



01 Jun 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 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
Thurs 15 June		<b>West Leigh</b> Pyramid session/ Chelsea Sq <b>coach:</b> Malcolm

Date	Category	Event Details
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>

## PURBROOK LADIES 5 – Sunday 28<sup>th</sup> May 2017

Victory AC ladies did us proud on Sunday, with a fantastic performance at the annual Pompey Joggers Purbrook Ladies 5 mile race. 17 ladies from the Club took part in this fairly undulating race, which starts close to the Rowans Hospice and takes in the country lanes around the back of Purbrook. After the very hot weather during the week leading up to the race, we were expecting a hot one – and despite the thunderstorms on Friday evening and cooler spell on Saturday, by Sunday morning it was warming up again! (however we were lucky enough that the heavy rain storms held off until later in the afternoon!).

So great running by all who took part, some of whom were running their very first race for the Club, and who did exceptionally well. There was a tense wait as the finishers started crossing the line to see which Club would win the team prize, with Victory AC, Pompey Joggers and Stubbington Runners all having 2 runners over the line, tentatively waiting to see which Club member would appear next to clinch the prize. Suddenly Alabama Pirie came racing down the hill and across the finish line securing Victory AC ladies the team prize! Lots of photos can be found on Alan Dunk 's website for those whose would like to have a look.

Positions and times were:

1	Hannah Lowry (6 <sup>th</sup> over all)	35.38 mins
2.	Jo Gilholm (8 <sup>th</sup> over all)	36.46 mins
3.	Alabama Pirie (13 <sup>th</sup> Over all)	40.11 mins
4.	Lisa Emson (27 <sup>th</sup> )	42.45 mins
5.	Nicki Turner (44 <sup>th</sup> )	45.42 mins
6.	Anne Carvalho (52 <sup>nd</sup> )	46.44 mins
7.	Christine Turner (71 <sup>st</sup> )	48.45 mins
8.	Amber Ankinson (74 <sup>th</sup> )	49.00 mins
9.	Lucy Cowlin (78 <sup>th</sup> )	49.22 mins
10.	Raman Sangha (104 <sup>th</sup> )	51.34 mins
11.	Bridget Main (106 <sup>th</sup> )	51.45 mins
12.	Nicola Stott (142 <sup>nd</sup> )	57.22 mins
13.	Amanda Coles (154 <sup>th</sup> )	59.16 mins
14.	Hazel Jenkinson (179 <sup>th</sup> )	1.03.51

- |     |                                  |         |
|-----|----------------------------------|---------|
| 15. | Tracy Long (190 <sup>th</sup> )  | 1.06.24 |
| 16. | Mary Short (191 <sup>st</sup> )  | 1.06.24 |
| 17. | Susan Gover (201 <sup>st</sup> ) | 1.13.54 |

Well done ladies – make sure you enter next years race nice and early as this one does book up fairly quickly.

Also a big thank you to all those who came and supported us through out the day.

Jo Gilholm

## Hayling Billy 5 – 14<sup>th</sup> June 2017 - Updated

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.

Help from 14:30: Pete Harding; Dave Lown; Beth Pirie; Mary Short, Jan McDonald; Bridget Main; John Gallagher; Dave Walker

Typically jobs on the day:

Main organiser: Pete Harding

Main marshall: Kevin McTaggart

Starter: Graham Foden

EA Race adjudicator: Pam Rogers

Laptop operators: Beth Pirie, Mark Cooter, Allison Lowder ( good to have reserve)

Water: Carol Tolfrey and Ann Mann & Konsept

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

Marshals: Megan and Nicola Stott, Helen Boiling; Chris Riddington; Caroline Newman; Colin Moon, Rob Godwin, Gill Ripiner & Denis Broadway

We need more course marshalls and – 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 19:30 in the HLC bar area.

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

## 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

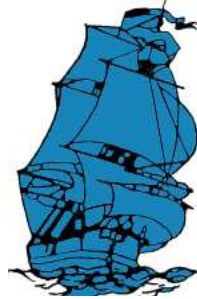
## Curry

What better way to get over the trauma of casting your vote on 8 June than to come for a curry at the Havant Tandoori, Market Parade, Havant after the Mike Edwards Long Handicap?

James Tolson

## Victory Website

The Club is in the early stages of the Victory Ac website. If anyone has any experience of web design/web management or has any recommendations then myself and Becki Ralf (Communications Officers) would love to hear from you. Please email us via [communications@victoryac.org.uk](mailto:communications@victoryac.org.uk) with details. Many thanks, Lisa Slight and Becki Ralph



**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**