



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 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
Thurs 29 June		<u>Summer Short Handicap Race Four</u> (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>

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.

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

Results of Short Handicap Race 3 – Jan MacDonald

Despite it being a very warm evening, 19 runners from a great turnout of 55 people managed to beat their handicaps in the third Short Handicap of 2017. Congratulations to **Roger Brummell** who ran a fantastic race to knock almost 3 minutes off his handicap. Lindsey Cooter and Kevin Leighfield also significantly improved on their handicaps.

Welcome to Arron Grovesnor, Kerry Adaway, Kevin Louth and Linda Pukinska, who ran the race for the first time, and to guest Cristian Sam who gave it a go and raced very well.

Also thank you to the helpers, James Tolson, Malcolm Hagan, Kevin McTaggart, Ali McNiff and Hamid, and those who came along to support. We couldn't do the race without the helpers so really appreciate their assistance

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Roger Brummell	38.15	2.3	35.45	51		
2	Lindsey Cooter	39.4	5.35	34.05	50		
3	Kevin Leighfield	40.02	8.3	31.32	49		
4	Andy Jest	40.43	10.25	30.18	48		
5	Brian Millo	40.46	14.15	26.31	47		
6	Mark Cooter	40.49	10.45	30.04	46		
7	Terry Healy	41.03	13.15	27.48	45		
8	Cristian Sam	41.05	15.35	25.3		guest	1st time
9	John Gallagher	41.1	9.25	31.45	44		
10	Dave Morris	41.14	15	26.14	43		
11	Helen Whiting	41.19	12.35	28.44	42		
12	Dave Lown	41.23	16	25.23	41		
13	Paul Bould	41.25	9.1	32.15	40		
14	John Marengi	41.26	15.55	25.31	39		
15	Colin Moon	41.29	11.05	30.24	38		
16	Matt Healy	41.33	18.2	23.13	37		
17	Neil Tolfrey	41.4	17.25	24.15	36		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
18	Martin Coles	41.49	13.3	28.19	35		
19	Kate Parks	41.56	11.15	30.41	34		
20	Amber Ankinson	42	6.45	35.15	33		
21	Graham Foden	42.04	11.2	30.44	32		
22	Andrew Wright	42.07	15.05	27.02	31		started late
23	Becki Ralf	42.15	8.4	33.35	30		
24	Dan Bailey	42.18	21.1	21.08	29		
25	Linda Pukinska	42.2	11.3	30.5	28		1st time
26	Lisa Emson	42.21	11.3	30.51	27		
27	Kevin Louth	42.22	11.3	30.52	26		1st time
28	Debbie Clarke	42.35	0	42.35	25		
29	John Cowlin	42.41	13.3	29.11	24		
30	Bridget Main	42.48	4	38.48	23		
31	Simon Turner	42.59	17.1	25.49	22		
32	Mandy Coles	43.02	0.1	42.52	21		
33	Paul Smart	43.1	0	43.1	20		
34	Beth Pirie	43.12	12.1	31.02	19		
35	Paul Spooner	43.2	15.35	27.45	18		
36	Paul Willcox	43.27	8.5	34.37	17		
37	Jim Clow	43.44	15.05	28.39	16		
38	Michelle Cartwright	43.45	15.3	28.15	15		
39	Carol Tolfrey	44.13	1	43.13	14		
40	Emerson Potter	44.14	13.15	30.59	13		
41	Jo Gilholm	44.27	15.1	29.17	12		
42	Nichol Riggott	44.39	12.55	31.44	11		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
43	Debbie Wilson	44.48	0	44.48	10		
44	Helen Boiling	44.49	13.1	31.39	9		
45	Kerry Adaway	45.32	6.45	38.47	8		1st time
46	Arron Grovesnor	45.32	6.45	38.47	7		1st time
47	Gary Heather	46.26	12.5	33.36	6		
48	Nicola Stott	46.59	7.3	39.29	5		
49	Jenny O'Hara	48.49	0	48.49	4		
50	Mary Short	49.19	0	49.19	3		
51	Tracy Long	49.2	0	49.2	2		
52	Howard Wright	50.54	6.55	43.59	1		
53	Lisa Slight		10.2	0		DNF	
54	Matthew Walker		15.3	0		DNF	

Start times for the Short Handicap Race 4

Name	Estimated Finish Time	New Start Time
Jo Cooper	50.00	0.00
Sue Gover	48.55	0.00
Jenny O'Hara	48.45	0.00
Mary Short	46.55	0.00
Hazel Jenkinson	46.45	0.00
Christine Howard	46.05	0.00
Lynette Meredith	46.05	0.00
Jenny James	45.40	0.00
Georgia Ash	44.20	0.00
Tracy Long	44.05	0.00
Gill Ripiner	42.25	0.00
Lewis Smith	42.20	0.00

