



09 November 2017

Future VAC Events and Training

October

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 9 Nov	6	Warblington Railway Path 400m coach: Kevin	
Tue 14 Nov	6:30	Emsworth Tempo coach: Becki sweeper: Martin C ALSO: Victory 5k-10k Training : Week Two	
Thurs 16 Nov	6	Warblington 1m reps coach: Lesley	
Tue 21 Nov	6:30	Rowlands 10k (can be extended up Link's Lane 1.2m) coach: Gemma sweeper: Alan M ALSO: Victory 5k-10k Training : Week Three	

Date	Time	Event Details	Start
Thurs 23 Nov	6	West Leigh Cycle Track Fartlek (fast, slow,fast, slow) coach: Lucy	
Tue 28 Nov	6:30	Crookhorn (Can be extended up London Rd 1.5-2.5m) coach: Dave sweeper: Mandy Cole ALSO: Victory 5k-10k Training : Week Four	

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>

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

The draw for the 2 Victory Athletic club places for the London Marathon 2018 (on Sunday 22nd April) will take place directly after the Victory AC AGM to be held on 23rd 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) 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

Christmas Party - Martin

After the poll last week, we have now booked the Newtown House Hotel for Wednesday 13th December for our party. We've placed an initial deposit to cover 50 places but of course the more the merrier!

Belinda is gathering names and menu choices so please tell her initially how many places you want and pay a £10 deposit per place to the usual VAC bank account online or by cheque or cash (in an envelope with your name on!) to any committee member.

Names to Belinda (belinda.harding@talk21.com) and deposits required by Friday 10th November with menu choices and balance due by the end of November. Deposit is £10 per head and total cost £25 per head.

NEWTOWN HOTEL

Christmas Party Night Menu

Slow Roasted Parsnip and Bramley Apple Soup
with herb croutons (v)

Smoked Salmon and Prawn roulade
baby leaf salad and grain mustard dressing

Country Pork Pistachio and Apricot Terrine
with a toasted brioche, micro cress, tomato and balsamic jam

Chilled Water and Orange Melon
with winter berry jam and mulled wine sorbet (v)

-oOo-

Traditional Slow Roasted Farmstead Turkey
with cranberry stuffing, pigs in blankets
chateaux potatoes, seasonal vegetables and a red wine gravy

Roasted Sirloin of Beef
in a rich wine and thyme sauce served with chateaux potatoes
seasonal vegetables and a Yorkshire pudding

Loin of Cod

baked in horseradish and cream sauce,
topped with panko breadcrumbs and smoked cheddar
served with seasonal vegetables

Roasted Aubergine

filled with cous cous and feta cheese
roasted new potatoes, smoked paprika and red pepper sauce (v)

-oOo-

Traditional Rich Fruity Christmas Pudding
with an orange and almond sauce

Dark Chocolate and Baileys Pots
with berry compote and an oat raisin crumb

Honey Cheesecake

honeycomb crunch topping, clotted cream
drizzled with raspberry coulis

For more information and to book please contact our reception team
reception@newtownhouse.co.uk or 02392 466131

Christmas party reminder

A reminder for the Christmas Party on 13th December, the Newtown need your pre-orders by Friday 30th November 2017. So, if you are going and you have not given me your menu choices please can you do so. More importantly if you have any special diet requirements please let me know.

If you want to be added o the list numbers are limited to 50 - 60 (max) deposits required by Friday 10th November with menu choices and balance due by the end of November. Deposit is £10 per head and total cost £25 per head.

Thank you,

Belinda.

Christmas Curry

Members have enjoyed curry on the last Thursday before Christmas since before the club was formally founded. This year will be no exception and the traditional Christmas Curry will be held on Thursday 21 December at the Havant Tandoori. Market Parade at 7.30.

Arrangements will be as before and a selection of curries and extras will be placed on each table for all to enjoy. The cost will again be £15 a head and you may bring your own alcoholic drinks.

After the popularity of last year's event places may have to be limited so please let me know as soon as possible if you would like to come. (tolsonjab@btinternet.com)

Payment on the night by cash only please.

