



15 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
17 Aug	6pm	Staunton Park (30 mins) Big hills. coach: Lesley	HLC
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>

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!

Results of Mike Edwards Long Handicap Race 5 – Jan MacDonald

A warm evening resulted in only 8 people beating their handicap times so very well done to them. Congratulations to **Lucy Cowlin** for a magnificent run, knocking almost 6.5 minutes off her handicap!! Well done to Huw, running the long handicap for the first time, and Gemma, really improving and getting back to form, who battled it out for second place.

Welcome to our first timers, Huw Williams, Cristian Samfirescu, Amy Meredith, Matt Cornford and Andy Jest, and Norman Stronach who ran as a guest but will be joining the club shortly.

Well done to all runners.

Thank you to those who helped to organise in my absence, particularly James Tolson, Brian Millo and Hamid.

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Lucy Cowlin	68.36	2.1	66.26	40		
	Gemma						
2	Corbett	70.06	24.15	45.51	39		
	Huw						
3	Williams	70.06	24.15	45.51	38		1st time
4	Katie Lewis	72.02	13.25	58.37	37		
	Graham						
5	Foden	73.08	16.15	56.53	36		
	Cristian						
6	Samfirescu	74.44	23.4	51.04	35		1st time
	Linda						
7	Pukinska	74.59	18.1	56.49	34		
	Richard						
8	Turner	74.59	27.15	47.44	33		
9	Lucy Smith	75.13	15.2	59.53		started early	
10	Dave Lown	75.3	23.4	51.5	32		
	Kerry						
11	Adaway	75.49	0	75.49	31		
	Arron						
12	Grosvenor	75.52	0	75.52	30		
	Amy						
13	Meredith	75.55	2.5	73.05	29		1st time
14	Dave Morris	76.01	25.2	50.41	28		
15	Colin Moon	76.37	17.35	59.02	27		
	Gary						
16	Heather	76.37	13	63.37	26		
17	Beth Pirie	76.55	18.1	58.45	25		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
18	Malcolm Hagan	77.09	16.1	60.59	24		
19	Martin Coles	77.28	20.4	56.48	23		
20	Norman Stronach	78	23.1	54.5		guest	
21	Mark Cooter	78.1	14.2	63.5	22		
22	Matt Cornford	78.39	23.1	55.29	21		1st time
23	Shelly Butler	78.48	19.5	58.58	20		
24	Andy Jest	78.49	19.5	58.59	19		1st time
25	Lynette Meredith	79.24	2.5	76.34	18		
26	Kevin McTaggart	79.31	3.5	75.41	17		
27	Andrew Wright	81.12	24.1	57.02	16		
28	Pete Bone	81.24	11.3	69.54	15		
29	Mark Hay	82.51	22.2	60.31	14		
30	Carol Tolfrey	83.59	0	83.59	13		
31	Howard Wright	85.2	15.2	70	12		started late
32	Mike Bruce		23.1	0		DNF	

Start times for Long Handicap Race 6

Our last Long Handicap of 2017.

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
Mandy Coles	83.55	0

Name	Estimated Finish Time	New Start Time
Mary Short	82.45	0
Carol Tolfrey	81.35	0
Amanda Rudkin	81.3	0
Jo Lea	80.35	0
Alan Mulry	77.55	0
Marilyn Crocker	77.25	0
Arron Grosvenor	75.5	0
Kerry Adaway	75.45	0
Michelle Ratcliff	74.55	0.05
Lynette Meredith	74.1	0.5
Jackie Yarnold	74	1
Bridget Main	73.3	1.3
Mike Roff	73.2	1.4
Darin McCloud	73.15	1.45
Kevin McTaggart	73.1	1.5
Amy Meredith	73.05	1.55
Lesley Allen	72.5	2.1
Jan MacDonald	72.05	2.55
Del Chandler	71.35	3.25
Mike Boyd	71.2	3.4
Raman Sangha	71.2	3.4
Amanda Wells	70.45	4.15
Nicola Stott	70.3	4.3
Rachel Jarvis	70.1	4.5
Howard Wright	69.25	5.35
Allison Lowder	68.4	6.2
Helen Smith	68.2	6.4
Amber Ankinson	68.05	6.55
Julian Noble	68.05	6.55
Cathy Beresford	66.45	8.15
Mandy Boyd	66.35	8.25
Lucy Cowlin	66.25	8.35

Name	Estimated Finish Time	New Start Time
Jill MacKenzie	66.15	8.45
Chris Turner	65.5	9.1
Pete Bone	65.3	9.3
Andy Smith	65.05	9.55
Anita Huddleston	64.55	10.05
Helen Mears	64.35	10.25
Gary Heather	63.35	11.25
Becki Ralf	63.35	11.25
Clare Eglin	62.45	12.15
Mark Cooter	62.4	12.2
Fran Muir	62.35	12.25
Gill Tebbitt	62.3	12.3
John Gallagher	61.5	13.1
Ali McNiff	61.45	13.15
Jenny Lown	61.2	13.4
Callum Cairns	61.05	13.55
Paul Bould	60.55	14.05
Malcolm Hagan	60.5	14.1
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
Andy Jest	58.55	16.05
Nichol Riggott	58.4	16.2
Paul Willcox	58.4	16.2
Katie Lewis	58.35	16.25
Colin Moon	58.1	16.5
Helen Boiling	58	17
Martin Foster	57.3	17.3

Name	Estimated Finish Time	New Start Time
Vicki Turnbull	57.3	17.3
Lisa Emson	57.15	17.45
Emerson Potter	57.15	17.45
Beth Pirie	57	18
Graham Foden	56.5	18.1
Amanda Godfrey	56.5	18.1
Graham Coleman	56.5	18.1
Linda Pukinska	56.45	18.15
Helen Whiting	56.35	18.25
Richard Westbrook	56.3	18.3
Simon Lee	56.25	18.35
Martin Coles	56.2	18.4
Bart Pirie	55.45	19.15
Pete Harding	55.45	19.15
John Marenghi	55.35	19.25
John Cowlin	55.35	19.25
Paul Spooner	55.35	19.25
Mark Hull	55.3	19.3
Shelly Butler	55.25	19.35
Matt Cornford	55.25	19.35
Norman Stronach	54.5	20.1
Mark Hay	54.4	20.2
Bernie Cammell	54.1	20.5
Will Hahn	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
Andrew Wright	52.5	22.1
Colin O'Donnell	52.1	22.5
Mike Bruce	51.5	23.1

Name	Estimated Finish Time	New Start Time
Ian Stott	51.5	23.1
Rob Godwin	51.4	23.2
Lucy Smith	51.4	23.2
Brian Millo	51.25	23.35
Damian Hamilton	51.25	23.35
Dave Lown	51.2	23.4
Cristian Samfirescu	51	24
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
Michelle Cartwright	48.3	26.3
Mark Griffiths	48.25	26.35
John Simpson	48.15	26.45
Chris Riddington	48	27
Kevin Giles	47.45	27.15
Richard Turner	47.4	27.2
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
Gemma Corbett	45.5	29.1
Huw Williams	45.5	29.1
Matt Gill	44.25	30.35
Russell Coleman	41.3	33.3
Zack Lahlal	40.1	34.5
Paul Mitchinson	39.5	35.1

Name	Estimated Finish Time	New Start Time
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**