do the race without the helpers so really appreciate their assistance.

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Lisa Emson	33.06	3.35	29.31	61		
2	Helen Whiting	38.42	10.15	28.27	60		
3	John Cowlin	39.03	11.3	27.33	59		
4	Kate Parks	39.51	10.05	29.46	58		
5	Amber Ankinson	39.59	5.4	34.19	57		
6	Carol Tolfrey	40.03	0	40.03	56		
7	Lindsey Cooter	40.04	4.35	35.29	55		
8	Becki Ralf	40.07	7.45	32.22	54		
9	Matthew Walker	40.12	14.4	25.32	53		
10	Lesley Allen	40.13	4.1	36.03	52		
11	Rob Godwin	40.15	12.3	27.45	51		
12	John Marengi	40.17	15.1	25.07	50		
13	Roger Brummell	40.2	1.5	38.3	49		
14	Neil Blanchard	40.2	1.5	38.3	48		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
15	Marilyn Crocker	40.22	1.45	38.37	47		
16	Clare Austin	40.23	8	32.23	46		1st timer
17	Howard Wright	40.3	6.25	34.05	45		
18	Martin Coles	40.3	13	27.3	44		
19	Simon Turner	40.34	16.4	23.54	43		
20	Mark Cooter	40.38	10.2	30.18	42		
21	Andrew Wright	40.42	14.15	26.27	41		
22	Emerson Potter	40.45	12.59	27.46	40		
23	Dee Sims	40.49	1.2	39.29	39		
24	Colin Moon	40.51	10.55	29.56	38		
25	Michelle Cartwright	40.52	15.2	25.32	37		
26	Dave Gartland	40.53	0	40.53	36		1st timer
27	Pete Harding	40.55	12.05	28.5	35		
28	Hannah Lowry	41.03	16	25.03	34		
29	Dave Morris	41.04	15	26.04	33		
30	Brian Millo	41.05	14.15	26.5	32		
31	Debbie Wilson	41.08	0	41.08	31		
32	Zoe Gill	41.09	14.4	26.29	30		
33	Kathryn Simpson	41.1	14	27.1	29		
34	Debbie Clarke	41.11	0	41.11	28		
35	Colin Robson	41.15	15.5	25.25	27		
36	Dave Lown	41.2	16	25.2	26		
37	Sara Heath	41.25	0	41.25	25		
38	Paul Bould	41.27	9.35	31.52	24		
39	Shelly Butler	41.32	12.57	28.35	23		
40	John Gallagher	41.44	10.05	31.39	22		
41	Beth Pirie	41.5	12.57	28.53	21		
42	Paul Smart	41.51	0	41.51	20		
43	Mandy Coles	41.58	1.05	40.53	19		
44	Neil Tolfrey	42	17.25	24.35	18		
45	Matt Healy	42.12	19.2	22.52	17		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
46	Kevin Leighfield	42.15	8.3	33.45	16		
47	Mike Bruce	42.19	16	26.19	15		1st timer
48	Terry Healy	42.2	14.15	28.05	14		
49	Lewis Smith	42.23	0	42.23		Guest	
50	Paul Willcox	42.24	8.5	33.34	13		
51	Rachel Jarvis	42.25	8.2	34.05	12		
52	Jason Horton	42.36	9.05	33.31	11		
53	Rachel Getty	42.37	4	38.37	10		1st timer
54	Mark Hay	43.04	14.1	28.54	9		
55	Helen Boiling	43.19	13.1	30.09	8		
56	Andy Jest	43.36	12.57	30.39		Guest	
57	Anna Greenslade	44.3	4	40.3		Guest	
58	Bridget Main	44.31	4	40.31	7		
59	Chris Turner	45.52	8	37.52	6		
60	Mandy Boyd	45.58	7.05	38.53	5		
61	Hazel Jenkinson	46.48	0	46.48	4		
62	Mary Short	46.59	0	46.59	3		
63	Sue Gover	49.21	0	49.21	2		
64	Jenny O'Hara	49.23	0	49.23	1		1st timer
65	Ali McNiff		12.25	0		DNF	

