



11 May 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 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		Emsworth Foreshore 7 miles Along foreshore to Emsworth around Mill pond and return via Warblington Church coach: Pete sweeper: Katie Lewis
Thurs 25		Summer Short Handicap Race Three (3.6 miles) [UJ]

Date	Category	Event Details
Tue 30		Rowland Castle 6 miles Continuous run – multi terrain coach: Marilyn sweeper: Dee Simms
Thurs 1		Staunton Park Fartlek, figure of 8. Short hill jog recover down hill. 450 mtr round lake, 200 mtr jog recover – 30 mins coach: Malcolm

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

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

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

Southampton Marathon run report - 23 April 2017 by Raman Sangha

Filled with excitement and some apprehension, Chris Turner and I arrived at Southampton at 7.45 thanks to Chris's husband who gave up his lie-in to get us there. Part of me longed for the day to come after the long winter months of training and anticipation.

The two lap course started off in Palmerston Park, weaving around the commercial streets towards Bedford Place, entering the Common where soft green of the trees and shrubs was a soothing sight. Then, via the underpass heading towards the university, came a small hill at mile 5. Weaving through residential streets over Cobden bridge there was a sharp left on to the riverside park. Here the sight of the swans, canoers and walkers offered a pleasant distraction. Then via Bitterne, a sharp right was taken onto the A3024 and then over Northam Bridge, through St Mary's Stadium before passing through some back streets behind Marine Parade where a gentle incline lead on to the Itchen Bridge at mile 11/24. After crossing the bridge and looping back we headed towards the Southampton High Street before taking a right turn into Hoglands Park which lead to Palmerston Park, the starting point. From there it was short distance to Above Bar to cross the finish line.

The course was well marshalled with many on bikes and all were very enthusiastic and encouraging. There were 5 water stations. The crowd support was amazing. Residents were out in large numbers with encouraging banners, musical instruments and bowls of jelly babies. During lap 2 when the temperature soared, one resident set up a gentle misty spray with his hose that was taken advantage of by many of the runners.

This was my first marathon. Two years ago I would never have thought of such a challenge as a possibility. I have to thank the Club members for their encouragement to get me to the point of thinking about attempting one. Having decided to do one, a huge thank you to Chris Turner, my running buddy, for the training plan and organising the run routes over the 18 weeks and guiding and encouraging me all the way to the end. Thank you also for the club marathon runs and the useful tips from Paul Spooner. Lastly Bridget, my fellow first marathoner and friend, has been a big inspiration and encouragement.

Having done it and enjoyed the whole experience I can only say to anyone who is wondering whether to do a marathon - go for it.

Our club representation at this marathon was as follows:

Beth Pirie and Katie Lewis who finished in 4.16:31 while I finished in 5.32:41

Alton 10 - Rachel Jarvis

An excellent turnout for the Alton 10 for the Victory ladies team. 11 ladies ran the race.

This can be quite a challenging course if it is a hot day as the race starts at 10.30 so we are running at one of the warmest parts of the day .

However it was our lucky day the ideal conditions made for a pleasant run along picturesque undulating country lanes whereas last year I would have described it as hot hilly roads.

Looking at last years results I and others were about 20 minutes faster than last year, so well done everyone . This was an enjoyable 10 mile race.

Jo Gilholm	1:18:06
Helen Boiling	1:27:01
Kate Lewis.	1:27:01
Lisa Emson.	1:28:34
Michelle Butler.	1:32:20
Lisa Slight.	1:32:54
Rachel Jarvis.	1:37:28
Clarice Warrior.	1:40:45
Allison Lowder.	1:44:08
Marilyn Crocker	1:50:07
Raman Sangha	1:55:12

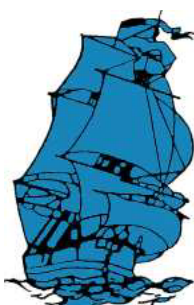
Rachel

Alton 10 Men's Race Report - Martin

Guest editing again!. A cool start with less wind than of late made for good running conditions. Remembering the heat from last year, it was a relief that we may be performing normally! Having said that, there were a couple of stand-out performances from Neil continuing his great form and John M, lopping 2 minutes off his PB.

The A team comprised Dan in a great 8th place, Dave, Neil and John M with the B team of Jim, Chris, Martin and John C. Most I spoke to were pleased with their performance, I know I was.

Pos	Name	Category	Time	
8	DANIEL BAILEY	Senior	0:57:22	
44	DAVID HOWARD	M40	1:03:52	
82	NEIL TOLFREY	M50	1:07:34	
162	JOHN MARENGHI	M50	1:13:06	PB
217	JIM CLOW	M60	1:17:00	
223	CHRISTOPHER LOWDER	M40	1:17:00	
262	MARTIN COLES	M60	1:19:44	
298	JOHN COWLIN	M40	1:21:58	
405	MARK COOTER	M50	1:33:09	



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