



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
24 Aug	6pm	1 mile rep + Core session Petersfield Road <b>coach:</b> Dave / Chris M	HCL
29 Aug	6:30pm	Emsworth foreshore 7 miles <b>coach:</b> Dave <b>sweeper:</b> 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](mailto: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!

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

<u>Team</u>	<u>Start</u>	<u>Pos</u>	<u>Actual Time</u>	<u>Team</u>	<u>Start</u>	<u>Pos</u>	<u>Actual Time</u>
1			+10.00	2			+20.00
324 Tracy Long				328 Alan Mulry			
325 Raman Sangha				329 Anne Cook			
326 Graham Foden Capt				330 Helen Boiling Capt			
327 Chris Riddington				331 Terry Healy			
H/C 21m 24s				H/C 08m 44s			
	Finish Time		3:43:32 - 6	4:04:56	Finish Time		3:45:07 - 7
3:53:51							
3			+10.00	4			+20.00
332 Dee Sims				336 Mandy Coles			
333 Bridget Main				337 Jan MacDonald			
334 Katie Lewis				338 Gary Heather Capt			
335 Dave Lown Capt				339 Kevin Giles			
H/C 17m 33s				H/C 13m 59s			
	Finish Time		3:38:54 - 4	3:56:30	Finish Time		3:48:16 - 9
4:02:15							
5			+00.00	6			+00.00
340 Paul Smart				344 Hazel Jenkinson			
341 Chris Turner Capt				345 Lucy Cowlin			
342 Roger Brummell				346 Beth Pirie Capt			
343 Bernie Cammell				347 Belinda Harding			
H/C 28m 53s				H/C 28m 14s			
	Finish Time		3:45:40 - 8	4:14:33	Finish Time		3:32:20 - 2
4:00:34							

7 +00.00

348 Sue Gover

349 Amber Ankinson

350 Kate Parks

351 Martin Coles Capt

H/C 31m 41s

3:52:19 Finish Time 3:38:37 - 3 4:10:18

8

352 Mary Short Capt

353 Lesley Allen

354 Linda Pukinska

355 Simon Turner

H/C 23m 01s

Finish Time 3:29:18 - 1

9

356 Marilyn Croker Capt +30.00

357 Colin Moon

358 Colin O'Donnell

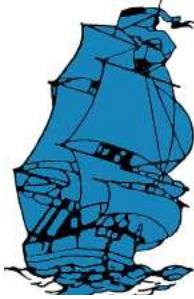
359 Colin Robson

H/C 00m 00s

Finish Time 3:41:25 - 5 3:41:25

Start Starting Sequence

No/Time	Teams	Leg Lengths
		1. 2.4m
		2. 1.6m
1. 10. 00	5, 6, 7	3. 2.2m
		4. 2.6m
2. 10. 10	1, 3, 8	5. 2.2m
		6. 2.7m
3. 10. 20	2, 4	7. 1.7m
		8. 2.9m
4. 10. 30	9	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**