



7 Septemeber 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
12 Sept	6:30pm	<b>Rowland Castle</b> 6 miles Continuous run – multi terrain <b>coach:</b> Marilyn <b>sweeper:</b> Raman Sangha ALSO : <b>Victory C-5k : Week Two</b> <b>Coach:</b> Mary	Start at Rowlands castle
14 Sept	6pm	<a href="#">Mike Edwards Final Summer Long Handicap (Race 6)</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="#">Winter Handicap</a> recce <b>coach:</b> Lesley	

Date	Time	Event Details	Start
26 sept	6:30pm	<b>Portdown 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	<u><a href="#">Summer Short Handicap Final Race (Seven)</a></u> (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.

Nicola Scott has agreed to co-ordinate jacket sizes so anyone who has volunteered please give her your jacket size.

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!

## **Overton 5 Rachel Jarvis**

The first Hampshire league Road race of the season ,the Overton 5 mile on Sunday 3rd September.

An excellent turnout of 11 ladies representing Victory on a drizzly day, light rain so not bad conditions really.

An undulating course around Scenic Overton with lots of support from the local residents and friendly marshals.

First Lady in was Hannah Lowry and second was Linda Pukinska who ran her first road league race both with excellent times and also well done for some good running from Lucy Cowlin, Lesley Allen, Rachel Jarvis, Bridget Main,Debbie Clarke, Sarah Heath,Dee Sims, Hazel Jenkinson and Mary Short. Times not given as those on the web site are the gun times not the chip times which were on there but now seem to have disappeared.

## Hayling Billy 5 – 2017

Way back in June the 20<sup>th</sup> Hayling Billy 5 trail race, organised by VAC took place.

The originator of the race, John Gallagher was encouraged to run it for the first time ever.

This year the Charity supported by the race was the Diabetes Research Wellness Foundation which aims in helping those people affected by diabetes **"staying well until a cure is found..."**.

VAC, through the HB5 were able to donate £2000 to this Charity.

The cheque was presented by John Gallagher and myself to the Chief Executive and Fund raising manager.

Thank you to all those who took part or who contributed in any way on the day to make the event happen.

A picture of the presentation can be found: [www.victoryac.org.uk/haylingbilly5.html](http://www.victoryac.org.uk/haylingbilly5.html)

Pete H

## Hampshire Cross Country League (Saturdays) - from Andrew Wright and Marilyn

The season draws ever closer.

For those who have competed in the past you already know how much fun this will be, for the rest a brief outline.

[The club pays a subscription (currently £90!) to join the league. You can all take part for free, providing you are registered and paid-up with England Athletics (EA) as a competitive club member. To aid the accuracy of the results, team managers are asked to provide a list of likely participants - with their dob and EA number - prior to the start of the season. So please get in touch if you are interested and haven't taken part in the last couple of seasons. To register with EA (if you are not already), contact Marilyn (costs £14 pa).

The competition is tough at the top, including ex & future international runners, however there is still good racing for the rest of us.

Courses are typically parkland/meadow with an occasional woodland path, suitable for trail shoes or spikes - or even road shoes if it has been VERY dry. But if we have a damp winter, wellington boots are recommended - well at least to get from car park to course and for supporters!!

Men, women & juniors have separate races, starting with U13 girls at 12:00, women at 13:35 and men at 14:30. The course is not more than 6km for women, 10km for men. It will not be much shorter either.

The first 3 VAC men of any age to finish are the club's team for the Senior Men's League - where VAC are in Division 3 (out of 3). The first 3 VAC men O-40 are the club's team in the Men's Veteran League - where there will only be one Division this season (two divisions in previous seasons). Similarly, the first 3 VAC women of any age to finish are the club's team for the Senior Women's League, and the first 3 VAC women O-35 are the club's team in the Women's Veteran League - there is only one Division for the women. The aggregate team score and league position for the coming season will be the best four team results out of the five events. In previous seasons, clubs had to have a full team at all five events to get an aggregate score and league position for the season.

