



9 August 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	Time	Event Details	Start
8 Aug	6:30pm	Old Farlington Marshes 5 miles Continuous run – multi terrain coach: Becki sweeper: Lesley Allen	HLC
10 Aug	6pm	Mike Edwards Summer Long Handicap Rae 5 (6.7 miles) OR Un-coached Short Handicap Route (3.6 miles) run [UJ]	HLC
15 Aug	6:30pm	Havant Thicket 5.5 miles PLEASE NOTE: meet at Havant Thicket car park coach: Lesley sweeper: Shelly Butler	Havant Thicket Car Park
17 Aug	6pm	Staunton Park (30 mins) Big hills. coach: Lesley	HLC

Date	Time	Event Details	Start
22 Aug	6:30pm	QE Park / Butser 6 miles Precise route tbc PLEASE NOTE: meet at bottom carpark (Car share car park fees apply) coach: Kevin / Pete sweeper: Kevin	QE bottom car park
24 Aug	6pm	1 mile rep + Core session Petersfield Road coach: Dave / Chris M	HCL
29 Aug	6:30pm	Emsworth foreshore 7 miles coach: Dave sweeper: Kate Parks	HCL
31 Aug	6pm	Summer Short Handicap Race Six (3.6 miles) [UJ]	HCL

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>

Caterham Half Marathon Report 23rd July - Dan Bailey

Having decided to do a Marathon in August, Paul Mitchinson, Dave Howard and myself thought it would be a good idea to pick a half marathon as a warm up race to do a couple of weeks before we hit 26.2 miles.

It was decided upon to do the Caterham Half Marathon, a small but still challenging event. We look at previous results, and thought we could have a go for the men's team prize, however, we weren't the only ones with that idea.

The event was held at Redhill Aerodrome, and consisted of 2 laps on the country roads surrounding. It started well with some flat sections and couple of gradual climbs, until we hit 4 miles where it appeared to be as steep as it could have been in a race. Luckily it did drop back down again and continue to undulate towards the end of the lap. Although we knew it would be the same again for another 6.5 miles.

Despite the challenging course and questionable last 300m through a car park and a bumpy field, we all had good runs in the warmth. Unfortunately the South London Harriers had appeared with a good team, to field most of the top places. Nonetheless, we were in good spirits with our times and fingers crossed for a good run at the Gloucester Marathon on the 6th August.

5th Daniel Bailey - 1:16:47

9th Paul Mitchinson - 1:19:29

14th David Howard - 1:25:22

Great South Run Sunday 22nd October 2017

Paul Bould is looking for our club support at this years GSR. Last year Victory AC provided 12 course marshals and 2 Marshals on the third water station.

The purpose of the drinks station marshals (as well as giving water out to passing runners), is to collect water bottles after it's finished for future Victory events, such as Selsey or Hayling Billy. So we'll need someone with a car in order to transport the water.

He is also looking for someone that will collate/co-ordinate names and provide him with jacket sizes.

Please let me know of any interested members. Many thanks.

Lesley Allen

Club Sec

Couch to 5K is back at Victory from Havant Leisure Centre in September!

Do you know someone who wants to start or get back to running?

We will be offering a new C25K beginner runners course in September, if you know anyone who is interested in coming along, please get them to contact us and to register their interest.

Starting on Tuesday 5th September, at 6.30pm from Havant Leisure Centre, this is a 9 week course that takes you gently up to running 3 miles continuously.

The cost is included in Membership of Victory Athletic Club – What a Bargain!

Please email c25k@victoryac.org.uk, make a comment on our Facebook page or speak to Mary at a club session.

I'll also be looking out for volunteers to help!

Wickham 10K - Ali McNiff

The Wickham 10K started out as a brilliant lovely sunny day but not too warm. But 5 minutes after arriving we found out the course had been changed from “flat and fast” to “hilly” sadly for us the annual Wickham Festival had taken over more space than expected and the flat fast course had to be changed to the backup course of 10k of hills (and slopes) so our day of hopeful PB's was out the question, well thats what we thought.

