



23 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 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	
Thurs 30 Nov	6	Barton's Road – Hills coaches: Mary / Kevin	
Tue 5 Nov	6:30	Emsworth 10k coach: Marilyn sweeper: Dee S ALSO: Victory 5k-10k Training : Week Five	

Date	Time	Event Details	Start
Thurs 7 Nov	6	<u>Winter Handicap</u> Race 3 (3 miles)	
Tue 12 Nov	6:30	Farlington Ave coach: Becki sweeper: Ali M ALSO: Victory 5k-10k Training : Final Week Emsworth 10k Route.	
Thurs 14 Nov	6	Warblington – 800m coach: Lucy	
Tue 19 Dec	6:30	Christmas Lights Run: Hayling – Victoria Road Loop (x 2) coach: Nicola sweeper: Beth P	

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 meal final payment due

Its not long until the Christmas Party evening. This is just a reminder that if you have only paid a deposit for the evening, please can you pay the remainder of amount by the end of November at the latest.

Thank you.

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

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

Gosport Half Marathon (ladies) - Rachel Jarvis

Ideal weather conditions for the "Gosport Half" sunny, cool and no wind possibly a tad too warm for me as I had over dressed a little but weather made for lovely views of the calm sea .The bright sunny day also enticed lots of spectators and a fair few Victory supporters and photographers so thank you to both .

Seven ladies represented Victory so an excellent turnout thank you all.

First in for the ladies team was Gemma Corbett who was actually the 10 th overall female ,Chris Riddington and Michelle Cartwright were second and third both coming in well under 2 hours. This was Michelle's last race with Victory as she is moving to London to work ,so will join some lucky London team instead .

Alison Lowder had entered the race but unfortunately was unwell so cheered us on from the "crowds "Instead .

The results are as follows ,Gemma Corbett 01:27:20pb, Christine Riddington 01:38:24,
Michelle Cartwright 01:42:13, Rachel Jarvis 02:11:57, Bridget Main 02:37:38,
Mary Short 03:12:39, and Tracy Long 03:12:42.

Women's Report from Hampshire League XC at Queen Elizabeth Country Park - by Marilyn

Date: Saturday 11 November

With a conflicting Remembrance Day event at Fort Nelson, parkruns and another Southern XC event (also at QE Park) the next day, we struggled to get out a team of three women for this most local event. Helen B and myself were down to run, plus Belinda was making up the team in spite of an infected knee for which she was on antibiotics! The course was on the Butser slopes, to the West of the A3. When I arrived, there was a queue for parking in the race car park on the Butser side, so I carried on to the main car park and managed to find a space there. With a bit of help from my (Liss) friends, I got along to the start/finish area with the club flag, tent and weatherwriter, plus a seat, large umbrella, spikes, Salomon trail shoes (couldn't decide which to wear) and a hopefully waterproof bag for surplus clothing.

The path down to the club tent area was already muddy and slippery. Havant invited us to leave our bags under their posh new shelter, so I set up the Victory Flag next to it and didn't bother to put up our own pop-up tent. By that time there were muddy puddles on the ground sheet under the Havant shelter! And it started to rain again...

Having returned from the loo queue with just over 10 minutes to go, I was delighted to see that new recruit this year, Fay Cripps, had also turned up. Fay was expected for the Southern XC (also at QE Park) the next day, but not for Saturday. (I had of course asked!) But Fay doesn't have her own vest, and I'd left our VAC spares in my car. So I headed back to the car. Part way there, I remembered I'd left the car key in the pocket of the jacket I'd already taken off - doh! Finally got back with a vest for Fay with only a minute or two to spare. Ali ran the vest down to Fay who had already gone to the start - thanks Ali. I hastily divested extra clothing - really warmed up by then! No time to change shoes - forgot to put my baseball cap back on in the rush (keeps the rain off my glasses) - and I still missed the start!

