



04 October 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
Thurs 12 Oct	6:00	<b>Barton Road Hills</b> coaches: Lucy and Malcolm	
Tue 17 Oct		<b>Rowlands Castle 10k</b> 6.2 miles (Can be extended by 1.2 miles, up Links Lane) coach: Dave sweeper: ALSO: <b>Victory C-5k : Week Seven</b> Coach: Mary	
Thurs 19 Oct		<b>Pyramid Session @ Havant Park</b> coach: Mary	
Tue 24 Oct		<b>Crookhorn</b> (Can be extended up London Rd 1.5-2.5m) coach: Gemma sweeper: Dave L ALSO: <b>Victory C-5k : Week Eight</b> Coach: Mary	

Date	Time	Event Details	Start
Thurs 26 Oct		Warblington 800m reps coach: 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

## ANNUAL GENERAL MEETING

The VAC AGM is going to be held on Thursday 23rd Nov 17, in the conference room at HLC at 1945 hours. It would be good to see as many members as possible to support this AGM.

Anyone who has any items for the agenda please forward to me.

Anyone who would like to join the committee please let me know.

Also there will be two Club places to choose for the London Marathon for those that unfortunately didn't get accepted, rejection confirmations to me before the AGM please.

The bar will be open before hand as well.

Many thanks

Lesley

VAC Club Sec

## Southern Cross Country League at Pamber Forest on the 8<sup>th</sup> October

It was a beautiful autumn morning for the first race in the Southern XC league meeting last Sunday. There were 408 finishers which was slightly down on last year but all 24 club were just represented. For VAC's, we only had 6 runners which was a **very disappointing turnout** with the men's team being 2 short.

The men's team finished 23<sup>rd</sup> (thankfully another team was 3 short) and the ladies team 21<sup>th</sup> with an overall combined score of 23<sup>rd</sup>.

The finishing positions for were as follows:

Men: Andrew Wright 164, Malcolm Hagan 204 and myself 216

Ladies: Jackie Lloyd 6, Helen Smith 151 and Marilyn Crocker 168.

Thanks to everybody for turning up last Sunday and hopefully we will have a **bigger turnout** for the next race at QE Park on the 12<sup>th</sup> November, which is the nearest to a home event.

These are free and friendly events, all you have to do is turn up and run and enjoy.

Andy Smith

## Solent Half Marathon Race Report

Race two of the HRRL saw us all at the Solent Half on Sunday 24<sup>th</sup>, on a lovely if rather hot day. We had 8 men and 6 lady runners, just enough for an A and B Team result....phew again!

The route was gloriously scenic, tracking through the New Forest at Exbury.....ponies and 'chocolate box' cottages galore. It was warm work through the forest, with plenty of hills. My favourite section came at Lepe Beach which opens out into a cool flat mile beside the Solent, with yachts lazing by, children fishing and mums 'n dads queuing for ice creams, the Isle of Wight framing the whole scene.

With the tide out, the mudflats seemed reminiscent of Charles Darwins 'warm little pond' where simple life forms crept onto land before evolving into an advanced creature which runs pointlessly in circles for 13.1 miles in the heat.....or maybe I was just getting dehydrated again!

A few performances of note, Darren with a PB in one of his first Half's, a welcome return by Malcolm Hagen running under the magical 2 hrs and another sterling run by the legend that is Jim Clow, second in his age category.

The men's chip times were:

Darren Knight 1.41.50, Andrew Flynn 1.42.26, Jim Clow 1.44.24, Terry Healy 1.48.41, Dave Lown 1.50.08, John Cowlin 1.57.39, Malcolm Hagen 1.59.09 and Martin C

oles 2.14.57.

Next HRRL race is on Sunday November 19<sup>th</sup>, the Gosport Half Marathon....see you all there!