There were 4 Victory Runners in total participating at Wickham, myself, Callum, Darren and Hazel. All jokes aside Wickham 10k was a very nice race consisting of a figure of eight starting at the Forrest of Bere going via Shirrell Heath and Swanmore and then back to the start. We had one large hill at the start which continued for about 4.5k and then we hit 2 smaller hills on way back before a long down hill stretch for about a mile.

The race was well organised and had a little over 250 runners of all abilities from different clubs. Now to the results and some surprises as we assumed PB's were not on the menu!! Mind you both myself and Calum can put this down to Darren's gentle encouragement with about 300 meters to go, I know myself without this I would not of got the result that I did. So a big thanks from us.

24 - Darren Knight - 43:07

92 - Ali McNiff - 50:17 - New PB

108 - Callum Cairns - 51:56 - New PB

270 - Hazel Jenkinson - 1:14:36 - New PB

Results of Ian Murray Short Handicap Race 5 – Jan MacDonald

A bit windy but it stayed dry for the fifth Short Handicap of 2017. Congratulations to **Roger Brummell** who is improving well this season and was first over the line again, knocking 2.5 minutes off his handicap. A great run Roger. 15 people beat their handicap times, well done to them.

Welcome to Lucy Cowlin, Matt Cornford and Cristian Samfirescu who ran the race for the first time.

Also thank you to the helpers, James Tolson and Hamid, and those who came along to support.

Pos	Name	Finish Time	Start Time	Actual Time	Points	
1	Roger Brummell	38.3	5.15	33.15	50	
2	Lynette Meredith	39.15	0	39.15	49	
3	Alan Mulry	39.2	2.35	36.45	48	
4	Tina Doherty	39.23	5.35	33.48	47	
5	Ali Pirie	39.45	11.45	28	46	
6	Colin Moon	40.22	11.05	29.17	45	
7	Kate Parks	40.26	10.5	29.36	44	
8	Bridget Main	40.32	3	37.32	43	
9	Linda Pukinska	40.44	11.45	28.59	42	
10	Lucy Cowlin	40.45	5	35.45	41	1st time
11	Helen Boiling	40.49	11.1	29.39	40	
12	Bob Wheeler	40.5	8	32.5	39	
13	John Gallagher	40.53	10.3	30.23	38	
14	Kevin Leighfield	40.55	10.5	30.05	37	
15	Amber Ankinson	40.57	6.3	34.27	36	
16	Amanda Rudkin	41.02	0	41.02	35	
17	Chris Riddington	41.03	16	25.03	34	
18	Terry Healy	41.08	13.15	27.53	33	
19	Paul Smart	41.12	0	41.12	32	
20	Dave Lown	41.17	15.4	25.37	31	
21	Sara Heath	41.23	0	41.23	30	

Pos	Name	Finish Time	Start Time	Actual Time	Points	
22	Beth Pirie	41.24	11.1	30.14	29	
23	Mandy Coles	41.26	0.1	41.16	28	
24	Martin Coles	41.28	13.3	27.58	27	
25	Paul Willcox	41.31	7.5	33.41	26	
26	Graham Foden	41.33	12.1	29.23	25	started 10s late
27	Matt Cornford	41.34	13.15	28.19	24	1st time
28	Dave Morris	41.42	15	26.42	23	
29	Debbie Clarke	41.42	0	41.42	22	
30	Paul Bould	41.43	9.5	31.53	21	
31	Katie Lewis	41.52	11.35	30.17	20	
32	Gemma Corbett	41.53	18.2	23.33	19	
33	Jim Clow	42.34	15.05	27.29	18	
34	Cristian Samfirescu	42.38	17.3	25.08	17	1st time
35	Malcolm Hagan	42.4	9.4	33	16	
36	Howard Wright	42.41	6.55	35.46	15	
37	Ann Mann	42.57	0	42.57	14	
38	Carol Tolfrey	43.01	0	43.01	13	
39	Lesley Allen	43.05	5	38.05	12	
40	Matthew Walker	43.56	15.3	28.26	11	
41	Pete Bone	44.14	8.35	35.39	10	
42	Mark Hay	44.47	14.2	30.27	9	
43	Gary Heather	45.11	12.5	32.21	8	
44	Pete Harding	45.22	12.1	33.12	7	
45	Hazel Jenkinson	45.35	0	45.35	6	
46	Jill Loughlin	45.36	0	45.36	5	
47	Mary Short	47.57	0	47.57	4	
48	Tracy Long	47.57	0	47.57	3	