Everyone who completes four out of the five races gets an **individual** aggregate league position for the season, based on their best four results out of five.

Bournemouth is strongly recommended as an introduction - probably the flattest course of the five, with short grass and early in the season so a good chance of firm ground. I have never seen a proper mudbath here yet.

Provisional fixture list, complete with a list of events you might wish to enter as a training run on the day after :

Sat 14 Oct 2017 King's Park, Bournemouth

Sat 11 Nov 2017 Popham Airfield                      The day before cross-country @ QECP

Sat 2 Dec 2017 TBA                                      The day before Victory 5 HRRL

Sat 13 Jan 2018 Prospect Park, Reading              The day before Stubbington 10k HRRL

Sat 10 Feb 2018 Aldershot (new course)

For more information ask Marilyn, Andrew, or anybody who has raced one or more of these exciting events.

xc@victoryac.org.uk - routes to our private email addresses.

07954 382340 (Marilyn)

Full details and results (not there yet, as venues not confirmed) will be published at:

<http://www.hampshireathletics.org.uk/events/hxcl.html>

## Results of Ian Murray Short Handicap Race 6 – Jan MacDonald

What a shame a stopwatch malfunction rather spoilt an otherwise very straightforward short handicap race. We managed to retrieve the first 17 finish times before the malfunction occurred and the data was lost. For the remaining positions, I extrapolated and normalised the other finish times based on the times I was given, whilst maintaining the finish order. The \* in the last column signifies the people whose watch times I used in order to estimate the other times. Some times may vary from the Strava times given to me, which can be expected.

Anyway, that said, congratulations **Arran Grosvenor** for his great win and knocking over 1.5 minutes from his handicap. 12 people beat their handicap times, well done to them.

Welcome to Carol Wilson who ran the race for the first time.

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

Pos	Name	Finish Time	Start Time	Actual Time	Points	
1	Arron Grovesnor	39.18	2.15	37.03	50	
2	Beth Pirie	39.32	10.5	28.42	49	
3	Tina Doherty	39.44	7.15	32.29	48	
4	Kerry Adaway	39.57	2.15	37.42	47	
5	Lucy Cowlin	40.03	5.15	34.48	46	
6	Linda Pukinska	40.08	12.05	28.03	45	
7	Amber Ankinson	40.16	6.35	33.41	44	
8	Martin Coles	40.35	13.05	27.3	43	
9	Helen Boiling	40.4	11.25	29.15	42	
10	Bob Wheeler	40.48	8.1	32.38	41	
11	Malcolm Hagan	40.53	8.4	32.13	40	
12	Kevin Leighfield	40.57	10.55	30.02	39	
13	Lynette Meredith	41.02	1.45	39.17	38	
14	Sara Heath	41.05	0	41.05	37	
15	John Gallagher	41.11	10.4	30.31	36	

Pos	Name	Finish Time	Start Time	Actual Time	Points	
16	Mandy Coles	41.14	0	41.14	35	
17	Howard Wright	41.21	5.55	35.26	34	
18	Simon Turner	41.25	17.1	24.15	33	*
19	Bridget Main	41.27	3.3	37.57	32	
20	Kevin Giles	41.37	17.2	24.17	31	
21	Colin Moon	41.4	11.45	29.55	30	
22	Dave Lown	41.42	15.4	26.02	29	
23	Roger Brummell	41.45	7.45	34	28	
24	Katie Lewis	41.5	11.35	30.15	27	
25	Cristian Samfirescu	41.52	15.55	25.57	26	
26	Debbie Clarke	41.55	0	41.55	25	
27	Zoe Gill	42.05	14.5	27.15	24	*
28	Paul Smart	42.23	0	42.23	23	*
29	Ali McNiff	42.24	12.25	29.59	22	
30	Debbie Wilson	42.4	0	42.4	21	*
31	Mark Hay	42.5	14.2	28.3	20	*
32	Pete Harding	43	12.1	30.5	19	
33	Sarah Gardiner	43	12.1	30.5		guest
34	Mike Bruce	43.08	14.45	28.23	18	
35	Lesley Allen	43.15	5	38.15	17	*
36	Alan Mulry	43.58	4.15	39.43	16	
37	Neil Tolfrey	44.02	16.45	27.17	15	
38	Carol Tolfrey	44.3	0	44.3	14	
39	Carol Wilson					