## Summary of the 2016-17 Ladies HRRL- Helen Boiling

Thank you to all the ladies who ran in the 2016-17 season. In total, 44 ladies ran throughout the season. In total, 9 did 6 or more races. They were: Allison Lowder (12), Helen Boiling (10), Marilyn Crocker (9), Bridget Main(8), Rachel Jarvis (8), Jo Gilholm (7), Lisa Slight (6) and Sue Gover (6). A big well done to Allison for completing all 12 races, earning herself the senior trophy for contribution. The other trophies were: Jo Gilholm Vet 40 Performance, Helen Boiling Vet 40 contribution, Shelly Butler Vet 50 Performance and Marilyn Crocker Vet 50 Contribution. The other 4 ladies completing 6 or more races were awarded running socks!

There were several 1st timers to the road league which was great to see, and 26 PBs throughout the year.

This year, our A team started in Division 2 in 7th place and the B team started in Division 1 in 12th place.

Thanks again to all who ran last year and good luck to all for the coming season. Rachel and I are road league captains again this year

## The draw for the 2 Victory Athletic club places for the London Marathon 2018 (on Sunday 22<sup>nd</sup> April) will take place directly after the Victory AC AGM to be held on 23<sup>rd</sup> November 2017 at Havant Leisure Centre

To be eligible for a club place, you must meet the following criteria.

To be eligible for the first place:

- You must have entered the Official London Marathon ballot and been rejected.
- You must have been a VAC First Claim member for at least one year with a minimum of one renewal.
- You must be registered individually with England Athletics (EA) as a competitive athlete in the current year.
- You must never have run the London Marathon before.
- You must have represented VAC at least 5 times in any combination of the following leagues, in the calendar year preceding the draw.

[Hampshire Road Race League](#)

[Hants Cross Country League/Championship](#)

[The Southern Cross Country League \(SXCL\)](#)

Any other area/national XC Event, (SEAA, English Nationals)

To be eligible for the second place:

- You must have entered the Official London Marathon ballot and been rejected
- You must have been a VAC First Claim member for at least one year with a minimum of one renewal
- You must be registered individually with England Athletics (EA) as a competitive athlete in the current year.
- You must not have had a VAC ballot place in the last 5 years
- You must have represented VAC at least 5 times in any combination of the following leagues, in the calendar year preceding the draw.

[Hampshire Road Race League](#)

[Hants Cross Country League/Championship](#)

[The Southern Cross Country League \(SXCL\)](#)

Any other area/national XC Event, (SEAA, English Nationals)

Members must provide the VAC secretary (Lesley Allen) with proof of rejection prior to the draw.

This should be a copy of the rejection email, (preferred) to VAC

Secretary ([secretary@victoryac.org.uk](mailto:secretary@victoryac.org.uk)) or a copy of the rejection letter

All relevant documentation is to be with The Secretary by the end of the day on 21st November 2017

## IMPORTANT NOTICE CONCERNING PARKING AT KINGS PARK, BOURNEMOUTH

### Hampshire League Cross Country, Saturday 14 October

Please note that, although parking charges will apply, payment in the Kings Park car park is possible **only by phone or text**. There are no cash machines **and no means of paying with cash**.

To save time and hassle on the day **you are strongly advised to prepare for payment before you arrive**. This can be done by going to [www.paybyphone.co.uk](http://www.paybyphone.co.uk) or **telephoning 01202 217070** (24 hours). You will need to register your vehicle and credit/debit card number and when you arrive you will need to text (65565) or phone (01202 217070). Information about this is displayed in the car park.

You can register over the phone at the car park when you arrive, but this will take some time and you will need to ensure you have your credit/debit card with you.

The location code for Kings Park car park is **59046**. If you have registered and are texting you will need to text (to 65565) the 5 digit car park code, the minutes to be paid for, and your card 3 digit security code, with spaces, for example **59046 60 123**.

The car parking charges are:

£1 for 1 hour

£1.50 for 2 hours

£3.50 for 4 hours

£5 for 24 hours.

Bournemouth Athletic Club apologise for the inconvenience this will cause, but it is beyond our control. It is, after all, progress!!

## **Hampshire League Cross Country at Kings Park, Bournemouth - from Andrew Wright and Marilyn**

### **Saturday 14 October 2017**

This is the first of five Hants XC matches. Hoping for some more takers - both men and women - to be sure of full scoring teams!

