



# Victory Athletic Club Weekly Flyer



31 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
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
5 Sept	6:30pm	<b>New Farlington Marshes PACING</b> 6.5 miles <b>coach:</b> Lisa <b>sweeper:</b> Marilyn Crocker meet at Bidbury Mead car park <b>ALSO: NEW COURSE Victory C-5k : Week One</b> meet at Havant Leisure Centre <b>Coach:</b> Mary	
7 Sept	6pm	<b>Mill Lane</b> Up and Over hills (300 mtrs) – 30 mins <b>coach:</b> Gemma	

Date	Time	Event Details	Start
12 Sept	6:30pm	<b>Rowland Castle</b> 6 miles Continuous run – multi terrain <b>coach:</b> Marilyn <b>sweeper:</b> Lisa Slight ALSO : <b>Victory C-5k : Week Two</b> <b>Coach:</b> Mary	
14 Sept	6pm	<a href="#"><u>Mike Edwards Final Summer Long Handicap (Race 6)</u></a> (6.7 miles) <b>OR</b> Un-coached Short Handicap Route (3.6 miles) run [UJ]	
19 Sept	6:30pm	<b>Old Farlington Marshes</b> 5 miles Continuous run – multi terrain <b>coach:</b> <b>sweeper:</b> ALSO : <b>Victory C-5k : Week Three</b> <b>Coach:</b> Mary	
21 Sept	6pm	<b>Staunton Park (30 mins)</b> Fartlek, figure of 8. Short hill jog recover down hill. 450 mtr round lake, 200 mtr jog recover <b>coach:</b> Malcolm <b>OR</b> <a href="#"><u>Winter Handicap</u></a> recce <b>coach:</b> Lesley	
26 sept	6:30pm	<b>Portsdown Hill</b> 7 miles Down Farlington Ave – up Glebe Park <b>coach:</b> Dave <b>sweeper:</b> Lisa Gatenby ALSO : <b>Victory C-5k : Week Four</b> <b>Coach:</b> Mary	
28 Sept	6pm	<a href="#"><u>Summer Short Handicap Final Race (Seven)</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>

## **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?

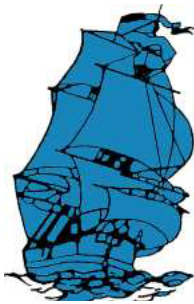
We will be offering a new C25K beginner runners course in September, if you know anyone who is interested in coming along, please get them to contact us and to register their interest.

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!



**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**