



13 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 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
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

Date	Category	Event Details
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.

Roundhill Romp 2017

Like the Trundle the Roundhill Romp is part of the West Sussex Fun Run League. Like the Trundle it's a bit hilly, about 100 feet more climbing but about 1/2 a mile shorter. The initial description wasn't too bad - along the lane, up, through the beech woods to the South Downs Way, follow that before dropping down from Roundhill to the cricket pitch. On the evening of the race I discovered through the beech woods was the chalky climb to Chanctonbury Ring, quite a hard walk, and not something to look forward to. As the start drew near 600+ runners were penned into a small car park just off Steyning High Street for the traditional mumbled pre-race briefing. When at last we were let onto the road there was no more room to breathe which would have been fine in the middle of winter, not so good for a warm evening.

A frantic start, downhill along the High Street began to stretch the field a little. The gradient changed flattening out before a few short sharp climbs along a lane. After a mile we had gained about 100 feet and the lane became more track like. The second mile took us through Wiston Hall, a farm yard a muddier section of track and up a further 90 feet. I was still waiting for the big climb when at just over 2.2 miles we turned sharp left onto a very narrow path and the fun began (or stopped). Half a mile later and nearly 400 feet higher, having been passed by Amanda while attempting to power-walk, I reached the water station and the South Downs Way. Mostly downhill for a mile and a half (leg 8 of the SD Relay in reverse) led to the Roundhill, a water station and a very narrow path. Half a mile of single-file running, twisting through trees, dodging tree roots with lots of ups & downs.

Eventually the path opened up and the bunched-up downhill experts careered past, I accelerated cautiously as the gradient flattened. About a mile of fast downhill across mixed surfaces followed before the finish line was in sight where I could see a couple more runners as targets, passing one I drew level with the second at about 10 yards out, expecting to be dropped as he sprinted for the line, but I hung on to a fractional lead. Pleasantly surprised to receive a medal as I staggered out of the funnel. Good to see a couple more Victory runners running for Chichester.

An interesting race, one to try again next year, with a little more tactical forethought.

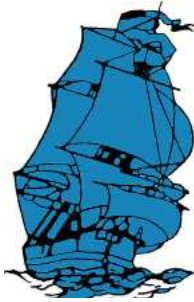
1st James Baker 34:41

58th Fay Cripps 43:28 (3rd lady)

223rd Andrew Wright 52:44

261st Amanda Godfrey 54:17 (44th lady)

627 1:38:15



**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**