



14 December 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 |
|------------|------|--|-------|
| Tue 19 Dec | 6:30 | <b>Christmas Lights Run: Hayling – Victoria Road Loop (x 2)</b><br>coach: Nicola<br>sweeper: Beth P  |       |
| Thurs 21   | 6    | <b>Havant Park – 400/155</b><br>coach: Malcolm   |       |
| Tue 26     | 6:30 | <b><i>NB: HLC wil be closed so no changing or toilet facilities available</i></b><br><b>Emsworth Tempo</b><br>coach: Dave<br>sweeper: Zoe Gill |       |
| Thurs 28   | 6    | <b>West Leigh Cycle Track - Fartlek</b><br><b><i>NB: HLC wil be closed so no changing or toilet facilities available</i></b><br>coach: Lesley  |       |

## **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 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

## **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 over a thousand Victory AC 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, Short H/C, 5m, 10k: Long H/C, 10m, 1/2Mar: 20m, Marathon.

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, Southdown's Mar, 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, Remembrance 10k, Gosport 1/2M, Hayling 10m, Victory 5m, Cayman Mar, (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, after checking, it is entered in the Victory AC stats for 2017.

Many Thanks.

John Gallagher

The Late Starter.

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

## **Southern Cross Country League at Bourne Woods on the 10<sup>th</sup> December**

Wow, over 350 hardy runner's turnout for the third race in the Southern XC league took place last Sunday at Bourne Woods on what was a very cold morning with rain, sleet and very strong biting wind. Unfortunately only 6 brave soul for Victory turnout with only 2 men (5 required for a team). Thankfully a lovely cup of homemade soup was available at the finish which was much appreciated by all the runners

The men's finished 22<sup>nd</sup> and women's team finished 17<sup>th</sup> with an overall score of 21<sup>st</sup> out 24.

The finishing positions for were as follows:

Men: Ian Stott 166 and myself 211

Ladies: Helen Boiling 69, Chris Turner 124, Marilyn Crocker 128 and Nicola Stott 137

We now move on the fourth race in the series at Lord Wandsworth College, Long Sutton RG29 1TB on the 31<sup>st</sup> December with an 11.00 am start.

Again as parking is limited, 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 will a free food voucher for those car sharing with three or more in a car.

So why not come along and run off some of those Christmas excesses and have a bit of fun at the same time. No entry fee required, just turn up a run, we're not worried were you finish. For those of you that have done parkrun why not give it a try, it's all about the taking part.

Andy Smith

If you need Contact me on 07976 946518 or by the club's Facebook page.

## **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. I am asking the VAC Committee to pay/reimburse this fee for everyone who enters and completes the course.

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

Enter online at: [seaa.org.uk](http://seaa.org.uk)

The online entry system for team managers is simplified this year. The team manager (me) 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 - or send me your PayPal receipt.** Currently I can only see the entries I make myself.

#### Women's Team

Four women are now entered - so we have a women's team - hurrah!! They are:

Fay Cripps

Marilyn Crocker

Amanda Godfrey

Belinda Harding

It would be great to have a few more - **note entries close THIS WEEK** - if only so that yours truly doesn't need to score for our team!!

#### Men's Team

6 men aged 20+ needed for a men's team. There are no veteran team categories. I am not aware of any men who have entered so far - **and note entries close THIS WEEK!!**

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. So it will be another dirty weekend!

#### Timetable

There are shorter races for younger age-groups from U-13s upwards.

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/Stammer\\_Park\\_Parking\\_Statement.pdf](http://www.seaa.org.uk/images/2017/Endurance/XC_Main_Champs/Stammer_Park_Parking_Statement.pdf)

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# Hampshire Cross Country Championships at Fairthorne Manor - by Marilyn

## Saturday 06 January 2018

The 2017 Championships will again be at **Fairthorne Manor** near Botley, about eight miles to the east of Southampton. Fairthorne Manor includes a former golf course and is now run as a Family Park and Campsite by the YMCA. As it is private property, the general public cannot access the site other than for organised events. Also no dogs other than guide or hearing dogs are allowed anywhere in the grounds.

All competitors must be pre-entered for a fee per person in **Championship** events (unlike the XC leagues), and must run for their first claim club and be currently registered with England Athletics. Competitors in the Hampshire XC Championships are also required to have **Hampshire qualifications**: a. birth or b. nine months continuous residence (or service in H M Forces) prior to the date of the Championships in Hampshire, IOW or Channel Islands, and must not have competed for another county or in another county's championships during the preceding year.

