



# Victory Athletic Club Weekly Flyer



**15 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 16 Nov	6	<b>Warblington</b> 1m reps <b>coach:</b> Lesley	
Tue 21 Nov	6:30	<b>Rowlands 10k</b> (can be extended up Link's Lane 1.2m) <b>coach:</b> Gemma <b>sweeper:</b> Alan M ALSO: <b>Victory 5k-10k Training : Week Three</b>	
Thurs 23 Nov	6	<b>West Leigh Cycle Track</b> Fartlek (fast, slow,fast, slow) <b>coach:</b> Lucy	
Tue 28 Nov	6:30	<b>Crookhorn</b> (Can be extended up London Rd 1.5-2.5m) <b>coach:</b> Dave <b>sweeper:</b> Mandy Cole ALSO: <b>Victory 5k-10k Training : Week Four</b>	

**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 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

## **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](mailto: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](mailto:reception@newtownhouse.co.uk) or 02392 466131

## Southern Cross Country League at QE Park on the 12<sup>th</sup> November

The second race in this season's Southern XC league took place last Sunday at QE on a beautiful cold Remembrance Day morning. A two minutes silence was immaculately observed before the start off the race which is always good to see.

18 VAC's members ran in a big field of over 500 runners. From VAC's, we had some first timers and some of the old timers to XC returning which was pleasing. The course was basically the same as last year which I think most people enjoyed, if it was a very slippery in places.

The men's team finished 22<sup>nd</sup> and the ladies team 13<sup>th</sup> with an overall score of 19<sup>th</sup>.

The finishing positions for were as follows:

Men: Simon Turner 180, Darren Munday 204, Colin O'Donnell 217, Ali McNiff 242, Jim Clow 251, Pete Harding 256, Will Hahn 262, Martin Care 313, Peter Royce 323 and Kevin Mctaggart 325

Ladies: Fay Cripps 3, Sarah Swift 57, Helen Boiling 86, Daveena Tweed 92, Rachel Jarvis 176, Helen Smith 189, Marilyn Crocker 212 and Nicola Stott 233

Thanks to Graham Foden for his help with the numbers.

Thanks to everybody for turning up and hopefully we will see you and anybody else who wants to run at next race at Bourne Woods on the 10<sup>th</sup> December.

Andy

## 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](mailto: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)

## **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.

## Victory Athletic Club Provisional Statistics For 2017

Another year has almost gone and I have entered nearly a thousand Victory runner's performances into the VAC 1917 Stats spread sheet.

These give various stats including your best performance for the year at the distances you have run, PB's you've gained. They also give The Most Improved Member result and The Best All Round Athlete of the year result. Also they provide grading of your performances against the club age standards and up date Victory club records.

They must be; 5k, 5m, 10k, 10m, 1/2Mar, 20m, Mar, short and long H/C, already entered.

For which I can find results on the internet to confirm your race performance.

I have already entered;

Long & Short Handicaps, Stubbington 10k, Romsey 5m, Chichester 10k, Ryde 10m, Portsmouth Coastal 1/2M, Bramley 20m, Brighton Mar, Thorpe Park Half, Selsey 10k, Eastleigh 10k, Fleet 1/2M,

Salisbury 10m, London Mar, Southampton 10k, Southampton Half, Lakeside 5k Series, Alton 10m,

Gosport 5k, Netley 10k, Purbrook Ladies 5, D-Day 10k, Hayling Billy 5m, Lordshill 10k, Gloucester Mar, Wickham 10k, Thames Meander Half, IOW Half, Overton 5, New Forest 10k, Solent 1/2M, Chester Mar,

Chichester Half, Denmead 10k, Abingdon Mar, Great South Run 10m, Beachy Head Mar, Snowdon Mar, New York Mar, (Gosport 1/2M, Hayling 10m, Victory 5, Portsmouth Coastal Mar.) to come.

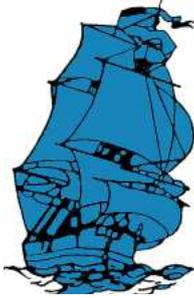
Please send in to me any additional races you have run with the date, name of race and your time and I will ensure it is entered in the stats.

Many Thanks.

John Gallagher

The Late Starter.

Email: [j-cgallagher@ntlworld.com](mailto:j-cgallagher@ntlworld.com)



**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**