



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 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.

Results of Mike Edwards Long Handicap Race 4 – Jan MacDonald

It was a warm evening, perhaps too warm for most as only 4 people managed to beat their handicap times. Congratulations to **Simon Gill** who charged around the course in a record-breaking (to be confirmed) 39.02 minutes, several minutes ahead of second place! Great running also by Dave Lown, Lesley Allen and Dave Morris, all beating handicaps.

Thank you to all who helped and allowed me to run for the first time this year, particularly James Tolson, Graham Foden, Rob Godwin and Nicola Stott. Not forgetting John Brothers and Brian Millo who cheered us on en route.

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Simon Gill	69.52	30.5	39.02	40		
2	Dave Lown	73.41	22.2	51.21	39		
3	Lesley Allen	74.15	1.25	72.5	38		
4	Dave Morris	74.46	25.05	49.41	37		
5	Colin Moon	75.48	17.35	58.13	36		
6	John Gallagher	75.58	14.2	61.38	35		
7	Lucy Cowlin	76.11	3.2	72.51	34		1st time
8	Paul Spooner	76.14	21	55.14	33		
9	Bridget Main	76.38	3.2	73.18	32		
10	Ali McNiff	76.5	15.15	61.35	31		
11	Andrew Wright	77.23	24.1	53.13	30		
12	Martin Coles	77.38	20.4	56.58	29		
13	Jan MacDonald	77.46	4.55	72.51	28		
14	Mark Cooter	77.58	14.2	63.38	27		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
15	Neil Tolfrey	78.05	28.35	49.3	26		
16	Howard Wright	78.2	8.55	69.25	25		
17	Amber Ankinson	78.51	6.55	71.56	24		
18	Alan Mulry	78.53	0	78.53	23		
19	Terry Healy	78.54	22.3	56.24	22		
20	Kevin McTaggart	79.35	3.5	75.45	21		
21	Linda Pukinska	79.37	18.1	61.27	20		
22	Lynette Meredith	80.04	4.35	75.29	19		
23	Gary Heather	80.5	14.4	66.1	18		
24	Kerry Adaway	80.56	3.2	77.36	17		1st time
25	Arron Grosvenor	80.57	3.2	77.37	16		1st time
26	Dave Walker	81.02	15.5	65.12	15		
27	Helen Boiling	81.14	19	62.14	14		
28	Amanda Rudkin	81.3	0	81.3	13		
29	Mark Hay	86.29	22.2	64.09	12		
30	Debbie Wilson	87.07	0	87.07	11		1st time
31	Mary Short	87.29	0	87.29	10		
32	Ann Mann	88.47	0	88.47	9		1st time
33	Carol Tolfrey	88.48	0	88.48	8		
34	Marilyn Crocker	0	0	0		DNF	

Start times for Long Handicap Race 5

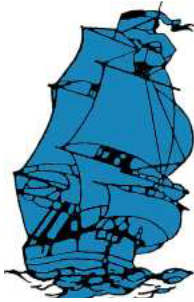
Name	Estimated Finish Time	New Start Time
Sue Gover	96.05	0
Jenny James	89.55	0
Dee Sims	89.1	0
Ann Mann	88.45	0
Hazel Jenkinson	88.05	0
Debbie Wilson	87.05	0
Tracy Long	85	0

Name	Estimated Finish Time	New Start Time
Mandy Coles	83.55	0
Mary Short	82.45	0
Amanda Rudkin	81.3	0
Jo Lea	80.35	0
Carol Tolfrey	79.35	0
Alan Mulry	77.55	0
Kerry Adaway	77.35	0
Arron Grosvenor	77.35	0
Marilyn Crocker	77.25	0
Michelle Ratcliff	74.55	0.05
Jackie Yarnold	74	1
Mike Roff	73.2	1.4
Bridget Main	73.15	1.45
Darin McCloud	73.15	1.45
Lesley Allen	72.5	2.1
Lucy Cowlin	72.5	2.1
Lynette Meredith	72.1	2.5
Jan MacDonald	72.05	2.55
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
Rachel Jarvis	70.1	4.5
Allison Lowder	68.4	6.2
Helen Smith	68.2	6.4
Amber Ankinson	68.05	6.55
Julian Noble	68.05	6.55
Howard Wright	68	7
Cathy Beresford	66.45	8.15
Mandy Boyd	66.35	8.25

Name	Estimated Finish Time	New Start Time
Jill MacKenzie	66.15	8.45
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
Clare Eglin	62.45	12.15
Fran Muir	62.35	12.25
Gill Tebbitt	62.3	12.3
Gary Heather	62	13
John Gallagher	61.35	13.25
Ali McNiff	61.35	13.25
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
Kate Parks	60.3	14.3
Helen Hull	60.2	14.4
Lucy Handley	60.2	14.4
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
Helen Boiling	58	17
Martin Foster	57.3	17.3
Vicki Turnbull	57.3	17.3

Name	Estimated Finish Time	New Start Time
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
Richard Westbrook	56.3	18.3
Simon Lee	56.25	18.35
Bart Pirie	55.45	19.15
Pete Harding	55.45	19.15
John Marengi	55.35	19.25
John Cowlin	55.35	19.25
Mark Hull	55.3	19.3
Shelly Butler	55.1	19.5
Paul Spooner	55.1	19.5
Martin Coles	54.2	20.4
Bernie Cammell	54.1	20.5
Will Hahn-Griffiths	53.55	21.05
Jo Gilholm	53.45	21.15
Terry Healy	53.35	21.25
Jim Clow	53.25	21.35
Jon Haines	53.1	21.5
Colin Robson	53.05	21.55
Mark Hay	52.4	22.2
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

Name	Estimated Finish Time	New Start Time
Dave Lown	51.2	23.4
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
Dave Morris	49.4	25.2
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
Neil Tolfrey	46.55	28.05
Harry Lown	46.5	28.1
Paul Hiles	46.25	28.35
Tom Stott	46.2	28.4
Tony Butler	46.1	28.5
Matt Gill	44.25	30.35
Russell Coleman	41.3	33.3
Zack Lahlal	40.1	34.5
Paul Mitchinson	39.5	35.1
Daniel Bailey	39.2	35.4
Simon Gill	39	36



**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**