



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 13 June		Old Farlington Marshes 5 miles Continuous run – multi terrain coach: Mary sweeper: Hazel Jenkinson
Thurs 15 June		West Leigh Pyramid session/ Chelsea Sq coach: Malcolm
Tue 20 June		Butser 6 miles Buriton to top of Butser and return PLEASE NOTE: meet at Buriton car park coach: Pete sweeper: TBC
Thurs 22 June		Wade Court Hard from motorway to Havant Road, recover into cul-de-sac, hard back to motorway- 30mins coach: Nicola
Tue 27 June		Havant Thicket 5.5 miles PLEASE NOTE: meet at Havant Thicket car park coach: Lesley sweeper: Sara Heath

Date	Category	Event Details
Thurs 29 June		Summer Short Handicap Race Four (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 - Martin

A slightly later than usual start this year as I picked up the team from the Havant and Hayling area between 0415 and 0430. I was on driving duties this year and the team consisted of Darren Knight, Andrew Wright, Terry Healey, Simon Turner, Kevin Giles and Colin O'Donnell. I'd estimated a faster time this year hence the 0630 start at Beachy Head.

Some good runners against our first runner Darren on leg 1 and the field was already widening by the end of the leg. Great running by the whole team followed although it was clear that my estimates were a bit wide of the mark. Simon ran the long leg 4 and suffered a calf injury not long through the leg. He was clearly in pain at the end although he had still clocked a respectable time. We pressed on through the day, it was quite warm as it often is and this was taking its toll. Some great running by Andrew on leg 8 and Terry on leg 9 made up some time and then we had the pleasure of seeing James Tolson at the end of leg 10 (even if we were later than I'd said). Then it was time for Simon to test his leg again, unfortunately it was not to be a good run for him and he was in agony when he finished.

By this time we were quite a way behind schedule and we explored our options as Simon would not be able to run again. While Colin was running leg 12 we spoke to the organiser who suggested we miss Simons last leg but continue running the relay. We would however be DNF in the results.

Darren then fell victim to leg 13 with its quite awful hills but at least it was his last leg of the day. Leg 14 took us to QE Park and the Victory AC changeover. John G and his team doing the club proud as always. We missed leg 16 and set Kevin off on the very long leg 17 from Winchester Hill, so long that we were able to see him in 3 separate places on his way.

Colin ran the anchor leg into Chilcomb and we finished in 13 hours 49 minutes. I calculated that with the offset from the injury and the time saved was about the same so that would have been about our likely finish time. Time for a burger and a beer (no beer for me).

Overall though, it was still a great day out and the teamwork a real high point.

As for my driving, I was aiming for unremarkable and did pretty well except for a speed bump I didn't see.

I've seen the provisional results and the winners ran 10 hours 18 minutes so just a bit quicker than us!

Races Considered for the Hampshire Road Race League (HRRL) 2017/18 - from Victory Committee

The final list of HRRL 2017/18 Races will be chosen at the HRRL AGM on Monday 26th June. There will be 12 races; 6 will be 10 Miles or longer; 6 will be 10K or shorter. After much discussion by the HRRL club representatives at the previous meeting, a shortlist of 14 races was drawn up:

1. Overton 5M 3rd Sept
2. Solent Half 24th Sept
3. Fleet 10K 22nd Oct
4. Gosport Half 19th Nov
5. Hayling 10M 26th Nov
6. Victory 5M 3rd Dec
7. Stubbington 10K 14th Jan
8. Ryde 10M 4th Feb
9. Eastleigh 10K 18th March
10. Fleet Half 18th March
11. Salisbury 10M March/ April (TBC)
12. Alton 10M 6th or 13th May
13. Netley 10K 20th May
14. Lordshill 10K 3rd June

At the HRRL AGM, club reps will first choose 6 out of the 7 races that are 10 miles or longer. Like that other election this month, tactical voting is required: either the Hayling 10 or the Fleet Half will almost certainly be eliminated. The Hayling 10 is unpopular with some clubs because it means an HRRL race three Sundays running - and the events are all in the South of Hampshire. If the Fleet Half is chosen, then the Eastleigh 10K will be automatically eliminated as it's on the same day - so there won't be a further vote on the races that are 10K or less. The remaining 6 shorter races will be IN, including the Fleet 10K which is on the same day as the Great South Run.

If you want a say, the essential choices are:

1. Do you want your club rep to vote for the Hayling 10 or the Fleet Half?
2. IF the Fleet Half is eliminated, and there is a choice on the 7 races that are 10K or less, which one do you want to be eliminated? Fleet 10K (same day as GSR) and Eastleigh 10K (organised by a commercial organisation, not a running club) are the most likely to be voted out.

Make your choices with any comments either on the VAC Facebook page or by email to the VAC committee:

committee@victoryac.org.uk

Notes

a. To be nominated for inclusion in the HRRL shortlist, races must be able to offer the organisation and facilities (e.g. parking) to deal with 500 or more runners.

b. Preference for inclusion is given in this order:

1 Races organised by HRRL member clubs - all those in the shortlist except the three mentioned below.

2 Races organised by other running clubs NOT in the HRRL. (Fleet 10K and Fleet Half were proposed by Farnham Runners, but are organised by Fleet & Crookham AC, a club which is NOT in the HRRL.)

3 Races organised by a commercial organisation. (Eastleigh 10K is organised by Steve Collins' company, RunningMania).

c. Bramley 20 organisers (Reading Roadrunners) did not want this race included in the HRRL.

d. Your VAC rep at the previous HRRL meeting (Marilyn) objected to the inclusion of the Fleet 10K in the shortlist because of the clash with the GSR, for which many of the local clubs (Havant, Denmead, Pompey Joggers and VAC) provide support - marshals, water-stations etc. But the other clubs involved weren't represented, so the protest fell on deaf ears. Other club reps were of the opinion that the GSR is a rip-off and most of their club runners choose not to take part.

Hayling Billy 5 – 14th 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 1st June 19:30 in the HLC bar area.

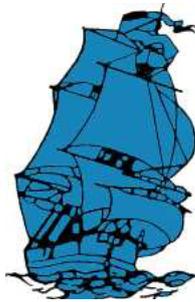
We have received offers of help and bottles of water from the new Gym that has opened on Hayling (Konsept Gym) so we will have some other bodies around.

Thank you.

Pete Harding

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 with details. Many thanks, Lisa Slight and Becki Ralph



**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**