



05

25 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
Tue 30 May		<b>Rowland Castle</b> 6 miles Continuous run – multi terrain <b>coach:</b> Marilyn <b>sweeper:</b> Dee Simms
Thurs 1 June		<b>Staunton Park</b> Fartlek, figure of 8. Short hill jog recover down hill. 450 mtr round lake, 200 mtr jog recover – 30 mins <b>coach:</b> Malcolm
Tue 6 June		<b>New Farlington Marshes</b> : PACING Run (6.5 miles) <b>coach:</b> Lisa <b>sweeper:</b> Amber Ankinson <b>Please Note:</b> meet at Bidbury Mead car park
Thurs 8 June		<a href="#">Mike Edwards Summer Long Handicap Rae 3</a> (6.7 miles) <b>OR</b> Un-coached Short Handicap Route (3.6 miles) run [UJ]
Tue 13 June		<b>Old Farlington Marshes</b> 5 miles Continuous run – multi terrain <b>coach:</b> Mary <b>sweeper:</b> Hazel Jenkinson

Date	Category	Event Details
Thurs 15 June		<b>West Leigh</b> Pyramid session/ Chelsea Sq <b>coach:</b> Malcolm
Tue 20 June		<b>Butser</b> 6 miles Buriton to top of Butser and return <b>PLEASE NOTE:</b> meet at Buriton car park <b>coach:</b> Pete <b>sweeper:</b> TBC
Thurs 22 June		<b>Wade Court</b> Hard from motorway to Havant Road, recover into cul-de-sac, hard back to motorway- 30mins <b>coach:</b> Nicola
Tue 27 June		<b>Havant Thicket</b> 5.5 miles <b>PLEASE NOTE:</b> meet at Havant Thicket car park <b>coach:</b> Lesley <b>sweeper:</b> Sara Heath
Thurs 29 June		<a href="#"><u>Summer Short Handicap Race Four</u></a> (3.6 miles) [UJ]

**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>

## South Downs Way Relay - More 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. We've got a few volunteers but we need a few more please.

Anyone who can help please email me at [chairman@victoryac.org.uk](mailto:chairman@victoryac.org.uk)

## Hayling Billy 5 – 14<sup>th</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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

## Trundle 10k report

For those that haven't tried it yet ...

This is part of the West Sussex Fun Run League, low cost entry (£5 on the day) a simple run - 3 miles out, just over 1/2 a mile loop, then just under 3 miles back. This gives an opportunity to see most of the other runners and offer encouragement. The trundle itself is an Iron Age hill fort which is circled at the midpoint of the run.

For those that have tried it ...

The Trundle Hill run is an excellent warm-up for this weekend's relay, a stiff cross-country event with a challenging hill climb of about 560 feet.

A day of rain did not bode well and a quick inspection of the start of the course showed Marsh Lane was living up to its name. However the rain eased with about 15 minutes to go and as the race started the rain stopped completely. Final warning from the starter was that the chalk around the Trundle was a little greasy, but everything else was fine.

After a half lap of the field we entered Marsh Lane, many people lost ground by dodging puddles, I doubt they stayed dry. A flat start followed by an intense climb had the field well strung out by the half-way point. The downhill was entertaining, throw caution to the winds and see what happens, before you know it you are back on Marsh Lane, now churned up by a few hundred runners' feet the path was slippery and sticky, aggressive trail shoes were strongly recommended today. As the lane draws to an end there is only a road-crossing before the final burst around the playing field.

### Results

1	James Baker	36:31	
2	Andrew McCaskill	37:26	
3	Julian Manning	38:32	
32	Fay Cripps	44:17	1st lady

401 finishers, slowest time 1:49:44

### Victory

140	Andrew Wright	52:20	
208	Helen Boiling	57:55	36th lady
298	Lisa Slight	1:05:58	83rd lady
345	Peter Royce	1:12:33	
367	Marilyn Crocker	1:17:23	130th lady

For the statisticians and purists amongst you Fay Cripps should probably have been recorded as a Victory runner, Marilyn will be able to explain all of the details.

Andrew

## Netley 10K 21<sup>st</sup> May 2017: Ladies Captain's report- Helen Boiling

For the penultimate HRRL race of the season, the day promised warm, dry weather. I can't believe the season's end is almost here!

We all met in the Royal Victoria Country Park to collect our numbers and chill out before the start.

11 Victory ladies ran and congratulations to Sue Gover on her 5th race in this, her 1st, season! Good to also see Belinda at her 1st for a few years which she enjoyed. Great to have an 'A' and 'B' team once again.

The race itself consists of 3 laps of a route around the country park so no traffic to contend with 😊. It was warm day with intermittent sun, so we puffed up the hill 3 times and enjoyed the downhill.

Well done to Jackie who led the 'A' team home and was 5th lady overall! Jo and Zoe made up the 'A' team with Helen, Belinda and Allison completing the 'B' team. Allison just has one more now to complete the full set of 12 races! Finger crossed.

