



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 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]
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>

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

South Downs Way Relay - Marshals required - Martin Coles

The South Downs Way relay is a 100 mile race that this year is being run on Saturday 3 June.

Victory AC have been invited to marshal the changeover at QE Park and I am happy to say that John Gallagher has agreed to be Head Marshal again. This is the most complex changeover in the relay and requires several volunteers to marshal runners, team buses and members of the public and is required from mid to late afternoon, for about 3 hours.

Anyone who can help please email me at chairman@victoryac.org.uk

Hayling Billy 5 – 14th June 2017

Thanks to all of you who have given offers of help.

Typically the day starts at 10:30 when the course is marked out and prepared and then from 14:30 onwards when the HQ marquee and tents etc are erected and all equipment installed.

Typically jobs on the day:

Main organiser: Pete Harding

Main marshall: Kevin McTaggart after training On 1st June

Starter: Graham Foden

Laptop operators: Beth Pirie, Mary Short, Mark Cooter, Allison Lowder (good to have reserves)

Water: Carol Tolfrey and Ann Mann

Others Start/Finish: Jan McDonald, Hamid Al-Amar; James Tolson, Malcolm Hagan

We need course marshalls and turn around marshalls. – if you are not running or I have missed your name then please consider helping and give your name to Kevin McTaggart.

We hope to meet with key people after training on 1st June.

We have received offers of help and bottles of water from the new Gym that has opened on Hayling (Konsept Gym) so we will have some other bodies around.

Thank you.

Pete Harding

Emsworth to Basingstoke Charity Relay, Saturday 20 May

2017 Charity: The Rosemary Foundation - Hospice at Home - by Marilyn

The purpose of this event is to raise funds for a local nominated charity. This year the charity is The Rosemary Foundation, an organisation like MacMillan Nurses that provides care at home for seriously and terminally ill patients. The Rosemary Foundation is based in Petersfield and has cared for some of my friends and neighbours, including VAC's own Ian Murray.

As I proposed this charity to the event organisers, it would be great for the club to raise loads of cash for the cause! So this is an appeal to ALL you generous VAC members to sponsor the three teams of six who are running in what looks to be a very wet event on Saturday! (Each team member is also expected to make a donation or collect some personal sponsorship for the charity).

We have set up an online fundraising page for the Victory Vixens and Vipers teams at:

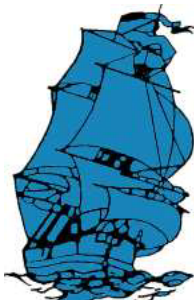
<http://uk.virginmoneygiving.com/team/victoryAC2017>

I have a traditional sponsorship form for anyone unhappy about donating online. See me at training or email/text/msg me a pledge on Facebook.

Many thanks from the teams!

marilyn.crocker@victoryac.org.uk

07954 382340



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