



30 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 30 Nov	6	Barton's Road – Hills coaches: Mary / Kevin	
Tue 5 Dec	6:30	Emsworth 10k coach: Marilyn sweeper: Dee S ALSO: Victory 5k-10k Training : Week Five	
Thurs 7 Dec	6	Winter Handicap Race 3 (3 miles)	
Tue 12 Dec	6:30	Farlington Ave coach: Becki sweeper: Ali M ALSO: Victory 5k-10k Training : Final Week Emsworth 10k Route.	

Date	Time	Event Details	Start
Thurs 14 Dec	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>

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

This traditional New Year's Eve social run/walk is a fun way to end your 2017 and this year falls on a Sunday. 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 from 11: 30 a.m; order and pay for your meal, then 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. Great family fun.

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

Please let Jan MacDonald (07503 151 870), 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

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

Hayling 10

An excellent race event organised by Havant Athletic club. Stunning scenery, perfect weather and well organised with plenty of friendly ,encouraging marshals. Also of course it is a local race for Victory so not far to travel.

The course is quite varied taking us along parts of the Hayling Billy track and along the sea front and after crossing the road with supportive marshals running back .

We had 8 Victory ladies representing the ladies team so well done for a good turnout as 10 miles is a respectable distance to race (well I think so) and thank you to the victory supporters who cheered us along and the victory marshals who also of course encouraged on our way ,I saw Pete, Graham and Hazel on the route.

The results from the ladies team are,

Hannah Lowry 1:14:19, Zoe Gill 1:14:40, Linda Pukinska 1:22:46, Nicki Turner1:34:39,

Rachel Jarvis 1:36:06, Lucy Cowlin 1:42:00, Bridget Main 1:55:11, Maryland Crocker 1:57:34.

Gosport Half Sunday 19th November

Gosport Road Runners organised a superb Half Marathon as always, even arranging near perfect weather. Victory AC was well represented with 13 male competitors, and some outstanding personal performances.

Whilst not to everyone's taste, I've always like the 2 lap configuration offering the chance to pace yourself better and cheer on fellow Victory runners.

The chip timed results were:

Paul Mitchinson 1:16:31 Richard Turner 1:32:54 Darren Knight 1:35:28 (PB) Chris Lowder 1:39:36 Dave Lown 1:39:39 Andrew Flynn 1:40:07 Dave Morris 1:40:13 John Marenghi 1:41:13 Paul Sahota 1:42:37 Terry Healy 1:44:00 John Cowlin 1:50:01 Martin Coles 1:50:52 Ali McNiff 1:52:36 (PB) Michael Grigg 1:55:30 Callum Cairns 2:00:56 (PB, and 1st HM) Will Hahn 2:05:09

My son Jon has wickedly noticed that two of my last three Gosport chip times have finished in zero seconds.....I'm now known at home as 'Double O Slow'!

Hayling 10 Sunday 26th November

Another fantastic turnout by Victory AC at the Hayling 10, organised by our nearest neighbours Havant AC. Again near perfect weather, and a superbly organised event. Also lovely to see so many Victory AC members volunteering as marshals, their encouragement helping to deliver some superb individual performances for the second consecutive weekend. Paul's Mitchinson's impressive 6th place with a superb time of 57:52 and Matt Gill and Simon Turner both coming in under the magical 70 minute barrier were highlights of a great team effort. Finishing times for the men were:

Paul Mitchinson 57:51 Matt Gill 68:34 Simon Turner 68:54 Richard Turner 70:43 Darren Knight 71:09 Chris Lowder 73:27 Andrew Flynn 74:26 Dave Lown 74:27 Colin O'Donnell 75:21 Terry Healy 78:03 Martin Coles 79:07 Paul Sahota 79:52 John Haines 83:45

When running I find my mind drifts around quite a bit, stopping me thinking how much it all hurts possibly. Anyway, today I began analysing why I run and decided that probably for most of us it's for fitness, the friends you make and the competitive element/times. Putting them in order of importance, I decided that if I had to choose between being a faster but lone runner or a slower club runner, I'd choose the latter. So my order of importance would be Friends, Fitness, Times.....I suspect younger runners would maybe reverse that!

Hampshire Cross-country League Race 2 at QE Country Park - by Andrew Wright

Date: Saturday 11 November

When the day before the race the nearest to a route map was "All races will be on the slopes of Butser Hill, starting from the BBQ area adjacent to the race car park. It is a very open chalk downland course, excellent for spectators, very testing for competitors; there is no such thing as an easy course on Butser! If the weather isn't kind it is a particularly exposed site, be warned!" perhaps a little caution was needed. However we had a good turnout, 4 ladies and 6 men for our local challenge.

Ali, Calum & Will had not chosen the easiest introduction to the Hampshire League but they were caught smiling on camera, so it can't have been too bad.