**Entry fee** is £8 a head.

The closing date for online entries is **Friday 29 December 2017**.

No entries are guaranteed after these dates - definitely no entries on the day.

I have registering as a VAC team manager, and am happy to enter anyone who wants to take part. Team managers only need to give minimal details (name, dob and EA number) for each entrant. They can also see a list of all club members who have entered by whatever means. Individuals entered by the team managers will owe their entry fee to the club. Alternatively you can enter and pay individually (your full details needed as for any other race entry) at:

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

**Veteran competitors** (W35+ and M40+) pay one entry fee and score in both Senior and Veteran age groups. We need **six** for a senior men's team; **four** for veteran men, senior women and veteran women's teams - but the more entries the better.

Timetable

First event (U11 Boys) starts at 10:15.

Adult races:

**13:05** Senior and Veteran Women (8,400m) - 4 to score for both a senior and vets team

**13:55** Senior and Veteran Men (11,750m) - 6 to score for a senior team; 4 to score for a vets team

More details, course map and full timetable available from:

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

See me at training, message me on Facebook or:

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## Results of 2017/18 Winter Handicap Race 3

A cold evening but good for the runners for the third race of the Winter Series. Congratulations to **Kerry Adaway** for winning with a time just 3 seconds off her estimate! Congratulations also, to the other 17 people who earned the race bonus by being within 30 seconds of their estimates.

Welcome to guests Steve Cheshire, Tracy Cooper and Marie Mitchinson who took part for the first time. I hope you enjoyed it. Steve put in a very accurate estimate so will be a contender when he joins the club in the near future.

Thank you to Malcolm, Lesley and Kate Parks for helping to make this a successful run.

| Pos |   | Name             | Estimate<br>d Time | Start<br>Time | Finish<br>Time | Actual<br>Time | Delta | Points | Race<br>Bonus |       |
|-----|---|------------------|--------------------|---------------|----------------|----------------|-------|--------|---------------|-------|
| 1   | = | Steve Cheshire   | 26.00              | 21.40         | 47.37          | 25.57          | 0.03  | 0      | 2             | Guest |
| 1   | = | Kerry Adaway     | 30.00              | 20.20         | 50.23          | 30.03          | 0.03  | 50     | 2             |       |
| 3   | = | Helen Boiling    | 24.52              | 23.30         | 48.28          | 24.58          | 0.06  | 48     | 2             |       |
| 3   | = | Matt Cornford    | 23.40              | 25.10         | 48.44          | 23.34          | 0.06  | 48     | 2             |       |
| 5   |   | Marilyn Crocker  | 34.00              | 17.40         | 51.32          | 33.52          | 0.08  | 46     | 2             |       |
| 6   | = | Kate Hart        | 24.30              | 24.00         | 48.39          | 24.39          | 0.09  | 45     | 2             |       |
| 6   | = | Martin Coles     | 23.20              | 25.30         | 48.59          | 23.29          | 0.09  | 45     | 2             |       |
| 8   |   | Alan Mulry       | 30.15              | 20.40         | 50.44          | 30.04          | 0.11  | 43     | 2             |       |
| 9   | = | Raman Sangha     | 32.00              | 16.00         | 47.48          | 31.48          | 0.12  | 42     | 2             |       |
| 9   | = | Richard Mitchell | 24.30              | 23.40         | 47.58          | 24.18          | 0.12  | 42     | 2             |       |
| 11  |   | Mary Short       | 40.20              | 14.40         | 55.17          | 40.37          | 0.17  | 40     | 2             |       |
| 12  |   | Kevin Leighfield | 26.20              | 22.50         | 49.28          | 26.38          | 0.18  | 39     | 2             |       |
| 13  |   | Bridget Main     | 31.40              | 19.30         | 51.30          | 32.00          | 0.20  | 38     | 2             |       |