James Tolson

HAYLING 10, Sunday 26 November ... Marshals required

The Hayling 10 is a Hampshire Road Race event, and is now FULL.

With the number of participants expected, the organisers require as much help as possible, so if you are not running, and can support as a marshal, your help would be greatly appreciated.

Regards, Graham Foden (let me know 07712407151)

Two years ago Beth and I travelled to North Wales for Beth's second and my first run around the Snowdonia Marathon. Alas, in 2015, we did not arrive in time for the customary meal at Pete's Eats the night before. Thankfully this year, due to days off work, Beth, Helen and myself were able to sample the food and atmosphere in this well-known café.

We were treated to perfect driving weather on the Friday and after crossing the National Park, having dinner and driving half of the running route on the way to our youth hostel we settled in for the night.

Saturday, race day, was a cooler, grey day; the hill-tops often shrouded in mist. Following a good breakfast at the hostel with some fellow runners and hikers, we headed to Llanberis for the 10:30 start.

One thing that stays with you after taking part in the 'Eryri' is, although it's not exactly heavily populated, the support is fantastic. As well as the villages and twelve aid stations, many, many large and small pockets of spectators line the route and much of the encouragement is shouted in Welsh. We tried to learn 'thank you' in Welsh to blend in. However, 'diolch' doesn't run off the English tongue very easily – we didn't blend in!

It goes without saying that this is a scenic run, the dramatic slate crags, mountains and many lakes certainly pack a punch. Three main, long climbs allow you to get in amongst the landscape. The first 1100 ft climb through Pen-y-Pass is amazing, not only for the challenge, but for the sight of a multi-coloured snake of runners threading its way through. What goes up must come down, and after reaching the top at approx. 5 miles we had a tricky 2 mile, off-road, plunge down.

Our next long climb commenced at halfway – a long drag out of the village of Beddgelert. Fabulous support sent us on our way and at mile 18 we passed our youth hostel. The next 4 miles to Waunfawr are tough. You know the rapid 1200 ft ascent out of Waunfawr is a killer, but you also know it is the beginning of the last obstacle – you just want to get there and start the climb.

Finally, back into civilisation, we ascended into the village and took the infamous right hand turn at 22 miles – up we went. The temperature dropped as we entered the misty murk and after a short plateau, where the last aid station was located, the difficult descent into Llanberis was all that stood between us and the finish. Extremely steep and extremely slippery, I found this downhill very difficult, but going through the funnel of cheering at the finish and being presented with your slate coaster is a real treat.

A great weekend away, good food, lots of giggles and a leg busting run – perfect!

Double Cross Country Weekend at QE Country Park, Saturday/Sunday 11/12 November - by Marilyn

Hampshire League XC (HXCL), Saturday 11 November

Southern XC League (SXCL), Sunday 12 November (Remembrance Sunday)

Although both events are at Queen Elizabeth Country Park, the courses will be very different.

Hants XC League, Saturday 11 December

Women: 13:35 Distance is only 6km maximum.

Men: 14:30 Distance is 9-10 km for the men.

Course will be marked out on the Butser slopes to the West of the A3.

More details from the Hants XC League website: <http://www.hampshireathletics.org.uk/events/hxcl.html>

QE Country Park venue details:

http://www.hampshireathletics.org.uk/events/hxcl_petersfield.html

Queen Elizabeth Country Park is situated 4 miles south of Petersfield on the A3. It can only be accessed from the A3. Please follow the regular signpost for the park and look for the cross-country car park signs once on the park's access roads. **Don't park in the park centre's car park or the access roads - there are some particularly heavy fines for parking on the latter.**

Southern XC League, Sunday 12 December

Massed start of 400+ men and women at 11:01 following a minute's silence for Remembrance Sunday.

Course will be a single loop of about 5 miles on the forest tracks to the East of the A3.

More details from the Southern XC League website:

<http://www.bobayer.com/trwl/>

QE Park Race Details:

<http://www.bobayer.com/trwl/diary/styled/>

Or see the invitation from host club, Portsmouth Joggers, after this item.

For the Hants XC League (Saturdays), you must be currently registered (and paid!) with England Athletics (EA). Contact me as below if you want to be registered - cost £14. For the Southern XC League, all O-17 VAC members are eligible, except for those who are too fast and have broken the speed limit in the past year (they know who they are!).