Short Handicap Start times

Name	Estimated Finish Time	New Start Time
Jo Cooper	50	0
Jenny O'Hara	49.2	0
Sue Gover	48.55	0
Hazel Jenkinson	46.45	0
Mary Short	46.25	0
Christine Howard	46.05	0

Name	Estimated Finish Time	New Start Time
Lynette Meredith	46.05	0
Jenny James	45.4	0
Georgia Ash	44.2	0
Tracy Long	44.05	0
Gill Ripiner	42.25	0
Lewis Smith	42.2	0
Amanda Rudkin	41.55	0
Tania Lee	41.35	0
Sara Heath	41.25	0
Ann Mann	41.15	0
Debbie Clarke	41.1	0
Paul Smart	41.05	0
Debbie Wilson	41.05	0
Lisa Slight	41	0
Amy Beresford	41	0
Dave Gartland	40.5	0.1
Mandy Coles	40.5	0.1
Dawn Watson	40.4	0.2
Anna Greenslade	40.3	0.3
Jo Lee	40.3	0.3
Carol Tolfrey	40	1
Dee Sims	39.25	1.35
Marilyn Crocker	38.35	2.25
Rachel Getty	38.35	2.25
Neil Blanchard	38.3	2.3
Roger Brummell	38.3	2.3
Yvonne Hawley	38.3	2.3
Rachel Duffy	38.25	2.35
Bridget Main	37	4
Helen Smith	37	4
Paula Benitez	36.5	4.1
Kevin McTaggart	36.45	4.15

Name	Estimated Finish Time	New Start Time
Jenny Lown	36.3	4.3
Mike Boyd	36.2	4.4
Cathy Beresford	36.15	4.45
Lesley Allen	36	5
Jackie Yarnold	35.5	5.1
Jan MacDonald	35.45	5.15
Natalie Davies	35.4	5.2
Raman Sangha	35.25	5.35
Lindsey Cooter	35.25	5.35
Amanda Wells	35.05	5.55
Sam Howard	35	6
Mandy Boyd	34.55	6.05
Anita Huddleston	34.55	6.05
Ed Spencer	34.45	6.15
Mike Roff	34.35	6.25
Gill Tebbit	34.3	6.3
Amber Ankinson	34.15	6.45
Jill McKenzie	34.15	6.45
Allison Lowder	34.1	6.5
Howard Wright	34.05	6.55
Chris Turner	34	7
Pete Drury	34	7
John Simpson	33.55	7.05
Hamid Alamar	33.5	7.1
Victoria Oiller	33.45	7.15
Rachel Jarvis	33.4	7.2
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
Jason Horton	32.55	8.05

Name	Estimated Finish Time	New Start Time
Katie Lewis	32.4	8.2
Jane Noble	32.4	8.2
Kevin Leighfield	32.3	8.3
Pete Bone	32.25	8.35
Becki Ralf	32.2	8.4
Clare Austin	32.2	8.4
Paul Willcox	32.1	8.5
Graham Coleman	32.05	8.55
Bob Wheeler	32	9
Paul Bould	31.5	9.1
John Gallagher	31.35	9.25
Andy Smith	31.3	9.3
Helen Mears	31.3	9.3
Malcolm Hagan	31.2	9.4
Claire Eglin	31.15	9.45
Vikki Turnbull	31.1	9.5
Simon Cristofoli	30.4	10.2
Andy Jest	30.35	10.25
Derek Chandler	30.35	10.25
Dave Walker	30.25	10.35
Mark Cooter	30.15	10.45
Colin Moon	29.55	11.05
Bart Pirie	29.55	11.05
Amanda Godfrey	29.5	11.1
Kate Parks	29.45	11.15
Graham Foden	29.4	11.2
Lisa Emson	29.3	11.3
Ali Pirie	29.15	11.45
Jon Haines	29	12
Pete Harding	28.5	12.1
Beth Pirie	28.5	12.1
Shelly Butler	28.35	12.25