In brief

The car park was muddy and fairly full, the weather was cold and wet and the course was muddy and fairly well cut-up. A gentle uphill run, from the start, alongside the A3 was followed by a few yards of gravel or concrete track before turning away from the road and up the side of Butser. The field was well stretched out already and as more and more slowed to a walk the line became longer. the sight of an ambulance waiting at the top was not reassuring, and although there was much enthusiastic encouragement it didn't really help. We turned along the top to find a muddy path sloping down into barbed wire and brambles, flat enough to

seem worth running, but enough of an ascent to add to the pain. Downhill was interesting, down the South Downs path on the front of Butser, this starts slowly and becomes much steeper towards the fence. Although a gate had been kept open this resulted in a couple of changes of direction across the slope before the descent really kicked in. Steep slope and a choice of slippery mud or slippery, rutted grass made this part fairly interesting. Those of us who stayed upright found it levelled off before a final steep drop of about 10 feet while turning. A short loop round a valley, a gentle downhill and a slippery hairpin returned us to the start.

Two more laps of the same, but with less life in the legs, more mud everywhere and the leaders gliding past were another challenge. Then the final straight, instead of a hairpin we dropped onto a muddy, metalled road while turning through a gate, then a flat sprint for the line.

Men's Results:

1	Matthew Sharp	Team Spy	33:38	
5	James Baker	Chichester Runners	35:30	1st Vet M40
256	Colin O'Donnell	Victory	55:53	120th Vet (M50)
270	Andrew Wright	Victory	60:52	131st Vet (M50)
274	Ali McNiff	Victory	62:31	
276	Will Hahn	Victory	62:50	135th Vet (M40)
280	Callum Cairns	Victory	65:03	
286	Peter Royce	Victory	77:45	143rd Vet (M60)

Congratulations to those who managed to run again the following day - Colin, Ali, Will and Peter.

Southern Cross Country at Bourne Woods, Lower Bourne near Farnham on the Sunday 10th December

Hi everyone, this third race of the 6 series in the Southern Cross Country league which takes place on the 10th December with an 11.00 am start at Bourne Wood, just 15 minutes' walk from the Farnham Runners clubhouse on the Bourne Wood green, GU10 3PR. Parking is very limited at the clubhouse so please be considerate when trying to park for local residents.

Again as parking is limited at all these league events, we shall 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 £2.00 a plate.

Please come along and give it a go, you might be surprise how much you enjoy it and it was great to see so many turning out at QE the other week.

Don't forget the 15 minutes' walk to the start, please allow yourselves time to park and get to the start and spikes are not required due to a road section towards the end of the race.

Andy

SEAA XC Championships, at Stanmer Park, Brighton - from Marilyn

Date: Saturday 27 January 2018

Closing date for entries: Friday 15 December 2017

Cost: £7 per person.

All competitors must be first claim members of their club and be currently registered with England Athletics.

Enter online at: seaa.org.uk

The online entry system for team managers is simplified this year. The team manager only needs to enter the EA numbers of the competitors in the appropriate age-group/gender and each person's details are looked-up on the EA database. So ask me to enter you. Or you can enter yourself online - just put your own contact details where it asks for the team manager. **If you enter yourself, please let me know.** In previous years I have only been able to see the entries I make myself.

6 men aged 20+ needed for a men's team and 4 women aged 20+ for a women's team. There are shorter races for younger age-groups from U-13s upwards. There are no veteran team categories.

It's the day before the The Chilly Hilly in QE Park on Sunday 28 January which I know a lot of XC aficionados are planning to do. I've entered already.

Timetable

First event is at 11:00 (U-15 Boys)

Senior women and men have the last two races:

14:05 Senior Women 8000 metres

14:50 Senior Men 15000 metres - tougher than the Nationals for the men!! And this year, times will stop being counted 90 minutes after the race start!!

Parking will probably be an issue, and we may have to travel by train. See the Parking Statement for these championships on the SEAA website:

http://www.seaa.org.uk/images/2017/Endurance/XC_Main_Champs/Stanmer_Park_Parking_Statement.pdf

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Marilyn

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New Honorary Member - Pete Harding

Congratulations to Pete Harding who became an honorary member of the club at the AGM Thank you to Martin Coles who has stepped down as Chairman of the committee after several years.

Martin was presented with a portrait painted by club member Nicki Ellul-Turner.