| Pos |   | Name             | Estimated Time | Start Time | Finish Time | Actual Time | Delta | Points | Race Bonus |       |
|-----|---|------------------|----------------|------------|-------------|-------------|-------|--------|------------|-------|
| 14  |   | Sara Heath       | 33.30          | 17.20      | 51.12       | 33.52       | 0.22  | 37     | 2          |       |
| 15  | = | Marie Mitchinson | 30.05          | 20.00      | 50.28       | 30.28       | 0.23  | 0      | 2          | Guest |
| 15  | = | Lucy Cowlin      | 30.05          | 20.00      | 50.28       | 30.28       | 0.23  | 36     | 2          |       |
| 17  |   | Terry Healy      | 22.40          | 26.00      | 49.04       | 23.04       | 0.24  | 34     | 2          |       |
| 18  |   | Dave Morris      | 23.00          | 26.15      | 48.49       | 22.34       | 0.26  | 33     | 2          |       |
| 19  | = | Pete Harding     | 26.00          | 24.50      | 50.20       | 25.30       | 0.30  | 32     | 0          |       |
| 19  | = | Jill Loughlin    | 36.30          | 19.10      | 55.10       | 36.00       | 0.30  | 32     | 0          |       |
| 21  |   | Tracy Cooper     | 26.30          | 21.40      | 47.35       | 25.55       | 0.35  | 0      | 0          | Guest |
| 22  |   | Amanda Rudkin    | 33.20          | 18.10      | 50.54       | 32.44       | 0.36  | 29     | 0          |       |
| 23  |   | Hazel Jenkinson  | 37.30          | 15.30      | 53.39       | 38.09       | 0.39  | 28     | 0          |       |
| 24  |   | Tim Cooper       | 27.00          | 22.30      | 50.13       | 27.43       | 0.43  | 27     | 0          |       |
| 25  |   | Jo Gilholm       | 23.30          | 23.10      | 45.50       | 22.40       | 0.50  | 26     | 0          |       |
| 26  |   | Kate Parks       | 25.20          | 0.00       | 24.29       | 24.29       | 0.51  | 25     | 0          |       |
| 27  |   | Jon Haines       | 24.30          | 22.00      | 47.25       | 25.25       | 0.55  | 24     | 0          |       |
| 28  |   | Michelle Jones   | 31.00          | 32.00      | 64.05       | 32.05       | 1.05  | 23     | 0          |       |
| 29  | = | Jim Clow         | 26.00          | 25.45      | 50.38       | 24.53       | 1.07  | 22     | 0          |       |
| 29  | = | Roger Brummell   | 33.33          | 18.30      | 50.56       | 32.26       | 1.07  | 22     | 0          |       |
| 31  |   | Mandy Coles      | 34.35          | 17.00      | 53.01       | 36.01       | 1.26  | 20     | 0          |       |
| 32  |   | Brian Millo      | 23.00          | 26.30      | 51.16       | 24.46       | 1.46  | 19     | 0          |       |
| 33  |   | Ann Cook         | 32.00          | 18.50      | 49.02       | 30.12       | 1.48  | 18     | 0          |       |
| 34  |   | Arron Grosvenor  | 30.00          | 21.00      | 49.03       | 28.03       | 1.57  | 17     | 0          |       |
| 35  |   | Tina Doherty     | 31.00          | 21.20      | 50.17       | 28.57       | 2.03  | 16     | 0          |       |
| 36  |   | Paul Smart       | 37.15          | 16.30      | 51.41       | 35.11       | 2.04  | 15     | 0          |       |
| 37  |   | Carol Tolfrey    | 40.00          | 15.00      | 65.47       | 50.47       | 10.47 | 14     | 0          |       |
| 38  |   | Ann Mann         | 39.00          | 15.15      | 65.46       | 50.31       | 11.31 | 13     | 0          |       |



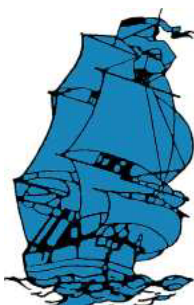
Here is the leader board to date:

| Pos | Name             | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Series Bonus | Best 4 Total |
|-----|------------------|--------|--------|--------|--------|--------|--------|--------------|--------------|
| 1   | Kate Hart        | 57     | 49     | 47     | 0      | 0      | 0      | 9            | 162          |
| 2   | Richard Mitchell | 45     | 51     | 44     | 0      | 0      | 0      | 9            | 149          |
| 3   | Helen Boiling    | 40     | 38     | 50     | 0      | 0      | 0      | 9            | 137          |
| 3   | Terry Healy      | 55     | 37     | 36     | 0      | 0      | 0      | 9            | 137          |
| 5   | Kate Parks       | 55     | 46     | 25     | 0      | 0      | 0      | 9            | 135          |
| 6   | Lucy Cowlin      | 34     | 44     | 38     | 0      | 0      | 0      | 9            | 125          |
| 7   | Tim Cooper       | 58     | 26     | 27     | 0      | 0      | 0      | 9            | 120          |
| 8   | Roger Brummell   | 39     | 47     | 22     | 0      | 0      | 0      | 9            | 117          |
| 9   | Hazel Jenkinson  | 31     | 45     | 28     | 0      | 0      | 0      | 9            | 113          |
| 10  | Paul Smart       | 56     | 21     | 15     | 0      | 0      | 0      | 9            | 101          |
| 11  | Kevin Leighfield | 0      | 52     | 41     | 0      | 0      | 0      | 6            | 99           |
| 12  | Sara Heath       | 7      | 32     | 39     | 0      | 0      | 0      | 9            | 87           |
| 13  | Emerson Potter   | 37     | 43     | 0      | 0      | 0      | 0      | 6            | 86           |
| 13  | Martin Coles     | 33     | 0      | 47     | 0      | 0      | 0      | 6            | 86           |
| 13  | Matt Cornford    | 0      | 30     | 50     | 0      | 0      | 0      | 6            | 86           |
| 16  | Jim Clow         | 28     | 24     | 22     | 0      | 0      | 0      | 9            | 83           |
| 17  | Sue Gover        | 37     | 36     | 0      | 0      | 0      | 0      | 6            | 79           |
| 18  | Neil Blanchard   | 30     | 41     | 0      | 0      | 0      | 0      | 6            | 77           |
| 19  | Marilyn Crocker  | 4      | 13     | 48     | 0      | 0      | 0      | 9            | 74           |
| 20  | Arron Grosvenor  | 0      | 50     | 17     | 0      | 0      | 0      | 6            | 73           |
| 20  | Colin O'Donnell  | 47     | 20     | 0      | 0      | 0      | 0      | 6            | 73           |
| 20  | Pete Harding     | 35     | 0      | 32     | 0      | 0      | 0      | 6            | 73           |
| 23  | Jo Gilholm       | 38     | 0      | 26     | 0      | 0      | 0      | 6            | 70           |

| Pos | Name                | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Series Bonus | Best 4 Total |
|-----|---------------------|--------|--------|--------|--------|--------|--------|--------------|--------------|
| 24  | Kerry Adaway        | 0      | 11     | 52     | 0      | 0      | 0      | 6            | 69           |
| 25  | Bridget Main        | 21     | 0      | 40     | 0      | 0      | 0      | 6            | 67           |
| 25  | Cristian Samfirescu | 45     | 16     | 0      | 0      | 0      | 0      | 6            | 67           |
| 27  | Jill Loughlin       | 2      | 23     | 32     | 0      | 0      | 0      | 9            | 66           |
| 28  | Dave Morris         | 23     | 0      | 35     | 0      | 0      | 0      | 6            | 64           |
| 29  | Mandy Coles         | 0      | 36     | 20     | 0      | 0      | 0      | 6            | 62           |
| 30  | Zoe Gill            | 20     | 34     | 0      | 0      | 0      | 0      | 6            | 60           |
| 31  | Alan Mulry          | 6      | 0      | 45     | 0      | 0      | 0      | 6            | 57           |
| 32  | Paul Sahota         | 53     | 0      | 0      | 0      | 0      | 0      | 3            | 56           |
| 33  | John Gallagher      | 52     | 0      | 0      | 0      | 0      | 0      | 3            | 55           |
| 34  | Steve Cheshire      | 0      | 0      | 2      | 0      | 0      | 0      | 3            | 5            |
| 35  | Kevin McTaggart     | 20     | 28     | 0      | 0      | 0      | 0      | 6            | 54           |
| 35  | Nicola Stott        | 51     | 0      | 0      | 0      | 0      | 0      | 3            | 54           |
| 37  | Mark Cooter         | 50     | 0      | 0      | 0      | 0      | 0      | 3            | 53           |
| 38  | Carol Tolfrey       | 1      | 25     | 14     | 0      | 0      | 0      | 9            | 49           |
| 38  | Lisa Emson          | 25     | 18     | 0      | 0      | 0      | 0      | 6            | 49           |
| 38  | Rachel Jarvis       | 15     | 28     | 0      | 0      | 0      | 0      | 6            | 49           |
| 38  | Richard Turner      | 46     | 0      | 0      | 0      | 0      | 0      | 3            | 49           |
| 42  | Bob Wheeler         | 45     | 0      | 0      | 0      | 0      | 0      | 3            | 48           |
| 42  | Jon Haines          | 0      | 18     | 24     | 0      | 0      | 0      | 6            | 48           |
| 44  | Raman Sangha        | 0      | 0      | 44     | 0      | 0      | 0      | 3            | 47           |
| 45  | Mark Wilson         | 0      | 43     | 0      | 0      | 0      | 0      | 3            | 46           |
| 46  | Amanda Rudkin       | 10     | 0      | 29     | 0      | 0      | 0      | 6            | 45           |
| 46  | Mark Hull           | 42     | 0      | 0      | 0      | 0      | 0      | 3            | 45           |

