



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 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

The Hayling Relay, this year clockwise. - Early Warning

For those new members who do not know, the club puts on this event and has done so for the last 13 years.

It consists of a relay (4x people teams including at least 1 female/male ie. mixed teams) running around the paths of Hayling (2x legs off the Island, 10x on the Island) in aid of the RNLI lifeboat station on Hayling (one runner actually runs in front of the main RNLI building on one of the legs). The total distance is 26.2 miles a marathon.

Before you run away and hide, this year's race like last years will consist of **four runners** in each team but must have at least one female or one male in each team. Therefore each runner will run a total of approx. 6.5 miles. Split over three legs. Shortest legs are 1.6 mile, longest one is 2.9m and the rest are in between.

The rule: no runner will run any two consecutive legs, still stands.

Each captain of a team (picked at the time of the draw) decides who runs each leg,

Then, reces of the various routes are part of the fun.

It will be handicapped (ie. each runner, thence the team) as in the past.

It will be taking place from, as in the last few years, Northney Church Hall on Hayling Island.

The date this year will be Sunday 20th August and starting at 10.00, gather at 9.00.

Names will be required by me, from this weekend of those who wish to take part.

The draw will take place in early July.

As in previous years, a BBQ afterwards will take place in the gardens of the village hall.

Prizes will be awarded to the first three teams after handicaps have been applied.

Race Organiser

John G.

Email: j-cgallagher@ntlworld.com, or txt Mobile: 07976433856.

Annual General Meeting

The IBM North Harbour Athletic Sub Section that affiliates to Victory AC will have it's Annual AGM in July.

Details are attached and shown below.

All are welcome, but is of most interest to the IBM contingent of Victory.

NOTICE OF ANNUAL GENERAL MEETING

Date : Thursday 20th July @ 19:45 Hours

Venue : The Parchment Makers Havant

Curry

Please come to the Havant Tandoori, Market Parade, Havant after the Mike Edwards Long Handicap on Thursday 29 June to enjoy a curry.

James Tolson

Lordshill 10k Sunday 25th June at 9.30 am.

The last of the Hampshire Road Race League events takes place this weekend, being the Lordshill 10k. The race starts at 9.30 am at the Ordnance Survey, Adanac Drive, Southampton SO16 OAS. This is a new race to me, so no idea where it goes or whether it is hilly – how exciting! There is a map of the course on the Lordshill runners website for those who don't like surprises!

Anyone wishing to car share will need to confirm on Facebook. Helen is currently on holiday so I have put something on Facebook (under the disguise of Martin London). It will probably take about 30 mins or so to drive there, then we will need to get parked and warm up etc. Car Park closes at 9.10. Therefore suggest we aim to meet at the usual car park at Lakeside in Cosham around 8.15 am (if anyone thinks earlier would be better I am open to suggestions).

Hope you all have a good run. Jo Gilholm

**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**