Thanks

23rd Nov 17



**VICTORY ATHLETIC CLUB ANNUAL GENERAL COMMITTEE MEETING MINUTES
HELD AT HAVANT LESIURE CENTRE ON THUR 23rd Nov 17**

Present	Martin Coles	Chair	
	Lesley Allen	Secretary	
	Neil Blanchard	Treasurer	
	Marilyn Crocker	Vice Chair	
In attendance	Dave Lown	Becki Ralf	Alan Mulry
	Helen Boiling	Gary John	Jan MacDonald
	Terry Healy	Bridget Main	Amanda Coles
	Raman Sangha	Paul Smart	Kevin McTaggart
	Nicola Stott	Colin Moon	Tina Doherty
	Lisa Emson	Mary Short	Andy Smith
	Bill Kelly	Neil Tolfrey	Jim Clow
	James Tolson	Rob Godwin	Pete Harding
	John Gallagher	Hamid Alamar	Ali McNiff
	Graham Foden	Allison Lowder	Shelly Butler
	Tony Butler	Andrew Wright	

Item	Action
<p>Item 1 – Meeting Convened and Opened.</p> <p>The Chair formally welcomed everybody to the Annual General Meeting which was opened at: 1945.</p> <p>Item 2 - Apologies: Carol Tolfrey, Lucy Smith, Paul Bould, Rachel Jarvis, Belinda Harding, Dee Sims, Dave Morris, Malcolm Hagan, Sue Gover, Martin Care, Paul Wilcox Richard Mitchell, Jo Gilholm, Beth Pirie, Hilary Schwager & Chris Gallagher.</p> <p>Item 3 - Matter arising from previous AGM. Communications Officer who was appointed as Becki Ralf. London Marathon rules have been amended regarding the criteria for selection of club places. This however has been changed by EA to only one club place this year as they have increased the number of EA members to over 150 to now get two places.</p>	
<p>Item 4 – Approval of previous minutes.</p> <p>Proposed by: Dave Lown Seconded by: Jan MacDonald</p> <p>The minutes of the last meeting are a true and accurate record.</p>	

Item 5 – Chairman’s Report.

This is my final address to the AGM as I’m standing down after the meeting from the Chair and the Committee. However this has been a planned exit and the committee have been able to fill the Chair and Vice Chair posts as you will find out later on the agenda.

The club is in good shape: well-funded; well attended; with great support from a keen coaching team; and a management committee of strength and depth. We have a total membership of about 280 which often leads to us having more than 50 entrants in some of the more popular local races.

Financially we continue to be very strong with a healthy balance sheet and money set aside for coaching courses, equipment replacement and communications where we intend to invest in a new website next year.

On the road, our HRRL teams did not have a good year last year as both ladies and men’s teams were relegated from their respective A Team Div 1 in 9th place. The ladies retained their place in B Team Div 1 and the men in B Team Div 2. However individually we had top ten performances from both Dan Bailey and Paul Mitchinson with Dave Howard not far behind for the men and Jo Gilholm and Helen Boiling in the top 50 for the ladies.

At the end of last season, Dave Lown stepped down as men’s road race captain and has been replaced by Terry Healy and Darren Knight. Helen Boiling and Rachel Jarvis are continuing for the ladies.

Cross Country

Hampshire League

Lack of participants affected our performance with demotion for the Senior men’s team to Div 3 and no league standing at all for the ladies. Andrew Wright was the only Victory gent to figure in the standings in 71st place, 37th Vet. Only Belinda and Marilyn were ranked for the ladies with Belinda achieving 2nd place in her age group.

Southern XC League

Better turn outs here and 9th equal overall which is an improvement. Paul Mitchinson starred for the men followed by Dave Howard although Paul is now excluded this year by his speed on the road! Jo Gilholm was our top lady and a special mention to Marilyn who was our only runner to complete all 6 races.

Championships

SEAA Masters – Belinda was our only entrant and 11th in her age group

Hampshire – Matt Healy was 18th in the U17s. The ladies had

Item 6 – Treasurer Report

Update: accounts have been independently reviewed by Richard Mitchell, there were a few issues pointed out which will be addressed by the committee. It was stated that the club is in a very good financial position and that we in fact needed to be spending some of the funds, other than budgeting for the new web site, anyone who has any ideas please forward them. See treasurers report attached. A question was asked about HLC what their intentions were financially. This wasn't known at this stage.

Item 7 – Membership Report

Jan gave a brief about the current membership positions, see report attached. It was reported that fees would not be going up next year.

VAC Membership Secretary Annual Report 2017

The membership year started at the beginning of April for the second time in 2017. In March this year the 2016-2017 membership peaked at 320 mainly due to new members joining in first quarter 2017 through the Couch to 5K scheme. At the end of the membership year, 30 of these were already paid up members for 2017.

Membership rose steeply during April when most of the subscription renewals are paid. Since then, membership has been rising steadily with a spike in September as we welcomed another group of C25K members.

Ladies outnumber the men Members born in the 50s, 60s and 70s continue to be our most popular age groups.

Breakdown:

Honorary	2	
New or returned	39	
New through C25K	49	
Renewals	192	
Total @ 20/11	282	(compared to 280 in 2016)

Ladies outnumber the men again this year and particularly in the categories of those born in the 60s, 70s and 80s, whilst men outnumber the ladies in the other age categories.