Name	Estimated Finish Time	New Start Time
Jo Cooper	50	0
Sue Gover	49.2	0
Jenny O'Hara	48.45	0
Christine Howard	46.05	0
Mary Short	45.5	0
Hazel Jenkinson	45.35	0
Jill Loughlin	45.35	0
Tracy Long	45.05	0
Jenny James	44.55	0
Georgia Ash	44.2	0
Gill Ripiner	42.25	0
Lewis Smith	42.2	0
Ann Mann	42.15	0
Debbie Wilson	42.05	0
Debbie Clarke	41.4	0
Tania Lee	41.35	0
Sara Heath	41.2	0
Mandy Coles	41.15	0
Paul Smart	41.1	0
Carol Tolfrey	41.05	0
Lisa Slight	41	0
Amanda Rudkin	41	0
Amy Beresford	41	0
Dave Gartland	40.5	0.1
Dawn Watson	40.4	0.2
Anna Greenslade	40.3	0.3
Jo Lee	40.3	0.3
Dee Sims	39.25	1.35
Lynette Meredith	39.15	1.45
Kerry Adaway	38.45	2.15
Arron Grovesnor	38.45	2.15

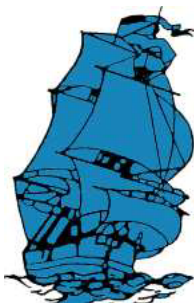
Name	Estimated Finish Time	New Start Time
Marilyn Crocker	38.35	2.25
Rachel Getty	38.35	2.25
Neil Blanchard	38.3	2.3
Yvonne Hawley	38.3	2.3
Rachel Duffy	38.25	2.35
Bridget Main	37.3	3.3
Helen Smith	37	4
Paula Benitez	36.5	4.1
Alan Mulry	36.45	4.15
Kevin McTaggart	36.45	4.15
Jenny Lown	36.3	4.3
Mike Boyd	36.2	4.4
Cathy Beresford	36.15	4.45
Lesley Allen	36	5
Jackie Yarnold	35.5	5.1
Lucy Cowlin	35.45	5.15
Jan MacDonald	35.45	5.15
Natalie Davies	35.4	5.2
Nicola Stott	35.3	5.3
Raman Sangha	35.25	5.35
Howard Wright	35.05	5.55
Amanda Wells	35.05	5.55
Sam Howard	35	6
Mandy Boyd	34.55	6.05
Anita Huddleston	34.55	6.05
Ed Spencer	34.45	6.15
Mike Roff	34.35	6.25
Gill Tebbit	34.3	6.3
Amber Ankinson	34.25	6.35
Jill McKenzie	34.15	6.45
Allison Lowder	34.1	6.5
Lindsey Cooter	34.05	6.55