Name	Estimated Finish Time	New Start Time
Amanda Rudkin	41.55	0.00
Paul Smart	41.50	0.00
Tania Lee	41.35	0.00
Sara Heath	41.25	0.00
Ann Mann	41.15	0.00
Debbie Clarke	41.10	0.00
Debbie Wilson	41.05	0.00
Lisa Slight	41.00	0.00
Amy Beresford	41.00	0.00
Dave Gartland	40.50	0.10
Mandy Coles	40.50	0.10
Dawn Watson	40.40	0.20
Anna Greenslade	40.30	0.30
Jo Lee	40.30	0.30
Carol Tolfrey	40.00	1.00
Dee Sims	39.25	1.35
Kerry Adaway	38.45	2.15
Arron Grovesnor	38.45	2.15
Marilyn Crocker	38.35	2.25
Rachel Getty	38.35	2.25
Neil Blanchard	38.30	2.30
Yvonne Hawley	38.30	2.30
Rachel Duffy	38.25	2.35
Bridget Main	38.00	3.00
Helen Smith	37.00	4.00
Paula Benitez	36.50	4.10
Kevin McTaggart	36.45	4.15
Jenny Lown	36.30	4.30
Mike Boyd	36.20	4.40
Cathy Beresford	36.15	4.45
Lesley Allen	36.00	5.00
Jackie Yarnold	35.50	5.10

Name	Estimated Finish Time	New Start Time
Roger Brummell	35.45	5.15
Jan MacDonald	35.45	5.15
Natalie Davies	35.40	5.20
Raman Sangha	35.25	5.35
Amanda Wells	35.05	5.55
Sam Howard	35.00	6.00
Mandy Boyd	34.55	6.05
Anita Huddleston	34.55	6.05
Ed Spencer	34.45	6.15
Mike Roff	34.35	6.25
Nicola Stott	34.30	6.30
Gill Tebbit	34.30	6.30
Amber Ankinson	34.15	6.45
Jill McKenzie	34.15	6.45
Allison Lowder	34.10	6.50
Howard Wright	34.05	6.55
Lindsey Cooter	34.05	6.55
Chris Turner	34.00	7.00
Pete Drury	34.00	7.00
John Simpson	33.55	7.05
Hamid Alamar	33.50	7.10
Victoria Oiller	33.45	7.15
Rachel Jarvis	33.40	7.20
Bill Kelly	33.40	7.20
Clare Shardlow	33.40	7.20
Julia Hopes	33.25	7.35
Mark Morrison	33.20	7.40
Paul Willcox	33.10	7.50
Jason Horton	32.55	8.05
Katie Lewis	32.40	8.20
Jane Noble	32.40	8.20
Pete Bone	32.25	8.35

Name	Estimated Finish Time	New Start Time
Becki Ralf	32.20	8.40
Clare Austin	32.20	8.40
Graham Coleman	32.05	8.55
Bob Wheeler	32.00	9.00
Paul Bould	31.50	9.10
John Gallagher	31.35	9.25
Kevin Leighfield	31.30	9.30
Andy Smith	31.30	9.30
Helen Mears	31.30	9.30
Malcolm Hagan	31.20	9.40
Claire Eglin	31.15	9.45
Vikki Turnbull	31.10	9.50
Linda Pukinska	30.50	10.10
Kevin Louth	30.50	10.10
Simon Cristofoli	30.40	10.20
Graham Foden	30.40	10.20
Derek Chandler	30.35	10.25
Dave Walker	30.25	10.35
Andy Jest	30.15	10.45
Mark Cooter	30.00	11.00
Colin Moon	29.55	11.05
Bart Pirie	29.55	11.05
Amanda Godfrey	29.50	11.10
Kate Parks	29.45	11.15
Lisa Emson	29.30	11.30
Ali Pirie	29.15	11.45
Nichol Riggott	29.05	11.55
Jon Haines	29.00	12.00
Helen Boiling	28.50	12.10
Pete Harding	28.50	12.10
Beth Pirie	28.50	12.10
Shelly Butler	28.35	12.25

Name	Estimated Finish Time	New Start Time
Ali McNiff	28.35	12.25
John Marsh	28.35	12.25
Sarah Swift	28.35	12.25
Helen Whiting	28.25	12.35
Mark Hull	28.20	12.40
Simon Lee	28.20	12.40
Gary Heather	28.10	12.50
Will Hahn-Griffiths	27.50	13.10
Rob Godwin	27.45	13.15
Emerson Potter	27.45	13.15
Terry Healy	27.45	13.15
Richard Westbrook	27.40	13.20
John Cowlin	27.30	13.30
Martin Coles	27.30	13.30
Mark Griffiths	27.10	13.50
Kathryn Simpson	27.00	14.00
Mark Hay	26.50	14.10
Gina Turner	26.50	14.10
Tim Cooper	26.45	14.15
Bernie Cammell	26.35	14.25
Brian Millo	26.30	14.30
Andrew Wright	26.25	14.35
Paul Spooner	26.25	14.35
Zoe Gill	26.20	14.40
Mike Bruce	26.15	14.45
Dave Morris	26.00	15.00
Jim Clow	25.55	15.05
Jo Gilholm	25.50	15.10
Colin O'Donnell	25.45	15.15
Matthew Walker	25.30	15.30
Michelle Cartwright	25.30	15.30
Cristian Sam	25.30	15.30