Those born in the 60s and 70s constitute 50% of our total membership.

Ladies	153
Men	129

Income generated:

Family memberships	46	(4 are IBM Club members)
Single memberships	176	(19 are IBM Club members)
Rest are non-paying family members (60)		

122 (40%) have English Athletics first claim (compared to 108 (39%) last year)

26 have use of Victory AC Horizon Passes (out of 50 passes available)

Membership Demographic by Age/Gender

Item 8 – Coaches Report

Coaches Report

Well another great year on the coaching front. We have seen an amazing increase in the number of members, and some of those not long joined VAC, qualifying as Leaders in Running Fitness (LIRFs). I will not embarrass myself by trying to name everyone but sincere thanks from me on behalf of VAC for taking on the role.

Due to personal circumstances, for the last 6 months I have not been able to fully participate in my coaching responsibilities and I thank Dave Lown and the other coaches for filling in for me.

A couple of the Leaders in Running Fitness (LIRFS) concluded that they needed to concentrate on their own running as well as their lives in general and I thank them for the contribution they have made to VAC.

We have some members who have indicated they are willing to take the LIRF course and therefore rebalance the numbers.

Victory to 5k and the 5-10k courses have been immensely successful again this year with different LIRFs heading up each. This has been invaluable in providing these LIRFs with experience but also means those course graduates also get to know additional VAC members making their integration into the club easier and more friendly.

We have tried and continued with different initiatives this year – pacing runs, pyramid 400mtrs; 1500 mtr repeats; Chelsea Squares and extend the time period out to 30 mins and I believe these have all been well received. I thank Dave Lown for developing these initiatives and for all the coaches for taking their turn in delivering them.

Beth and Paul Spooner introduced a marathon training programme (training for marathons not an overly long programme!) which ran successfully in January. Paul commenced another one in September of this year.

Belinda developed and implemented a training programme for those participating in the Great South Run, which I know those members who took part in the GSR were grateful.

Both the aforementioned training programmes have been very successful and thanks to Paul, Beth and Belinda for running these.

The future – well we are continuing to increase the LIRF community and we are hoping we can encourage at the right time one of the LIRFs or any other qualified member to step up and become part of the senior coaching team.

However I will not be renewing my Coaching Badge next August as I think it really is time for younger more dynamic coaches. But I will be around to offer Grandfatherly advice if required.

Hopefully you have found that the coaching team listen to feed back and will implement members' suggestions if possible and feasible.

On behalf of the Coaching team thanks for all your support and comments and we look forward to taking VAC forward in 2017/8.

Item 9 – Communication Report:

Communications Report -
Becki Ralf

The addition of a communications manager to the committee was suggested and agreed at last year's AGM. The role was taken on by both myself and Lisa Slight, sadly due to other commitments Lisa has stepped down from the committee but I will be continuing the role going forward.

Our main objective is to facilitate a new website for the club. We are currently in the early stages; to date we have looked at other running club websites; their design, the information hosted on the sites, inclusion of membership areas etc. and are developing a list of specifications we

Committee

Item 10 – Resolution

None.

Item 11: Election of Committee Members

Chair said that he has now stood down from the |chairs position after this AGM. He then stated the names of the new committee members

Position	Names
Chair	Beth Pirie
Vice Chair	Gary John
Secretary	Lesley Allen
Treasurer	Neil Blanchard

Committee: -
Helen Boiling
Marilyn Crocker
Terry Healy
Becki Ralf
Bridget Main
Paul Smart
Raman Sangha

Item 11 - New Items - EA Subscriptions

A proposal forwarded by Marilyn of including EA membership with our VAC club membership and have an opt out if members do not wish to have an EA membership included. A discussion took place on this proposal and will now be put forward for further discussion at the next committee meeting.

Item 12 – AOB

Ali McNiff raised a question on if we could try and recruit more younger members for the club. Some suggestions were forwarded i.e. having a specific C2-5K course for under 25's. Approach some Colleges etc. Another point to be forwarded for further discussion.

Gary John wished to thank Marilyn for her time standing in as Vice Chair and to all the club members who freely help at our handicaps series and marshalling other events throughout the year.

Item 13 – Meeting closed at 2055 the Chair thanked all the members for attending this AGM.

After the meeting a presentation for an Honorary Membership was made by the Chair to Pete Harding for all his contributions to the club over many years particularly in his coach's roles.

London Marathon Club Ballot

The London Marathon Club ballot took place and it was awarded to Chris Lowder and as a reserve Ali McNiff.

A presentation was made by the Secretary to the Chairman. This was for all Martins contributions over the years to the club, particularly in his role as Chairman of the club. A portrait of Martin running and a thank you card was presented to him.



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