| Pos | Name             | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Series Bonus | Best 4 Total |
|-----|------------------|--------|--------|--------|--------|--------|--------|--------------|--------------|
| 46  | Mary Short       | 0      | 0      | 42     | 0      | 0      | 0      | 3            | 45           |
| 49  | Hannah Lowry     | 41     | 0      | 0      | 0      | 0      | 0      | 3            | 44           |
| 50  | Marie Mitchinson | 0      | 0      | 2      | 0      | 0      | 0      | 3            | 5            |
| 51  | Colin Moon       | 12     | 22     | 0      | 0      | 0      | 0      | 6            | 40           |
| 52  | Tina Doherty     | 0      | 14     | 16     | 0      | 0      | 0      | 6            | 36           |
| 52  | Tony Butler      | 0      | 33     | 0      | 0      | 0      | 0      | 3            | 36           |
| 54  | Jenny James      | 32     | 0      | 0      | 0      | 0      | 0      | 3            | 35           |
| 54  | Nichol Riggott   | 0      | 32     | 0      | 0      | 0      | 0      | 3            | 35           |
| 56  | Tracy Cooper     | 0      | 0      | 0      | 0      | 0      | 0      | 0            | 0            |
| 57  | Helen Smith      | 29     | 0      | 0      | 0      | 0      | 0      | 3            | 32           |
| 57  | Julia Hopes      | 0      | 29     | 0      | 0      | 0      | 0      | 3            | 32           |
| 59  | Michelle Jones   | 0      | 2      | 23     | 0      | 0      | 0      | 6            | 31           |
| 60  | Mike Bruce       | 27     | 0      | 0      | 0      | 0      | 0      | 3            | 30           |
| 60  | Shelly Butler    | 5      | 19     | 0      | 0      | 0      | 0      | 6            | 30           |
| 62  | Nicol Riggott    | 26     | 0      | 0      | 0      | 0      | 0      | 3            | 29           |
| 63  | Paul Bould       | 24     | 0      | 0      | 0      | 0      | 0      | 3            | 27           |
| 64  | Allie Pirie      | 23     | 0      | 0      | 0      | 0      | 0      | 3            | 26           |
| 65  | Ann Mann         | 3      | 0      | 13     | 0      | 0      | 0      | 6            | 22           |
| 65  | Brian Millo      | 0      | 0      | 19     | 0      | 0      | 0      | 3            | 22           |
| 67  | Ann Cook         | 0      | 0      | 18     | 0      | 0      | 0      | 3            | 21           |
| 67  | Malcolm Hagan    | 18     | 0      | 0      | 0      | 0      | 0      | 3            | 21           |
| 69  | Andy Smith       | 17     | 0      | 0      | 0      | 0      | 0      | 3            | 20           |
| 70  | Beth Pirie       | 16     | 0      | 0      | 0      | 0      | 0      | 3            | 19           |
| 71  | Becki Ralf       | 15     | 0      | 0      | 0      | 0      | 0      | 3            | 18           |
| 71  | Fiona Lacey      | 0      | 15     | 0      | 0      | 0      | 0      | 3            | 18           |
| 73  | Martin Care      | 13     | 0      | 0      | 0      | 0      | 0      | 3            | 16           |

| Pos | Name            | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Series Bonus | Best 4 Total |
|-----|-----------------|--------|--------|--------|--------|--------|--------|--------------|--------------|
| 74  | Dave Walker     | 0      | 12     | 0      | 0      | 0      | 0      | 3            | 15           |
| 74  | Dee Sims        | 12     | 0      | 0      | 0      | 0      | 0      | 3            | 15           |
| 76  | Hilary Schwager | 0      | 11     | 0      | 0      | 0      | 0      | 3            | 14           |
| 77  | Gary Heather    | 9      | 0      | 0      | 0      | 0      | 0      | 3            | 12           |
| 77  | John Cowlin     | 0      | 9      | 0      | 0      | 0      | 0      | 3            | 12           |
| 79  | Matthew Walker  | 8      | 0      | 0      | 0      | 0      | 0      | 3            | 11           |



**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**