



29 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
Tue 4		New Farlington Marshes : PACING Run (6.5 miles) Please Note: meet at Bidbury Mead car park coach: Dave sweeper: Colin Robson
Thurs 6		Mill Lane Up and Over hills (300 mtrs) – 30 mins coach: Gemma
Tue 11		Portsdown Hill 7 miles Down Farlington Ave – up Glebe Park coach: Becki sweeper: Zoe Gill
Thurs 13		<u>Mike Edwards Summer Long Handicap Rae 4</u> (6.7 miles) OR Un-coached Short Handicap Route (3.6 miles) run [UJ]
Tue 18		Havant Thicket 5.5 miles PLEASE NOTE: meet at Havant Thicket car park coach: Mary sweeper: Laura Praeger

Date	Category	Event Details
Thurs 20		VO2 Max 30 mins West Leigh Field: Cricket Pitch end coach: Pete / Mary
Tue 25		Rowland Castle 6 miles Continuous run – multi terrain coach: Pete sweeper: Bridget Main
Thurs 27		<u>Summer Short Handicap Race Five</u> (3.6 miles) [UJ]
Tue 1		New Farlington Marshes : PACING Run (6.5 miles) coach: Lisa sweeper: Mandy Coles Please Note: meet at Bidbury Mead car park
Thurs 3		West Leigh Field Mixed intervals around cricket pitch coach: Kevin

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>

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, recces 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

Lordshill 10k – Victory Ladies

This week Helen has asked me to write up the Lordshill 10k on behalf of the Victory Ladies. The reason that Helen asked me to do this write up may have something to do with the challenge that I set myself back in the summer of 2016. I decided to enter and complete all 12 races and I am proud to say that I achieved this goal today. Thank you to everyone from the club who has supported me along the way.

Lordshill was the final race for the 2016-2017 Hampshire Road Race League, which commenced back in September 2016. It was a very warm day but fortunately the sun stayed tucked behind the clouds. I would describe the course as undulating, and with hardly any traffic to contend with, it was a very pleasant run. I felt it was very well organized race and the marshals were enthusiastic throughout the route.

13 ladies represented Victory at Lordshill – congratulations to you all but especially well done to Hannah Lowry who not only completed her first 10k race, attaining a PB, but she also headed up the A Team at 43.21 coming in 19th female overall. Also well done to Sara Heath who achieved a PB. Jo Gilham and me, Allison Lowder, made up the rest of the A Team. Rebecca Ralf, Raman Sangha and Lesley Allen completed the B Team.

HANNAH LOWRY	00:43:21
JO GILHOLM	00:45:44
ALLISON LOWDER	00:59:20
REBECCA RALF	01:00:52
RAMAN SANGHA	01:04:33
LESLEY ALLEN	01:05:29
BRIDGET MAIN	01:07:41
MARILYN CROCKER	01:10:50
AMANDA COLES	01:15:21
SARA HEATH	01:14:53
HAZEL JENKINSON	01:17:34
SUSAN GOVER	01:31:23
MARY SHORT	01:31:24

**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**