**Women's team so far:** Marilyn and Belinda are confirmed. Some others are thinking about it...

Not available: Ann Wood, Fay Cripps, Hannah, Zoe...

**Men's team so far:** Andrew Wright, Peter Royce. A few more would be great!

Meet(s) to share transport:

I'm suggesting 11:00 at Lakeside/IBM North Harbour, for any women who want to car share. I've arranged to pick up Peter at 11:15 in Fareham.

Timetable:

11:00 U-11s (2k non-league race) for school years 4, 5 and 6 only (minimum age 8 on race day). Pay on the day, cost £2.

12:00 First league race (U-13 Girls)

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13:35 Women (6K - less than 4 miles!)

14:10 U-17 Men (6K)

14:30 Men (10K max)

## The Course

Literally 'a run in the park', almost FLAT, with just a couple of short rises and mostly on grass! Suitable for spikes. See full timetable at:

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

**Venue:** Kings Park, Bournemouth. See:

[http://www.hampshireathletics.org.uk/events/hxcl\\_bournemouth.html](http://www.hampshireathletics.org.uk/events/hxcl_bournemouth.html)

**Sat Nav:** Grid reference SZ 117 926. Postcode: BH7 7AF.

From the East, approach Bournemouth via the M27 and A338. Pass start of 50 mph speed limit and sign indicating you are entering 'BOURNEMOUTH'. Continue straight on over fly-over (ignoring left hand signs to Wimborne, Littledown Centre and others). Take next exit, signposted 'Football Traffic', 'Boscombe' and 'Littledown'. At small roundabout at end of slip road continue straight on, signposted 'Kings Park' and 'Football Traffic'. After 300 metres bear right which will take you to the large Pay & Display car park.

You may prefer to look for free parking available on parts of Kings Park Drive and in the surrounding residential areas - as we've done in previous years - especially when the Pay & Display car park was not available.

PLEASE SEE THE SEPARATE NOTICE ABOUT THE PAY & DISPLAY CAR PARK AT KINGS PARK.

Please note that, although parking charges will apply, payment in the Kings Park car park is possible **only by phone or text**. There are no cash machines **and no means of paying with cash**.

## Facilities

There are limited shower and toilet facilities in the Kings Park Athletics Stadium - some additional portaloos will be hired in.

A cafe serving light refreshments is available in the stadium, where Race HQ will be situated.

## VAC CHRISTMAS PARTY

We have narrowed down the choices for the VAC Christmas meal/party to the following:

1. Langstone Hotel - £40 a head - party night with many others, (probably won't be able to do raffle) - Fri 8<sup>th</sup> or 22<sup>nd</sup> Dec. <https://www.langstonehotel.co.uk/>
2. Village Hotel - £35 a head – themed party night with many others (probably won't be able to do raffle) – Fri 15<sup>th</sup> (Michael Buble tribute) or Sat 16<sup>th</sup> Dec (Abba Tribute). <https://www.village-hotels.co.uk/hotels/portsmouth/>
3. Newtown House - £25 a head, private party, free disco but midweek – Weds 13<sup>th</sup> or 20<sup>th</sup> Dec. <https://www.newtownhouse.co.uk/>

Due to availability we would like to book as soon as possible, therefore, please could you each vote for your preference below:

Langstone Hotel – Fri 8<sup>th</sup> Dec

Newtown House – Weds 13<sup>th</sup> Dec

Village Hotel – Fri 15<sup>th</sup> Dec

Village Hotel – Sat 16<sup>th</sup> Dec

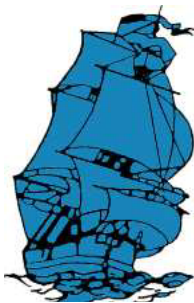
Newtown House – Weds 20<sup>th</sup> Dec

Langstone Hotel – Fri 22<sup>nd</sup> Dec

**Poll closes 6.30pm, Friday (13<sup>th</sup>)**

Once the final decision has been made we will notify everyone and take names/payment etc.

This poll has been posted on the VAC facebook page, if you are unable to vote via facebook, please send an email to [committee@victoryac.org.uk](mailto:committee@victoryac.org.uk)



**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**