The women's course (6K) took us out along the valley, then up Butser - like the start of the Butser Challenge Run. By then, most of those I could see in front were walking and I managed to catch up a little. As we turned left on to a flatter section going around the hill, I thought I might start running again. But it was not to be. The path was at such an angle, that my Brooks summer trail shoes kept slipping so I was in danger of sliding into the barbed wire fence or hedge. Caution prevailed - it was more walking! Even so I managed to catch the last runner, Margaret from Andover, in my own age group. On the downhill section, where the footing was fine, I also overtook an Eastleigh runner and was catching the Liss girls. We then had two (relatively!) flatter circuits in the valley to complete. By the time I joined that part of the course, the faster girls had already done one lap. Another delay after a slippery downhill bank to retie an undone shoelace. First rule of XC is to make sure your shoes are laced on tightly - but I hadn't intended to run in those shoes! As a result, the Eastleigh runner went past, the Liss girls disappeared into the distance, leaving only Margaret from Andover still behind me. A lot of the field, including Helen went past before I started on my second lap. So I finished again in penultimate position - consistent - and fit to run another day. Along with Fay and Helen I was back for more at QE Park the next day!

Results

1

Phoebe Law

Sen

Aldershot, Farnham & District

22:09

13

1

Jo Meek

V35

Winchester & District

24:49

27

4

Fay Cripps

V35

Victory

26:08

106

47

Sarah Swift

V45

Poole Runners

33:34

119

55

Helen Boiling

V45

Victory

34:54

144

72

Belinda Harding

V55

Victory

38:17

160

85

Marilyn Crocker

V65

Victory

46:23

Great debut for Fay in this league with **27th** place overall - and **4th** veteran woman!

We're all one place higher than those given out on the day - so one of the first 26 must have been disqualified!

With three in front of me I was surplus for the team scores. Thanks to Fay, Helen and Belinda we had the best team results in this league for a while:

17th Women's team (includes veterans and U20s) out of **30** club teams (24 complete and 6 incomplete)

10th Veteran Women's team (W35+) out of **24** club teams (15 complete and 9 incomplete)

Full results at:

http://www.hampshireathletics.org.uk/results/2017/20171111_hlwomen.html

Now we must be sure to get complete teams to the remaining three fixtures to ensure Victory appears in the aggregate league tables for the season. Dates for your diaries:

Saturday 2 December at Popham Airfield, nr Basingstoke - day before the Victory 5 Mile (HRRL)

Saturday 13 January at Prospect Park, Reading - day before the Stubbington 10K (HRRL)

Saturday 10 February at Aldershot

SEAA Masters (Veterans O-40) Cross Country Championships - from Marilyn

Saturday 9 December 2017

Horspath Sports Ground, Oxford, OX4 2QT

These championships are much more in line with the VAC age profile - only men and women over-40 are eligible - and you must be currently registered (and paid up) with England Athletics. Belinda has already entered. Is anyone else interested? I'd go (and happy to drive) if we could enter a W60+ team of three. Belinda is too young to be in a W60+ team, but could be part of a W50+ team if two more in that age group also enter. Chris Turner, Raman and myself were the South of England Women's 60+ Cross Country Team Champions in 2015! And yes, we did beat another W60+ team!

Closing date for entries is Friday 24 November - this Friday!!

The entry fee is £8 per person. You can enter online at:

www.seaa.org.uk

Timetable:

11:00	Men 50+, 60+	10K
11:43	Women 40+, 50+, 60+ and Men 70+	6K
14:10	Men 40+	10K

There are SEAA Inter-Counties Championships (for the younger age-groups) on the same day at the same venue.

Medals:

Individual awards will be made in five year age bands up to 69. Gold, Silver and Bronze (1st , 2nd and 3rd) 70+ counts as one band.

Team awards (only **3 (three!)** to score for all teams), 1st, 2nd and 3rd clubs, will be made in the following age-groups:

Men: M40+ M50+ M60+

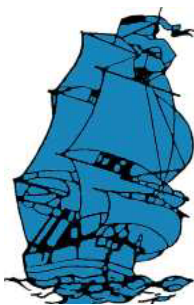
Women: W40+ W50+ W60+

Contact Marilyn or enter yourself online if you are interested in going.

email: marilyn.crocker@victoryac.org.uk - routes to my personal email address

tel: 023 9279 9983

mobile: 07954 382340



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