Sign up on our Facebook Events page, or email all of the XC captains/organisers at:

vacxc@victoryac.org.uk - routes to our personal email addresses

tel (Marilyn): 023 9279 9983

mobile (Marilyn): 07954 382340

Southern Cross Country League Race 2 at Queen Elizabeth Country Park

Portsmouth Joggers invite you to league race 2 at QECP on Sunday 12th November. The course is in the lovely country park with plenty of hills and forest trails. The race will be a single lap with a long flat(ish) start before a nice steep hill to take you into the forest section.

As this is Remembrance Sunday there will be a minutes silence at 11am followed by the start just after 11:01am. The course distance is 5 miles.

Race Meet: The meeting area / finish, is in lower field which you get to by walking past the park visitor centre. There is no shelter in lower field unless your club brings it, so please wear suitable clothing. The start line is a short 2 minute walk up hill from the finish area.

This year we have again contracted a catering company to supply hot drinks, soup and a roll for you to enjoy post race for £2.50.

The club will be also be selling cake for 50p in a tent on the bottom field by the finish.

Please stay if you can at the end, provisional race results will be announced at the end – subject to weather conditions.

Facilities: There are limited toilets in the visitor centre – with 500 runners expected the queues could be lengthy – you may want to bring your own tissue paper. There are no showers / changing facilities. If you go into the visitor centre / café please ensure you do not drop mud.

Due to the high risk of trip hazard on the course we have professional first aid for your additional safety. All runners run at their own risk however.

Competition Rules: All runners must wear a Club Vest or T-shirt. No ipods / MP3 permitted. Full race

rules (including pace eligibility) at <http://www.bobayer.com/trwl/rules/>.

The race referee's decision on a contested line finish is final. Please stay in finish order in the funnel. Take your finish token to your club captain who will complete your team results sheet to be returned with the token to the race scorer who will be in a PJC gazebo in lower field.

Directions: QECP is very easily located off the A3 just south of Petersfield – there are large signs on the A3. Post code **PO8 0QE**

Car park – competitors **must** park in the race car park – there is plenty of space if you park considerately. It will be an enormous help if you can car share where possible. Please do not park in the visitor centre car park or drive down to lower field. **The QECP require all cars to pay £1.50 and display a parking ticket.** Please help us by bringing the correct change.

Failure to display a car park ticket will result in a parking penalty being applied by QECP.

The race car park is just off the northbound carriageway on the slip road (please do not park on the slip road which is exceptionally dangerous). If you are heading south follow the slip round under the road bridge and up to the car park.

Enquiries: Race Director: Pip Wright email pips159@hotmail.co.uk phone 07742 171051

ARC Race Permit applied for.

Results of 2017/18 Winter Handicap Race 2

A good turnout for the second race and congratulations to **Kevin Leighfield** for winning with an estimate just 1 second off his actual time! Congratulations also, to the other 11 people who earned the race bonus by being within 30 seconds of their estimates.

Well done to Fiona Lacey who ran her first race, fresh from the C25K course.

Thank you to Malcolm, Martin Coles and Paul Bould for helping out and particularly for crowd control and support.

POS	Name	Estimate Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
1	Kevin Leighfield	26.3	8.2	34.51	26.31	0.01	50	2
2	Richard Mitchell	24.5	10.2	35.15	24.55	0.05	49	2
3	Arron Grosvenor	30	6.4	36.33	29.53	0.07	48	2
4	Kate Hart	24.5	10.4	35.19	24.39	0.11	47	2
4	Michelle Jones	29.5	7	36.39	29.39	0.11	0	2
6	Roger Brummell	33	3.4	36.52	33.12	0.12	45	2
7	Kate Parks	25.15	9.2	34.49	25.29	0.14	44	2
8	Hazel Jenkinson	37.15	1.05	38.44	37.39	0.24	43	2
9	Lucy Cowlin	31.15	5.2	37.01	31.41	0.26	42	2
10	Mark Wilson	22	12.2	33.53	21.33	0.27	41	2

