



Victory Athletic Club Weekly Flyer

20 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
21 Sept	6pm	Staunton Park (30 mins) Fartlek, figure of 8. Short hill jog recover down hill. 450 mtr round lake, 200 mtr jog recover coach: Malcolm OR Winter Handicap recce coach: Lesley	
26 sept	6:30pm	Portsmouth Hill 7 miles Down Farlington Ave – up Glebe Park coach: Dave sweeper: Lisa Gatenby ALSO : Victory C-5k : Week Four Coach: Mary	
28 Sept	6pm	Summer Short Handicap Final Race (Seven) (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, 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 Billy 5 – 2017

Way back in June the 20th 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

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>

Hampshire Road Race League (HRRL) Mugs 2016-2017 EndFragment - from Marilyn

Men's and women's HRRL mugs have been awarded for the last seven seasons (since 2010-11) to individuals who have run 7 or more of the 12 league races. The mugs list the names of those men or women who have completed 7+ races in the order of their individual finishing position (best 7 out of 12) in the appropriate M/F league.

There has been some discrimination in the past as there have never been more than 100 women who have completed 7+ races - and 100 names can be fitted on the mug. So ALL the women who qualify receive a mug. However there are usually nearer 200 men who qualify, and only 100 names can be fitted on the mug. So only the top 100 men received a mug with their name on in the past.

Women

32 Jo Gilholm
47 Helen Boiling
74 Rachel Jarvis
79 Allison Lowder
94 Marilyn Crocker
95 Bridget Main

tMen – Top 100 Places 7 Daniel Bailey

8 Paul Mitchinson
25 David Howard
81 Neil Tolfrey

Men – Places 101-163 - These will be available later 114 Chris Lowder

141 Martin Coles
144 John Cowlin
EndFragment
158 Malcolm Hagan

Many congratulations also to Allison Lowder who completed all 12 races last season! An HRRL t-shirt will be forthcoming for Allison, in due course. This year we are promised that the 12 races you did will be listed on the back.

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It has been agreed at the Hampshire Road Race meetings that EVERYONE who has run in 7 out of the 12 races should get a mug with their name on. Those in the lower half may appreciate the award more. For the 2016-17 season, when 163 men qualified, we are promised another run of mugs for those men who finished in league positions 101-163. This second batch will be available later. The women's mugs and those for the men in the top 100 places are available now - and most have been given out at training. Helen Boiling has the remaining (4?) mugs and will take any unclaimed ones to the VAC HRRL and Handicap presentation evening at HLC on Thursday 28 September after the last Short Handicap.

It's back – Southern Cross Country at Pamber Forest, nr Tadley RG26 3TQ on Sunday 8th October

The first race of the season is again at Pamber Forest, everybody is welcome, all you require is a club vest which we have few spares if you need one, no entry fees just turn up, run and enjoy.

There is only one race starting at 11.00 am of approximately 5 mile over a mixed terrain so no spikes are required just off road shoes and the faster runners are not legible to take part. The races are a great introduction to cross-country if you have not tried it before or not for a long time.

As parking is very limited so this year a new park is available approximately 200 metres from the changing hall which is about 20 minutes' walk from the start. Please allow time to get to the start.

We will meet in the Morrison car park in Horndean at 9.00 am, to share cars unless you want to make your own way there or if you want a lift just contact me. There is home-made food and drinks available afterwards at cost of £1.50 or £2.00 a plate in the hall afterward.

Please come along and give it a go, you might be surprise how much you enjoy it.

Andy

Contact me on 07976 946518 or by the club's Facebook page.

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

THE DATES ARE AS THE PROVISIONAL LIST - BUT THE VENUES HAVE CHANGED. SEE:

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

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The day before Southern XC @ QECF

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The day before Stubbington 10k HRRL

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Yes we will be going to QE Country Park two days running in November for XC in both the Saturday and Sunday leagues! However, the Saturday event will probably be on held on the Butser Hill side of the park, so the courses will be very different. For those of you who can't run the Southern XC on Sunday 12 November because it's Remembrance Sunday, this is an excellent opportunity to run in the Saturday Hants League instead!! The Saturday Hampshire league event is also dependent on one or more clubs coming forward to host it. Do we have any volunteers who don't want to take part, but are willing to help, e.g. marshal on the day?

Contact Marilyn or Andrew to sign up to run in the league or to volunteer for marshal duties at the QE Park event on Saturday 11 November.

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

07954 382340 (Marilyn)

Full venue details and results will be published at:

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VAC Presentation Evening - Thurs 28th Sept 17

The annual presentation evening is taking place on Thurs 28th Sept 17, straight after the last short handicap race.

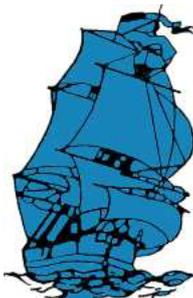
Please come and join us in the leisure centre upstairs bar area. The bar will be open for a short period.

Presentations will be made to those that have one either the short or long handicap race and also the HRRL.

Please come and support your club & its members.

Many thanks

Lesley - Club Sec



**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**