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06 Jul 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 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
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

Date	Category	Event Details
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

XNRG Isle of Wight Challenge July 1st 2nd

Victory AC were represented at XNRG's Multi Day Ultra on the Isle of Wight last weekend, the challenge was to 'run around the island' over two days. Beth Pirie, Helen Boiling, Paul Spooner and myself, Terry Healy were your intrepid team, and delighted to report the final score was IOW Nil : Victory AC 4!

The route followed the well-marked Coastal Path clockwise around the island, starting at Cowes after crossing the river in ferry boats. Day 1 covered 38 miles finishing on the southern side at Brighstone with an overnight stay in cute 1970's style chalets or camping. Dinner and breakfast were laid on before Day 2 which took us the 32 miles back around to the finish at Cowes. There were four Aid Stations available each day, where we 'dabbed' our tags to give split times, staffed with really encouraging marshals. XNRG impressed me as a classy outfit.

The route was maybe 70% coastal, with inevitable inland track and road stretches. The views along the coast were breathtakingly beautiful with Beth's watch recording a total climb of 7,700 feet over the 2 days. It felt like more.

Beth, Helen and I ran together on Day 1 with Beth's Ultra experience proving a massive help to Helen and me. The ladies simply glided along, whereas I did struggle towards the end, dropping back and doubtful to make Day 2. However, after a good night's sleep and getting up early for a walk and a jog I felt no worse than I normally do on a Sunday Club run at Rowlands Castle, and thankfully made it to the starting line.

My biggest fear before the event was whether I would be able to run a second day, funnily enough that wasn't too bad. Getting my hydration and nutrition right proved to be my downfall, and improving that helped loads on Day 2. Beth and Helen had a fantastic second day run, Beth round in 6:59 hours and Helen in 7:01 Hours.....simply amazing!

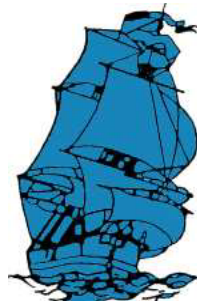
I thoroughly enjoyed the weekend as a welcome guest of the mildly eccentric tribe of Ultra Runners; as friendly and encouraging a group as you could wish to meet, populated with some seriously classy athletes.

Overall our times for the 70 miles were, Beth 15:55, Helen 15:57, Paul 16:37 and me 16:41.

Curry

Mike Edwards Long Handicap on 13 July followed by a curry in the Havant Tandoori, Market Parade, Havant. What could be better?

James Tolson



**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**