POS	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
10	Emerson Potter	24	11.2	35.47	24.27	0.27	41	2
12	Neil Blanchard	33	4.2	36.51	32.31	0.29	39	2
13	Helen Boiling	25.45	7.2	32.29	25.09	0.36	38	0
14	Terry Healy	22.3	13.4	36.47	23.07	0.37	37	0
15	Mandy Coles	34.05	3	37.44	34.44	0.39	36	0
15	Sue Gover	42	0.35	41.56	41.21	0.39	36	0
17	Zoe Gill	22.5	13.2	36.54	23.34	0.44	34	0
18	Tony Butler	22.3	14	35.44	21.44	0.46	33	0
19	Nichol Riggott	23.13	11.4	35.42	24.02	0.49	32	0
19	Sara Heath	34.2	3.25	36.56	33.31	0.49	32	0
21	Matt Cornford	24.3	11	34.35	23.35	0.55	30	0
22	Julia Hopes	28.3	7.5	35.18	27.28	1.02	29	0
23	Rachel Jarvis	30	6	34.57	28.57	1.03	28	0
23	Kevin McTaggart	31.35	5	37.38	32.38	1.03	28	0
25	Tim Cooper	25.3	8	34.37	26.37	1.07	26	0
26	Carol Tolfrey	38	0	39.11	39.11	1.11	25	0
27	Jim Clow	25	13	39.18	26.18	1.18	24	0
28	Jill Loughlin	35.1	4.4	41.15	36.35	1.25	23	0
29	Colin Moon	27	9.4	38.06	28.26	1.26	22	0
30	Paul Smart	37	1.4	37.07	35.27	1.33	21	0
31	Colin O'Donnell	21.15	14.4	37.36	22.56	1.41	20	0
32	Shelly Butler	26	12	36.1	24.1	1.5	19	0
33	Lisa Emson	28	8.4	34.32	25.52	2.08	18	0
33	Jon Haines	24.3	9	35.38	26.38	2.08	18	0
35	Cristian Samfirescu	25	14.2	37.11	22.51	2.09	16	0
36	Fiona Lacey	41.38	2.4	41.43	39.03	2.35	15	0
37	Tina Doherty	31	6.2	34.39	28.19	2.41	14	0
38	Marilyn Crocker	34	4	40.5	36.5	2.5	13	0
39	Dave Walker	25.26	10	38.23	28.23	2.57	12	0
40	Kerry Adaway	33.47	5.4	36.25	30.45	3.02	11	0
40	Hilary Schwager	43	1.2	41.18	39.58	3.02	11	0

POS	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
42	John Cowlin	27	12.2	36.14	23.54	3.06	9	0

Here is the leader board to date:

Pos	Name	Race 1	Race 2	Series Bonus	Best 4 Total
1	Kate Hart	57	49	6	112
2	Kate Parks	55	46	6	107
3	Richard Mitchell	45	51	6	102
4	Terry Healy	55	37	6	98
5	Roger Brummell	39	47	6	92
6	Tim Cooper	58	26	6	90
7	Emerson Potter	37	43	6	86
8	Helen Boiling	40	38	6	84
8	Lucy Cowlin	34	44	6	84
10	Paul Smart	56	21	6	83
11	Hazel Jenkinson	31	45	6	82
12	Sue Gover	37	36	6	79
13	Neil Blanchard	30	41	6	77
14	Colin O'Donnell	47	20	6	73
15	Cristian Samfirescu	45	16	6	67
16	Zoe Gill	20	34	6	60
17	Jim Clow	28	24	6	58
18	Paul Sahota	53	0	3	56
19	John Gallagher	52	0	3	55
19	Kevin Leighfield	0	52	3	55
21	Kevin McTaggart	20	28	6	54
21	Nicola Stott	51	0	3	54
23	Arron Grosvenor	0	50	3	53
23	Mark Cooter	50	0	3	53
25	Lisa Emson	25	18	6	49

