



27 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
Thurs 27		<a href="#">Summer Short Handicap Race Five</a> (3.6 miles) [UJ]
Tue 1		<b>New Farlington Marshes</b> : PACING Run (6.5 miles) <b>coach:</b> Lisa <b>sweeper:</b> Mandy Coles <b>Please Note:</b> meet at Bidbury Mead car park
Thurs 3		<b>West Leigh Field</b> Mixed intervals around cricket pitch <b>coach:</b> Kevin
Tue 8		<b>Old Farlington Marshes</b> 5 miles Continuous run – multi terrain <b>coach:</b> Becki <b>sweeper:</b> Lesley Allen
Thurs 10		<a href="#">Mike Edwards Summer Long Handicap Rae 5</a> (6.7 miles) <b>OR</b> Un-coached Short Handicap Route (3.6 miles) run [UJ]

Date	Category	Event Details
Tue 15		<b>Havant Thicket 5.5 miles</b> <b>PLEASE NOTE:</b> meet at Havant Thicket car park <b>coach:</b> Lesley <b>sweeper:</b> Shelly Butler
Thurs 17		<b>Staunton Park (30 mins) Big hills.</b> <b>coach:</b> Lesley
Tue 22		<b>QE Park / Butser 6 miles</b> Precise route tbc <b>PLEASE NOTE:</b> meet at bottom carpark (Car share car park fees apply) <b>coach:</b> Kevin / Pete <b>sweeper:</b> Kevin
Thurs 24		<b>1 mile rep + Core session Petersfield Road</b> <b>coach:</b> Dave / Chris M
Tue 29		<b>Emsworth foreshore 7 miles</b> <b>coach:</b> Dave <b>sweeper:</b> Kate Parks
Thurs 31		<a href="#"><u>Summer Short Handicap Race Six</u></a> (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>

## 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](mailto: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 20<sup>th</sup> 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](mailto:j-cgallagher@ntlworld.com), or txt Mobile: 07976433856.

**Victory Athletics Club: [www.victoryac.org.uk](http://www.victoryac.org.uk)  
Please send flyer submissions to [flyer@victoryac.org.uk](mailto:flyer@victoryac.org.uk) by 7pm  
Weds, or earlier in the week if possible**