Chip time results below:

Jackie Lloyd	41:11	Bridget Main	1:04:44
Jo Gilholm	45:36	Lesley Allen	1:05:04
Zoe Gill	46:35	Marilyn Crocker	1:05:14
Helen Boiling	52:14	Deborah Clarke	1:11:52
Belinda Harding	55:47	Sue Gover	1:29:15
Allison Lowder	58:52		

The final race of the year is Lordshill 10 K on 25th June. Will be great to finish with a flourish so please enter if you're free! I'm unfortunately on holiday (boating in France!) so can't be there. I look forward to hearing about it as it's a new one this year for HRRL.

## Emsworth - Basingstoke Relay - Men's Team Report - Martin

A cool morning greeted us as we met at Warblington Church and wandered down to Emsworth for the start. We were in the "Fast" start at 10am but we were there to see the Ladies Teams before they dashed off at 9:40.

Colin kicked us off this year and we were clearly up against some tough opposition, it was already looking unlikely that we could defend our men's trophy won last year. The first 2 legs are run as one by Colin, leaving Kevin, Neil and myself to do a fast trot of leg 1 to meet Mandy (again) at Warblington Church. At the first changeover we met with Darren and Matt and complete our team. I ran the next leg and we suffered a shower for the first and not the last time that day. This was the new one from Bartons Field to Rowlands and I felt a bit lonely as I galloped there in last place.

Well as they say, things can only get better and some amazing running by the team of old handers and our debutant, Matt soon dragged us up the field. We very soon starting catching the earlier starters with Matt overtaking one on leg 5 and over the next few legs we overtook most of the slower teams. The dubious honour of overtaking the Victory Vixens fell to me as I passed them both on leg 8 to Steep.

The rest of the day seemed to pass very quickly as we all put in great performances although the weather seemed to turn and we had some more rain. When Neil reached the end of the last leg, we had completed in the best time since 2009, 5:32:04. Sadly this was only good enough for 5th place (out of 24 teams) but it felt good, we all knew we had run well.

The only downside to the day was waiting what seemed like an eternity for all the teams to finish and the presentation ceremony.

Thanks guys for a great day and a special thank you to Mandy for driving and being head cheerleader!

Stage	km	miles	Victory Vipers Runner 2017	Leg time Actual
1. Emsworth to Warblington Church	2.6	1.6	Colin/All	
2. Warblington Church to West Leigh	4.8	3	Colin	0:33:00
3. West Leigh to Rowlands Castle	2.87	1.8	Martin	0:12:58
4. Rowlands Castle to Finchdean	2.5	1.6	Darren	0:11:34
5. Finchdean to Chalton	3.3	2.1	Matt	0:14:22
6. Chalton to Buriton	4.83	3	Neil	0:22:08
7. Buriton to Petersfield	3	1.9	Kevin	0:14:25
8. Petersfield to Steep	3.5	2.2	Martin	0:17:20
9. Steep to Hawkley	4.7	2.9	Darren	0:27:46
10. Hawkley to Vann Farm	2.7	1.7	Matt	0:11:49
11. Vann Farm to Charity Farm	2	1.3	Martin	0:12:50



Stage	km	miles	Victory Vipers Runner 2017	Leg time Actual
12. Charity Farm to Upper Farringdon Church	5.1	3.2	Kevin	0:25:52
13. Upper Farringdon Church to Alton Cricket Fields	3.9	2.4	Neil	0:16:29
14. Alton Cricket Fields to Bentworth	6.2	3.9	Darren	0:31:55
15. Bentworth to Burkham	6.2	3.9	Matt	0:26:29
16. Burkham to Ellisfield	3.3	2.1	Colin	0:16:03
17. Ellisfield to Cliddesden School	5	3.1	Kevin	0:23:43
18. Cliddesden School to Cliddesden Village Hall	3.3	2.1	Neil	0:13:22
Total	69.8	43.6		5:32:05

## Rick Mitchell

Older members will be saddened to learn of the death of Rick Mitchell. He was a founder member of VAC and the club's first secretary. I believe I am right to say that he represented the Navy in the steeplechase and had a 3:11 marathon to his credit when running in club colours. Rick qualified in sports massage after he took early retirement from IBM and many members benefitted from his healing hands. He moved to France to live near his family some years ago but returned to his house in Titchfield when his health deteriorated.

Rick's funeral will be at the Wessex Vale Crematorium, Bubb Lane, West End, Southampton, SO30 2HL at 11.30 on Friday 9 June.

James Tolson

**Victory Athletics Club: [www.victoryac.org.uk](http://www.victoryac.org.uk)  
Please send flyer submissions to [flyer@victoryac.org.uk](mailto:flyer@victoryac.org.uk) by 7pm  
Weds, or earlier in the week if possible**