Pos	Name	Race 1	Race 2	Series Bonus	Best 4 Total
25	Rachel Jarvis	15	28	6	49
25	Richard Turner	46	0	3	49
28	Bob Wheeler	45	0	3	48
29	Mark Wilson	0	43	3	46
30	Mark Hull	42	0	3	45
30	Sara Heath	7	32	6	45
32	Hannah Lowry	41	0	3	44
33	Jo Gilholm	38	0	3	41
34	Colin Moon	12	22	6	40
35	Mandy Coles	0	36	3	39
36	Pete Harding	35	0	3	38
37	Martin Coles	33	0	3	36
37	Tony Butler	0	33	3	36
39	Jenny James	32	0	3	35
39	Nichol Riggott	0	32	3	35
41	Matt Cornford	0	30	3	33
42	Carol Tolfrey	1	25	6	32
42	Helen Smith	29	0	3	32
42	Julia Hopes	0	29	3	32
45	Jill Loughlin	2	23	6	31
46	Mike Bruce	27	0	3	30
46	Shelly Butler	5	19	6	30
48	Nicol Riggott	26	0	3	29
49	Paul Bould	24	0	3	27
50	Allie Pirie	23	0	3	26
50	Dave Morris	23	0	3	26
52	Bridget Main	21	0	3	24
53	Marilyn Crocker	4	13	6	23
54	Jon Haines	0	18	3	21
54	Malcolm Hagan	18	0	3	21
56	Andy Smith	17	0	3	20
57	Beth Pirie	16	0	3	19

Pos	Name	Race 1	Race 2	Series Bonus	Best 4 Total
58	Becki Ralf	15	0	3	18
58	Fiona Lacey	0	15	3	18
60	Tina Doherty	0	14	3	17
61	Martin Care	13	0	3	16
62	Dave Walker	0	12	3	15
62	Dee Sims	12	0	3	15
64	Hilary Schwager	0	11	3	14
64	Kerry Adaway	0	11	3	14
66	Amanda Rudkin	10	0	3	13
67	Gary Heather	9	0	3	12
67	John Cowlin	0	9	3	12
69	Matthew Walker	8	0	3	11
70	Alan Mulry	6	0	3	9
71	Ann Mann	3	0	3	6
72	Michelle Jones	0	2	3	5

Jan McDonald

GOSPORT HALF NUMBER AVAILABLE

No Charge! Just let me know by next Tuesday 14 Nov. and I will transfer details. First come first served!

Graham Foden

NEW YEAR'S EVE SOCIAL RUN

New Year's Eve this year falls on a Sunday, and if you fancy walking/jogging/running in the countryside of the South Downs, then

the BARLEY MOW in Walderton is the place for you. Fancy dress optional but there are prizes for the three best dressed runners!

Meet in the Barley Mow car park at 11: 30 a.m; order your meal and pay for it. The 4 mile (approx) run or shorter walk starts at 12: 15 p.m

The food this year is a Carvery (a selection from four different meats with vegetables). The vegetarian menu is Nut roast with vegetables and vegetarian gravy.

We finish the day with a game of skittles with prizes for the winning team.

What a day to finish your 2017, and start your New Year 2018!

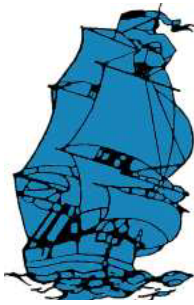
Please let Jan MacDonald, Lesley Allen, or Hamid know that you are coming, as the publican needs to know numbers.

AGM AGENDA

AGENDA FOR THE ANNUAL GENERAL MEETING OF VICTORY ATHLETICS CLUB HELD AT HAVANT LEISURE CENTRE ON THURSDAY 23rd November 2017 at 1945 hours.

- Item 1: Meeting convened and opened
- Item 2: Apologies
- Item 3: Matters arising from previous AGM
- Item 4: Approval of previous meeting
Proposed by _____ Seconded by _____
- Item 5: Chairman's report
- Item 6: Treasurer's report
- Item 7: Membership report
- Item 8: Coaches Report
- Item 9: Communications Report
- Item 10: Resolution
- Item 11: Election of Club Officers & Committee Members
- Item 11: New Items
EA Subscriptions
- Item 12: AOB
- Item 13: Meeting closed
- Item 14: Date of Next meeting

(Presentation after the meeting and selection of London Marathon places)



**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**