



27 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
Tue 3 Oct	6:30	<b>Crookhorn</b> (Can be extended up London Rd 1.5-2.5m) <b>coach:</b> Becki <b>sweeper:</b> John G OR Winter H/cap recce <b>Coach:</b> Lesley <b>ALSO : Victory C-5k : Week Five</b> <b>Coach:</b> Mary	
Thurs 5 Oct	6:00	<a href="#">First Winter Handicap</a> race (approx 3 miles)	
Tue 10 Oct	6:30	<b>Emsworth Tempo</b> <b>coach:</b> Becki <b>sweeper:</b> <b>ALSO : Victory C-5k : Week Six</b> <b>Coach:</b> Mary	
Thurs 12 Oct	6:00	<b>Barton Road Hills</b> <b>coaches:</b> Lucy and Malcolm	

Date	Time	Event Details	Start
Tue 17 Oct		<b>Rowlands Castle 10k</b> 6.2 miles (Can be extended by 1.2 miles, up Links Lane) <b>coach:</b> Dave <b>sweeper:</b> ALSO: <b>Victory C-5k : Week Seven</b> <b>Coach:</b> Mary	
Thurs 19 Oct		<b>Pyramid Session @ Havant Park</b> <b>coach:</b> Mary	
Tue 24 Oct		<b>Crookhorn</b> (Can be extended up London Rd 1.5-2.5m) <b>coach:</b> Gemma <b>sweeper:</b> Dave L ALSO: <b>Victory C-5k : Week Eight</b> <b>Coach:</b> Mary	
Thurs 26 Oct		<b>Warblington 800m reps</b> <b>coach:</b> Nicola	

**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

## 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 @ QCEP

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>

## **It's back – Southern Cross Country at Pamber Forest, nr Tadley RG26 3TQ on Sunday 8<sup>th</sup> 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:

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Sat 11 Nov 2017 **QE Country Park**

The day before Southern XC @ QCEP

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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)

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](mailto: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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## Solent Half Marathon 24<sup>th</sup> September 2017: Ladies Captain's report- Helen Boiling

So, the second HRRL race of the season was already upon us. The weather was set fair, and during the event it was a mixture of sun and cloud. The temperature was fairly warm but, not bad running conditions. I was very pleased that we had 6 ladies, so complete A and B teams.

This is a lovely course, along mainly country roads with light traffic. There were definitely some undulations; the last mile or so a gradual ascent! There are a couple of sections with scenic sea views.

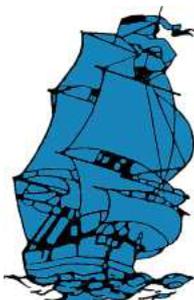
Chris led the A team home with Belinda and Helen, with Katie, Lisa and Bridget completing team B. I think it's fair to say we all found it fairly hard work and were pleased to finish! The marshals were encouraging and it was a very well organised event once again by Hardley Runners.

We were pleased to receive a technical running vest for our efforts! Thank you ladies for running in one of the 2 half marathons within the Road League

Chip time results below:

Chris Riddington	01:42:18	Katie Lewis	02:07:39
Belinda Harding	01:52:31	Lisa Slight	02:13:27
Helen Boiling	01:58:51	Bridget Main	02:39:10

Next up is the Gosport Half marathon on Sunday 19th November-who fancies a new challenge? This one is a flat race up and down the seafront a few times-great for a PB!



**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**