## Start times for the Short Handicap Race 7

Name	Estimated Finish Time	New Start Time
Jo Cooper	50.00	0.00
Sue Gover	49.20	0.00
Jenny O'Hara	48.45	0.00
Carol Wilson	48.00	0.00
Christine Howard	46.05	0.00
Mary Short	45.50	0.00
Hazel Jenkinson	45.35	0.00
Jill Loughlin	45.35	0.00
Tracy Long	45.05	0.00
Jenny James	44.55	0.00
Georgia Ash	44.20	0.00
Debbie Wilson	42.40	0.00
Gill Ripiner	42.25	0.00
Lewis Smith	42.20	0.00
Ann Mann	42.15	0.00
Carol Tolfrey	42.05	0.00
Debbie Clarke	41.40	0.00
Tania Lee	41.35	0.00
Paul Smart	41.10	0.00
Mandy Coles	41.10	0.00
Sara Heath	41.05	0.00
Lisa Slight	41.00	0.00
Amanda Rudkin	41.00	0.00
Amy Beresford	41.00	0.00
Dave Gartland	40.50	0.10
Dawn Watson	40.40	0.20
Anna Greenslade	40.30	0.30
Jo Lee	40.30	0.30
Dee Sims	39.25	1.35
Lynette Meredith	39.15	1.45



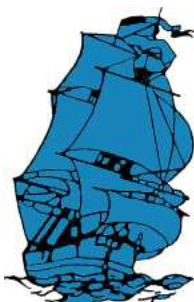
<b>Name</b>	<b>Estimated Finish Time</b>	<b>New Start Time</b>
Marilyn Crocker	38.35	2.25
Rachel Getty	38.35	2.25
Neil Blanchard	38.30	2.30
Yvonne Hawley	38.30	2.30
Rachel Duffy	38.25	2.35
Kerry Adaway	37.40	3.20
Bridget Main	37.30	3.30
Lesley Allen	37.00	4.00
Helen Smith	37.00	4.00
Arron Grovesnor	37.00	4.00
Paula Benitez	36.50	4.10
Alan Mulry	36.45	4.15
Kevin McTaggart	36.45	4.15
Jenny Lown	36.30	4.30
Mike Boyd	36.20	4.40
Cathy Beresford	36.15	4.45
Jackie Yarnold	35.50	5.10
Jan MacDonald	35.45	5.15
Natalie Davies	35.40	5.20
Nicola Stott	35.30	5.30
Howard Wright	35.25	5.35
Raman Sangha	35.25	5.35
Amanda Wells	35.05	5.55
Sam Howard	35.00	6.00
Mandy Boyd	34.55	6.05
Anita Huddleston	34.55	6.05
Lucy Cowlin	34.45	6.15
Ed Spencer	34.45	6.15
Mike Roff	34.35	6.25
Gill Tebbit	34.30	6.30
Jill McKenzie	34.15	6.45
Allison Lowder	34.10	6.50

<b>Name</b>	<b>Estimated Finish Time</b>	<b>New Start Time</b>
Lindsey Cooter	34.05	6.55
Chris Turner	34.00	7.00
Pete Drury	34.00	7.00
John Simpson	33.55	7.05
Hamid Alamar	33.50	7.10
Victoria Oiller	33.45	7.15
Amber Ankinson	33.40	7.20
Paul Willcox	33.40	7.20
Rachel Jarvis	33.40	7.20
Bill Kelly	33.40	7.20
Clare Shardlow	33.40	7.20
Pete Bone	33.25	7.35
Julia Hopes	33.25	7.35
Mark Morrison	33.20	7.40
Becki Ralf	33.20	7.40
Roger Brummell	33.15	7.45
Jason Horton	32.55	8.05
Jane Noble	32.40	8.20
Bob Wheeler	32.35	8.25
Tina Doherty	32.25	8.35
Clare Austin	32.20	8.40
Malcolm Hagan	32.10	8.50
Graham Coleman	32.05	8.55
Andy Smith	31.30	9.30
Helen Mears	31.30	9.30
Claire Eglin	31.15	9.45
Paul Bould	31.10	9.50
Vikki Turnbull	31.10	9.50
Sarah Gardiner	30.50	10.10
Dave Walker	30.40	10.20
Simon Cristofoli	30.40	10.20
Derek Chandler	30.35	10.25