Name	Estimated Finish Time	New Start Time
Ali McNiff	28.35	12.25
John Marsh	28.35	12.25
Sarah Swift	28.35	12.25
Helen Whiting	28.25	12.35
Mark Hull	28.2	12.4
Simon Lee	28.2	12.4
Gary Heather	28.1	12.5
Nichol Riggott	28.05	12.55
Helen Boiling	27.5	13.1
Will Hahn-Griffiths	27.5	13.1
Rob Godwin	27.45	13.15
Emerson Potter	27.45	13.15
Terry Healy	27.45	13.15
Richard Westbrook	27.4	13.2
John Cowlin	27.3	13.3
Martin Coles	27.3	13.3
Mark Griffiths	27.1	13.5
Kathryn Simpson	27	14
Mark Hay	26.5	14.1
Gina Turner	26.5	14.1
Brian Millo	26.45	14.15
Tim Cooper	26.45	14.15
Bernie Cammell	26.35	14.25
Andrew Wright	26.25	14.35
Zoe Gill	26.2	14.4
Mike Bruce	26.15	14.45
Dave Morris	26	15
Jim Clow	25.55	15.05
Jo Gilholm	25.5	15.1
Colin O'Donnell	25.45	15.15
Matthew Walker	25.3	15.3
Michelle Cartwright	25.3	15.3

Name	Estimated Finish Time	New Start Time
Chris Riddington	25.3	15.3
Lucy Smith	25.3	15.3
Paul Spooner	25.25	15.35
Colin Robson	25.1	15.5
John Marengi	25.05	15.55
Hannah Lowry	25	16
Dave Lown	25	16
Richard Turner	24.25	16.35
Jackie Lloyd	24.2	16.4
Mark Wilson	24.2	16.4
Dave Gamble	24	17
Simon Turner	23.5	17.1
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
Matt Healy	22.4	18.2
Gemma Corbett	22.4	18.2
Paul Mitchinson	20.35	20.25
Dan Bailey	19.5	21.1
Zac Lahlal	18.25	22.35

2016-2017 Winter Handicap Series Results – Jan MacDonald

Monthly prize-winners and the Handicap Series 1st, 2nd and 3rd winners were presented with their salvers at the Prize-giving following the Short Handicap on 27th April.

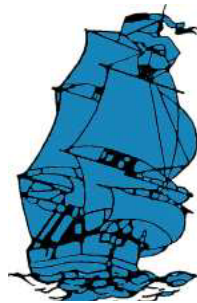
Here are the final series positio

Pos	Name	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Series	
								Bonus	Best 4 Total
1	Terry Healy	47	61	47	50	11	44	18	223
2	Martin Coles	48	53	51	49	0	42	15	216
3	Darren Knight	0	62	50	41	36	45	15	213
4	Zoe Gill	44	49	0	28	52	48	15	208
5	Helen Boiling	50	35	35	10	51	48	18	202
6	Lesley Allen	0	37	50	49	49	26	15	200
7	Graham Foden	24	27	47	45	49	40	18	199
8	Matt Healy	49	38	40	39	34	50	18	196
9	Kevin McTaggart	37	61	41	0	40	0	12	191
10	Amanda Rudkin	16	61	52	9	44	0	15	188
10	Neil Tolfrey	23	58	42	0	31	42	15	188
12	Matthew Walker	23	52	30	52	0	36	15	185
13	Pete Harding	46	49	0	26	0	51	12	184
14	Bridget Main	38	41	32	46	38	0	15	178
15	Kate Parks	0	36	43	35	46	19	15	175
16	Dave Morris	0	54	32	38	0	34	12	170
17	Pete Bone	31	25	25	43	49	25	18	166
18	Mary Short	0	22	26	51	36	20	15	150
19	John Gallagher	51	0	0	11	28	46	12	148
20	Marilyn Crocker	18	21	45	12	20	43	18	147
21	Brian Millo	0	0	48	44	18	21	12	143
22	Lisa Slight	30	26	30	23	26	37	18	141
23	Paul Spooner	35	0	0	17	24	52	12	140
24	Amber Ankinson	8	45	0	19	30	29	15	138
25	Gary Heather	43	50	0	0	0	35	9	137
26	Helen Whiting	0	25	23	28	41	0	12	129
27	Sara Heath	14	52	0	13	28	16	15	125
28	Ali McNiff	52	16	0	43	0	0	9	120
28	Becki Ralf	28	0	0	30	22	28	12	120

