



28 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
Thurs 28	6	West Leigh Cycle Track - Fartlek NB: HLC wil be closed so no changing or toilet facilities available coach: Lesley	
Tue 2	6:30	Crookhorn (Can be extended up London Rd 1.5-2.5m) coach: Lesley sweeper: Christine R	
Thur 6	6	Winter Handicap Race 4 (3 miles)	
Tue 9	6:30	Rowlands 10k (can be extended up Link's Lane 1.2m) coach: Becki sweeper: Lucy C ALSO: Victory Couch to 5k Course : Week One coach: Debbie	
Thurs 11	6	Barton's Road – Hills coaches: Mary / Kevin	
Tue 16	6:30	Emsworth 10k coach: Mary sweeper: Hazel J ALSO: Victory Couch to 5k Course : Week Two coach: Debbie	
Thur 18	6	Warblington – 1m reps coach: Nicola	

Date	Time	Event Details	Start
Tue 23	6:30	Farlington Ave coach: Gemma sweeper: Amanda R ALSO: Victory Couch to 5k Course : Week Three coach: Debbie	
Thur 25	6	Warblington Railway Path – 400m coach: Lucy	
Tue 30	6:30	Emsworth Tempo coach: Marilyn sweeper: Lisa G ALSO: Victory Couch to 5k Course : Week Four coach: Debbie	
Thur 2	6	<u>Winter Handicap</u> Race 5 (3 miles)	

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>

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.

I have the following people down as planning to attend:

Hamid

Malcolm Hagan

Nicola Stott x 2

Sue Gover x 2

Neil Tolfrey

Carol Tolfrey x 2

Boo Panting x 2

Dee Sims x 2

Lesley Allen

Lucy Smith (no lunch)

Amanda Rudkin x 2

Amanda Boyd x 2

Lisa Slight

Dave Walker

Mary Short

John Gallagher x 2

Jenny Lown x 2

Terry Healy x 2

Richard Mitchell x 2

Colin O'Donnell

If you would like to join us, please let Jan MacDonald (07503 151870), Lesley Allen or Hamid know so we have a view of final numbers to let the publican of the BARLEY MOW in Walderton, know. 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!

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

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

Date: Saturday 27 January 2018

The closing date has now passed. We have a women's team - hurrah! But as far as I am aware, no VAC men have entered.

Women's Team

Natalie Cole

Fay Cripps

Marilyn Crocker

Amanda Godfrey

Belinda Harding

Those of us doing the Chilly Hilly in QE Park the following day, Sunday 28 January, will have the full 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 - four to score for a team

14:50 Senior Men 15000 metres - six to score for a team - 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](http://www.seaa.org.uk/images/2017/Endurance/XC_Main_Champs/Stammer_Park_Parking_Statement.pdf)

There is no parking at Stanmer Park. In the past there has been parking at Brighton Football Club's Amex stadium (which is a short walk to the XC course). We will not know until 8th January 2018 whether it is possible to have access to the Football Stadium Car Park, as the Championships coincide with an FA Cup round. So our travel arrangements will be made nearer the time. Three year's ago (when the Championships were last at Stanmer Park) an alternative large car park was identified for a fee of £5 per car.

Hampshire Cross Country Championships at Fairthorne Manor - by Marilyn

Saturday 06 January 2018

Still need a minimum of one more O-35 woman and FOUR more men, including TWO O-40s, for full VAC teams. Hope that some of you who survived the Portsmouth Coastal events are recovered enough by then to make up our teams.

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

No entries are **guaranteed** after this date - definitely no entries on the day. Later entries have been accepted in the past - but you may not get your name in the programme!

Entry fee is £8 a head.

I have registered 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.

Women's Team so far

Natalie Cole

Marilyn Crocker

Belinda Harding

See More

I have registered 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.

Women's Team so far

Natalie Cole

Marilyn Crocker

Belinda Harding

Not eligible (live in West Sussex): Amanda Godfrey, Fay Cripps

At least one more needed for both a senior and veteran team. More entries would be great to ensure we have VAC teams on the day - and mean that yours truly doesn't need to score for the teams!!

Men's Team so far

Andrew Wright

Peter Royce

Two more O-40s needed for a veteran team, and four more of any age for a senior team. C'mon guys!! Excellent training for any distance!

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:

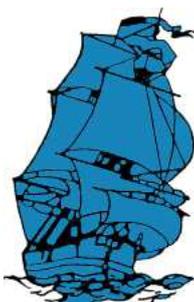
<http://www.hampshireathletics.org.uk/events/xcc.html>

See me at training, message me on Facebook or:

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**