<b>Name</b>	<b>Estimated Finish Time</b>	<b>New Start Time</b>
John Gallagher	30.20	10.40
Katie Lewis	30.15	10.45
Andy Jest	30.15	10.45
Nichol Riggott	30.05	10.55
Kevin Leighfield	30.00	11.00
Mark Cooter	30.00	11.00
Bart Pirie	29.55	11.05
Pete Harding	29.50	11.10
Amanda Godfrey	29.50	11.10
Kate Parks	29.35	11.25
Ali McNiff	29.35	11.25
Lisa Emson	29.30	11.30
Helen Boiling	29.15	11.45
Colin Moon	29.15	11.45
Gary Heather	29.10	11.50
Jon Haines	29.00	12.00
Graham Foden	29.00	12.00
Beth Pirie	28.40	12.20
Shelly Butler	28.35	12.25
John Marsh	28.35	12.25
Sarah Swift	28.35	12.25
John Cowlin	28.30	12.30
Helen Whiting	28.25	12.35
Mark Hull	28.20	12.40
Simon Lee	28.20	12.40
Matt Cornford	28.15	12.45
Linda Pukinska	28.00	13.00
Ali Pirie	28.00	13.00
Kevin Louth	27.55	13.05
Will Hahn	27.50	13.10
Rob Godwin	27.45	13.15
Emerson Potter	27.45	13.15

<b>Name</b>	<b>Estimated Finish Time</b>	<b>New Start Time</b>
Tim Cooper	27.45	13.15
Terry Healy	27.45	13.15
Mark Hay	27.40	13.20
Richard Westbrook	27.40	13.20
Martin Coles	27.30	13.30
Mark Griffiths	27.10	13.50
Kathryn Simpson	27.00	14.00
Jim Clow	26.55	14.05
Gina Turner	26.50	14.10
Bernie Cammell	26.35	14.25
Brian Millo	26.30	14.30
Andrew Wright	26.25	14.35
Paul Spooner	26.25	14.35
Mike Bruce	26.15	14.45
Zoe Gill	26.10	14.50
Dave Morris	26.10	14.50
Jo Gilholm	25.50	15.10
Colin O'Donnell	25.45	15.15
Dave Lown	25.35	15.25
Matthew Walker	25.30	15.30
John Marengi	25.30	15.30
Michelle Cartwright	25.30	15.30
Cristian Sam	25.30	15.30
Lucy Smith	25.30	15.30
Colin Robson	25.10	15.50
Cristian Samfirescu	25.05	15.55
Hannah Lowry	25.00	16.00
Chris Riddington	25.00	16.00
Richard Turner	24.25	16.35
Neil Tolfrey	24.20	16.40
Jackie Lloyd	24.20	16.40
Mark Wilson	24.20	16.40

<b>Name</b>	<b>Estimated Finish Time</b>	<b>New Start Time</b>
Simon Turner	24.15	16.45
Kevin Giles	24.15	16.45
Dave Gamble	24.00	17.00
Alistair Helliwell	23.40	17.20
Darren Knight	23.40	17.20
Harry Lown	23.35	17.25
Gemma Corbett	23.30	17.30
Tony Butler	23.15	17.45
Matt Healy	22.50	18.10
Paul Mitchinson	20.35	20.25
Dan Bailey	19.50	21.10
Zac Lahlal	18.25	22.35



**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**