Pos	Name	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Series	
								Bonus	Best 4 Total
30	Carol Tolfrey	20	13	28	0	46	0	12	119
31	Tracy Long	10	9	24	16	29	31	18	118
32	Hazel Jenkinson	17	33	0	30	25	0	12	117
33	Colin Moon	11	49	22	0	12	17	15	115
33	Jon Haines	0	0	34	32	40	0	9	115
35	Raman Sangha	0	57	45	0	0	0	6	108
36	Emerson Potter	43	56	0	0	0	0	6	105
37	Paul Bould	19	0	38	37	0	0	9	103
38	Rachel Jarvis	0	55	0	0	38	0	6	99
39	Mandy Coles	0	23	0	22	0	32	9	86
40	Bob Wheeler	36	40	0	0	0	0	6	82
40	Malcolm Hagan	0	33	27	0	13	0	9	82
42	Dave Walker	27	10	0	8	0	24	12	81
42	Lisa Emson	12	8	20	15	14	14	18	81
44	Jim Clow	0	19	0	0	19	33	9	80
45	Simon Cristofoli	26	46	0	0	0	0	6	78
46	Dee Sims	0	0	0	24	43	0	6	73
47	Tania Lee	0	2	21	21	15	0	12	71
48	Hannah Lowry	0	30	0	32	0	0	6	68
49	Jan MacDonald	33	28	0	0	0	0	6	67
50	Jo Cooper	0	16	0	41	0	0	6	63
50	Shelly Butler	0	39	0	18	0	0	6	63
52	Colin Robson	0	0	0	14	17	22	9	62
53	Jenny Lown	29	20	0	0	0	0	6	55
54	Sue Gover	15	0	33	0	0	0	6	54
54	Tim Cooper	0	0	0	25	0	23	6	54
56	Roger Brummell	0	0	0	0	50	0	3	53
57	Dave Lown	34	11	0	0	0	0	6	51
57	Rachel Getty	0	0	0	2	43	0	6	51

Pos	Name	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Series	Best 4 Total
								Bonus	
59	Mark Hull	45	0	0	0	0	0	3	48
	Jenny								
60	O'Hara	0	44	0	0	0	0	3	47
61	Beth Pirie	32	6	0	0	0	0	6	44
	Hamid								
62	Alamar	0	0	40	0	0	0	3	43
	John								
63	Marengi	39	0	0	0	0	0	3	42
	Andrew								
64	Wright	0	0	0	36	0	0	3	39
	Jenny								
65	James	0	5	0	0	0	27	6	38
65	Simon Lee	0	35	0	0	0	0	3	38
	Neil								
67	Blanchard	0	0	0	7	22	0	6	35
68	Jo Gilholm	0	31	0	0	0	0	3	34
69	Kevin Giles	0	0	0	0	0	30	3	33
	Sharon								
69	Wheeler	0	30	0	0	0	0	3	33
	Caroline								
71	Jordan	25	0	0	0	0	0	3	28
	Graham								
72	Coleman	0	0	0	0	24	0	3	27
73	Georgia Ash	13	7	0	0	0	0	6	26
	Richard								
73	Westbrook	23	0	0	0	0	0	3	26
75	Ann Mann	0	19	0	0	0	0	3	22
75	Mandy Boyd	0	19	0	0	0	0	3	22
	Debbie								
77	Wilson	0	0	0	0	0	18	3	21
78	Kerry Lunn	0	0	0	0	16	0	3	19
79	Sally Gould	0	0	0	0	0	15	3	18
80	Helen Smith	0	14	0	0	0	0	3	17
	Jason								
81	Horton	0	12	0	0	0	0	3	15
	Clariece								
82	Warrior	9	0	0	0	0	0	3	12
83	John Cowlin	0	4	0	0	0	0	3	7
84	Helen Barter	0	3	0	0	0	0	3	6
	Charlotte								
85	Quick	0	0	0	0	0	2	3	5
	Caroline								
86	Newman	0	1	0	0	0	0	3	4

Pos	Name	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Series	Best 4 Total
								Bonus	
87	Kate Hart	0	0	0	0	0	0	0	0



**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**