



## 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 3		<b>West Leigh Field</b> Mixed intervals around cricket pitch <b>coach:</b> Kevin
Tue 8		<b>Old Farlington Marshes 5 miles</b> Continuous run – multi terrain <b>coach:</b> Becki <b>sweeper:</b> Lesley Allen
Thurs 10		<a href="#"><u>Mike Edwards Summer Long Handicap Rae 5</u></a> (6.7 miles) <b>OR</b> Un-coached Short Handicap Route (3.6 miles) run [UJ]
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

Date	Category	Event Details
Tue 22		<b>QE Park / Butser</b> 6 miles 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</b> Petersfield Road <b>coach:</b> Dave / Chris M
Tue 29		<b>Emsworth foreshore</b> 7 miles <b>coach:</b> Dave <b>sweeper:</b> Kate Parks
Thurs 31		<b><u><a href="#">Summer Short Handicap Race Six</a></u></b> (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>

## 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.

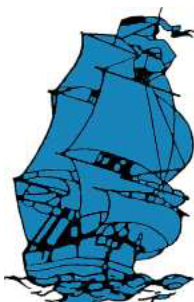
Email: [j-cgallagher@ntlworld.com](mailto:j-cgallagher@ntlworld.com), or txt Mobile: 07976433856.

## 9Hayling Island Relay - 20<sup>th</sup> August 2017

<u>Team</u>	<u>Start</u>	<u>Team</u>	<u>Start</u>
<b>1</b> 324 Tracy Long 325 Raman Sangha 326 Graham Foden Capt 327 Chris Riddington H/C 00m 00s	+00.00	<b>2</b> 328 Alan Mulry 329 Mark Morrison 330 Helen Boiling Capt 331 Terry Healy H/C 00m 00s	+00.00
Finish Time	_____	Finish Time	_____
<b>3</b> 332 Dee Sims 333 Bridget Main 334 Clariece Warrior 335 Dave Lown Capt H/C 00m 00s	+00.00	<b>4</b> 336 Mandy Coles 337 Paul Willcox 338 Gary Heather Capt 339 Kevin Giles H/C 00m 00s	+00.00
Finish Time	_____	Finish Time	_____
<b>5</b> 340 Paul Smart 341 Chris Turner Capt 342 Roger Brummell 343 Bernie Cammell H/C 00m 00s	+00.00	<b>6</b> 344 Hazel Jenkinson 345 Lucy Cowlin 346 Beth Pirie Capt 347 Belinda Harding H/C 00m 00s	+00.00
Finish Time	_____	Finish Time	_____
<b>7</b> 348 Sue Gover 349 Amber Ankinson 350 Kate Parks 351 Martin Coles Capt H/C 00m 00s	+00.00	<b>8</b> 352 Mary Short Capt 353 Lesley Allen 354 Linda Pukinska 355 Simon Turner H/C 00m 00s	+00.00
Finish Time	_____	Finish Time	_____
<b>9</b> 356 Marilyn Crocker Capt 357 Colin Moon 358 Colin O'Donnell 359 Colin Robson			

### Start Starting Sequence

No/Time	Teams	Leg Lengths
0. 00.00		1. 2.4m
1. 10.10		2. 1.6m
2. 10.20		3. 2.2m
3. 10.30		4. 2.6m
4. 10.40		5. 2.2m
5. 10. 50		6. 2.7m
		7. 1.7m
		8. 2.9m
		9. 2.3m
		10. 1.9m
		11. 1.75m
		12. 1.98m
		Total 26.23m



**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**