Name	Estimated Finish Time	New Start Time
Chris Riddington	25.30	15.30
Lucy Smith	25.30	15.30
Dave Lown	25.20	15.40
Colin Robson	25.10	15.50
John Marengi	25.05	15.55
Hannah Lowry	25.00	16.00
Richard Turner	24.25	16.35
Jackie Lloyd	24.20	16.40
Mark Wilson	24.20	16.40
Neil Tolfrey	24.15	16.45
Dave Gamble	24.00	17.00
Simon Turner	23.50	17.10
Alistair Helliwell	23.40	17.20
Darren Knight	23.40	17.20
Kevin Giles	23.40	17.20
Harry Lown	23.35	17.25
Tony Butler	23.15	17.45
Matt Healy	22.50	18.10
Gemma Corbett	22.40	18.20
Paul Mitchinson	20.35	20.25
Dan Bailey	19.50	21.10
Zac Lahlal	18.25	22.35

Results of Mike Edwards Long Handicap Race 3 – Jan MacDonald

Yuk, what an awful start to the third Long Handicap of the year with heavy rain and strong winds! Well done to all who braved the weather giving us a good turnout of 35 again. Congratulations to **Amber Ankinson** who breezed in 6.5 minutes inside her handicap and a full 4 minutes ahead of the next contender. Great running also by Mark Hay, Andrew and Michelle for coming in well under handicap in these conditions. Altogether 12 people beat their handicap times, well done.

Thank you to all who helped and supported in the difficult conditions, particularly Malcolm, Hamid, Nicola, Mary and not forgetting John Brothers who held the umbrella!

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Amber Ankinson	68.27	0.2	68.07	40		
2	Julian Noble	68.27	0.2	68.07		guest	
3	Mark Hay	72.28	19.45	52.43	39		
4	Andrew Wright	72.39	21.45	50.54	38		
5	Michelle Cartwright	72.41	24.1	48.31	37		
6	Darren Knight	73.24	25.5	47.34	36		
7	Lesley Allen	73.38	0	73.38	35		
8	Simon Gill	73.47	29.35	44.12	34		1st time
9	Colin Moon	74.14	16.45	57.29	33		
10	Mark Cooter	74.27	13.45	60.42	32		
11	Mike Bruce	74.42	22.5	51.52	31		
12	Kevin McTaggart	74.54	3.4	71.14	30		
13	Richard Turner	75.02	25.2	49.42		started early	
14	Beth Pirie	75.13	18.1	57.03	29		
15	Shelly Butler	75.17	19.5	55.27	28		
16	Graham Foden	75.26	16.15	59.11	27		
17	Nichol Riggott	75.57	17.15	58.42	26		
18	Terry Healy	76.05	22.3	53.35	25		
19	Lisa Emson	76.15	17.45	58.3	24		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
20	Neil Tolfrey	76.3	29.35	46.55	23		
21	John Cowlin	76.53	21.15	55.38	22		
22	Dave Morris	77.15	25.05	52.1	21		
23	Jim Clow	77.21	23	54.21	20		
24	Bridget Main	77.26	3.2	74.06	19		
25	Marilyn Crocker	77.28	0	77.28	18		
26	Alan Mulry	77.59	0	77.59	17		1st tme
27	Dave Lown	77.59	24.2	53.39	16		
28	Helen Boiling	78.12	19	59.12	15		
29	Gary Heather	78.21	16.2	62.01	14		
30	Rachel Jarvis	79.06	6.5	72.16	13		
31	Becki Ralf	79.25	12.05	67.2	12		
32	Carol Tolfrey	79.51	0	79.51	11		
33	Linda Pukinska	79.53	23	56.53	10		1st time
34	Paul Spooner	79.55	23	56.55	9		
35	Brian Millo		23.35	0		DNF	

Start times for Long Handicap Race 4

Name	Estimated Finish Time	New Start Time
Sue Gover	96.05	0
Jenny James	89.55	0
Dee Sims	89.1	0
Hazel Jenkinson	88.05	0
Tracy Long	85	0
Amanda Rudkin	84.25	0
Mandy Coles	83.55	0
Mary Short	80.45	0
Jo Lea	80.35	0