Name	Estimated Finish Time	New Start Time
Chris Turner	34	7
Pete Drury	34	7
John Simpson	33.55	7.05
Hamid Alamar	33.5	7.1
Tina Doherty	33.45	7.15
Victoria Oiller	33.45	7.15
Paul Willcox	33.4	7.2
Rachel Jarvis	33.4	7.2
Bill Kelly	33.4	7.2
Clare Shardlow	33.4	7.2
Pete Bone	33.25	7.35
Julia Hopes	33.25	7.35
Mark Morrison	33.2	7.4
Becki Ralf	33.2	7.4
Roger Brummell	33.15	7.45
Jason Horton	32.55	8.05
Bob Wheeler	32.5	8.1
Jane Noble	32.4	8.2
Clare Austin	32.2	8.4
Malcolm Hagan	32.2	8.4
Graham Coleman	32.05	8.55
Andy Smith	31.3	9.3
Helen Mears	31.3	9.3
Claire Eglin	31.15	9.45
Paul Bould	31.1	9.5
Vikki Turnbull	31.1	9.5
Dave Walker	30.4	10.2
Simon Cristofoli	30.4	10.2
Derek Chandler	30.35	10.25
John Gallagher	30.2	10.4
Andy Jest	30.15	10.45
Beth Pirie	30.1	10.5

Name	Estimated Finish Time	New Start Time
Kevin Leighfield	30.05	10.55
Nichol Riggott	30.05	10.55
Mark Cooter	30	11
Bart Pirie	29.55	11.05
Amanda Godfrey	29.5	11.1
Helen Boiling	29.35	11.25
Kate Parks	29.35	11.25
Lisa Emson	29.3	11.3
Katie Lewis	29.25	11.35
Colin Moon	29.15	11.45
Gary Heather	29.1	11.5
Jon Haines	29	12
Graham Foden	29	12
Linda Pukinska	28.55	12.05
Pete Harding	28.5	12.1
Shelly Butler	28.35	12.25
Ali McNiff	28.35	12.25
John Marsh	28.35	12.25
Sarah Swift	28.35	12.25
John Cowlin	28.3	12.3
Helen Whiting	28.25	12.35
Mark Hull	28.2	12.4
Simon Lee	28.2	12.4
Matt Cornford	28.15	12.45
Ali Pirie	28	13
Martin Coles	27.55	13.05
Kevin Louth	27.55	13.05
Will Hahn-Griffiths	27.5	13.1
Rob Godwin	27.45	13.15
Emerson Potter	27.45	13.15
Tim Cooper	27.45	13.15
Terry Healy	27.45	13.15

Name	Estimated Finish Time	New Start Time
Richard Westbrook	27.4	13.2
Mark Griffiths	27.1	13.5
Kathryn Simpson	27	14
Jim Clow	26.55	14.05
Gina Turner	26.5	14.1
Mark Hay	26.4	14.2
Bernie Cammell	26.35	14.25
Brian Millo	26.3	14.3
Andrew Wright	26.25	14.35
Paul Spooner	26.25	14.35
Mike Bruce	26.15	14.45
Zoe Gill	26.1	14.5
Dave Morris	26.1	14.5
Jo Gilholm	25.5	15.1
Colin O'Donnell	25.45	15.15
Matthew Walker	25.3	15.3
John Marengi	25.3	15.3
Michelle Cartwright	25.3	15.3
Cristian Sam	25.3	15.3
Lucy Smith	25.3	15.3
Dave Lown	25.2	15.4
Colin Robson	25.1	15.5
Cristian Samfirescu	25.05	15.55
Hannah Lowry	25	16
Chris Riddington	25	16
Richard Turner	24.25	16.35
Jackie Lloyd	24.2	16.4
Mark Wilson	24.2	16.4
Neil Tolfrey	24.15	16.45
Dave Gamble	24	17
Simon Turner	23.5	17.1
Alistair Helliwell	23.4	17.2

Name	Estimated Finish Time	New Start Time
Darren Knight	23.4	17.2
Kevin Giles	23.4	17.2
Harry Lown	23.35	17.25
Gemma Corbett	23.3	17.3
Tony Butler	23.15	17.45
Matt Healy	22.5	18.1
Paul Mitchinson	20.35	20.25
Dan Bailey	19.5	21.1
Zac Lahlal	18.25	22.35



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