Name	Estimated Finish Time	New Start Time
Alan Mulry	77.55	0
Carol Tolfrey	77.35	0
Marilyn Crocker	77.25	0
Michelle Ratcliff	74.55	0.05
Jackie Yarnold	74	1
Lesley Allen	73.35	1.25
Mike Roff	73.2	1.4
Darin McCloud	73.15	1.45
Bridget Main	71.4	3.2
Del Chandler	71.35	3.25
Mike Boyd	71.2	3.4
Raman Sangha	71.2	3.4
Kevin McTaggart	71.1	3.5
Amanda Wells	70.45	4.15
Nicola Stott	70.3	4.3
Lynette Meredith	70.25	4.35
Rachel Jarvis	70.1	4.5
Jan MacDonald	70.05	4.55
Allison Lowder	68.4	6.2
Helen Smith	68.2	6.4
Amber Ankinson	68.05	6.55
Julian Noble	68.05	6.55
Cathy Beresford	66.45	8.15
Mandy Boyd	66.35	8.25
Jill MacKenzie	66.15	8.45
Howard Wright	66.05	8.55
Chris Turner	65.5	9.1
Andy Smith	65.05	9.55
Anita Huddleston	64.55	10.05
Helen Mears	64.35	10.25
Becki Ralf	63.35	11.25
Pete Bone	63.3	11.3

Name	Estimated Finish Time	New Start Time
Clare Eglin	62.45	12.15
Fran Muir	62.35	12.25
Gill Tebbitt	62.3	12.3
Katie Lewis	61.35	13.25
Jenny Lown	61.2	13.4
Callum Cairns	61.05	13.55
Paul Bould	60.55	14.05
Mark Cooter	60.4	14.2
John Gallagher	60.4	14.2
Kate Parks	60.3	14.3
Gary Heather	60.2	14.4
Helen Hull	60.2	14.4
Lucy Handley	60.2	14.4
Ali McNiff	59.45	15.15
Ali Pirie	59.4	15.2
Jason Horton	59.3	15.3
Belinda Harding	59.2	15.4
Dave Walker	59.1	15.5
Malcolm Hagan	58.5	16.1
Graham Foden	58.45	16.15
Nichol Riggott	58.4	16.2
Paul Willcox	58.4	16.2
Martin Foster	57.3	17.3
Vicki Turnbull	57.3	17.3
Colin Moon	57.25	17.35
Lisa Emson	57.15	17.45
Emerson Potter	57.15	17.45
Beth Pirie	56.5	18.1
Linda Pukinska	56.5	18.1
Amanda Godfrey	56.5	18.1
Graham Coleman	56.5	18.1
Helen Whiting	56.35	18.25

Name	Estimated Finish Time	New Start Time
Richard Westbrook	56.3	18.3
Simon Lee	56.25	18.35
Helen Boiling	56	19
Bart Pirie	55.45	19.15
Pete Harding	55.45	19.15
John Marenghi	55.35	19.25
John Cowlin	55.35	19.25
Mark Hull	55.3	19.3
Shelly Butler	55.1	19.5
Martin Coles	54.2	20.4
Bernie Cammell	54.1	20.5
Paul Spooner	54	21
Will Hahn-Griffiths	53.55	21.05
Jo Gilholm	53.45	21.15
Jim Clow	53.25	21.35
Jon Haines	53.1	21.5
Colin Robson	53.05	21.55
Dave Lown	52.4	22.2
Mark Hay	52.4	22.2
Terry Healy	52.3	22.3
Colin O'Donnell	52.1	22.5
Mike Bruce	51.5	23.1
Ian Stott	51.5	23.1
Rob Godwin	51.4	23.2
Brian Millo	51.25	23.35
Damian Hamilton	51.25	23.35
Andrew Wright	50.5	24.1
Gemma Corbett	50.45	24.15
Tim Cooper	50.25	24.35
Matthew Walker	50.05	24.55
Laura Allen	50.05	24.55
Mark Wilson	50.05	24.55

Name	Estimated Finish Time	New Start Time
Dave Morris	49.55	25.05
Lucy Smith	49.4	25.2
Michelle Cartwright	48.3	26.3
Mark Griffiths	48.25	26.35
John Simpson	48.15	26.45
Chris Riddington	48	27
Richard Turner	47.45	27.15
Kevin Giles	47.45	27.15
Simon Turner	47.4	27.2
Darren Knight	47.3	27.3
Jackie Lloyd	47	28
Harry Lown	46.5	28.1
Neil Tolfrey	46.25	28.35
Paul Hiles	46.25	28.35
Tom Stott	46.2	28.4
Tony Butler	46.1	28.5
Matt Gill	44.25	30.35
Simon Gill	44.1	30.5
Russell Coleman	41.3	33.3
Zack Lahlal	40.1	34.5
Paul Mitchinson	39.5	35.1
Daniel Bailey	39.2	35.4



**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**