



04 January 2018

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
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	
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	

Date	Time	Event Details	Start
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>

Victory Athletic Club Provisional Statistics For 2017

Its January, another year has 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.

Would you please look at the list of races below that I have already entered to see if any you have done any in 2017 that are missing;

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, Bovington Mar, Cambridge Half, Portsmouth Coastal Half, Liverpool Half, Liverpool 5k, London 10m, Serpent Trail Half, Portsmouth Mar.

Please email to me, any additional races with the date, name of race and your time and I will ensure, after checking the internet, it is entered in the Victory AC stats for 2017.

Many Thanks.

John Gallagher

The Late Starter.

Email: j-cgallagher@ntlworld.com

Southern Cross Country League at Lord Wandsworth College on the 31st December

The fourth race in the Southern XC league took place on the New Year's Eve at Lord Wandsworth College on a wet and windy morning with 7 men and 4 women running so we had 2 complete teams. The course was very muddy and hilly as usual with a turning out of over 420 finishers.

The men's team finished 22nd and women's team finished 19th with an overall team score of 19th.

The finishing positions for were as follows:

Men: Adam O'Hara 26 (his first SXC), Graham Filmer 160 (also his first SXC), Darren Munday 181, Ian Stott 186, Peter Royce 232, me 233 and Kevin McTaggart 237

Ladies: Sara Swift 45, Rachel Jarvis 126, Marilyn Crocker 138 and Helen Smith 144.

We now move on the fifth race in the series which is just along the road at Manor Farm Country Park, on the 21st of this month for an 11.00 am start which is always lovely muddy.

Andy

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

Hampshire Cross Country Championships at Fairthorne Manor - by Marilyn

Saturday 06 January 2018

Entries are now closed. Thanks to Annie Panting, we now have a women's team of four for both seniors and veterans (W35+). Sadly there are only two VAC men entered - four short of a senior men's team of six, and two short of a veteran men's team (M40+) of four.

VAC Entries

Senior and Veteran Men

Peter Royce M65

Andrew Wright M50

Senior and Veteran Women

Natalie Cole W45

Marilyn Crocker W70

Belinda Harding W55

Ann Panting W50

Venue: Fairthorne Manor, Curdridge, Southampton, SO30 2GH

Meet to Share Transport

If Natalie or Ann want a lift from me, I suggest 10:45 at Lakeside North Harbour. I have already committed to divert into Fareham to pick up Peter probably about 11:00? Assume Belinda and Andrew will make their own way there. Will be in contact with all competitors (and any supporters) to confirm travel arrangements.

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 veteran team

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

More details, course map and full timetable available from:

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

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Marilyn

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Curry Night Dates for your diary

Please put the following dates in your diary and come along to a curry evening at the Havant Tandoori, Market Parade, Havant.

11 January, 8 February, 8 March, 12 April, 10 May, 14 June, 12 July, 9 August, 13 September, 11 October, 8 November and the Christmas Curry on 20 December.

If you enjoyed the recent Christmas Curry, why not repeat the experience. If you weren't able to make it, take the opportunity to see what you missed!

Happy New Year

James Tolson

Grab a New Year Bargain! - from Marilyn

15 Months England Athletics (EA) Registration for the Price of 12 Months (£14)

New Customers Only!

NEW EA registrations after 1st of January 2018 are valid until 31 March 2019. This only applies if you have **NEVER** been registered with EA before, not if you are lapsed!! It also doesn't apply to those of you who are **currently** EA registered for 2017-18. (Current EA registration is valid until 31 March 2018, and EA renewal (at £15) will be due (by 1st April) along with your VAC membership renewal for 2018-2019).

For the bargain **NEW** EA registrations: Pay the £14 (this year's price) to the club (message/txt/email me that you have done it) and I will register you asap. You can pay in three ways:

1. Bank transfer £14 into the club account: sort code **60-10-20**, account number **61749923**. Identify yourself and what it's for, e.g. Fred Bloggs, new EA.
2. Cheque for £14 payable to **Victory AC** - write what it's for on the back. Give it to Jan Macdonald, myself or Neil Blanchard (our club treasurer) at training.
3. Cash - preferably in an envelope with your name on and what it's for, so it doesn't get lost! Give it to Jan, myself or Neil B as above.

Why register with EA?

- To enter a race licenced by UK Athletics (UKA) **as a VAC member**, and comply with the UKA Rules of Competition, you must now be registered with EA. If you are NOT registered with EA, you can still enter road races as 'Unattached' - but not as a Victory AC member - so you won't be able to represent the club or score for our team. And our statistician, John Gallagher, won't find you in race results.

- **Entry discounts** (minimum £2) on UKA licenced road and multi-terrain events.

- **ebulletins** including key information on the sport and **exclusive registered athlete offers**.

- Discounts from partners like New Balance, InterContinental Hotel Group (IHG) and AfterShokz

- (bone-conducting head phones) - see: <http://www.englandathletics.org/athletes/athlete-registration>

- For me, the biggest bonus is that MOST of my running activities, including Parkruns and XC events, are tracked on my profile on the Power of Ten website: <http://www.thepowerof10.info> and the RunBritain website: <https://www.runbritain.com>. Missing performances can be added - for example, where your name has been spelled wrongly in results. Results from races not permitted by UKA however, may not be included.

- The money collected from registrations goes to developing the sport, training coaches and officials, providing opportunities for young athletes, etc. Funding from other sources is constantly constrained; hence the steady increase in the cost of registration.

Checks on Registration

Race entries ask for your URN (Unique (or UKA/EA) Registration Number). England Athletics, UKA and event organisers work in partnership to ensure that checks on England Athletics athlete registrations are carried out. Road races are able to use a 'competition checker' and check blocks of entries - though not all do check currently. However, race entries taken through RunBritain are automatically checked for a valid England Athletics registration, as RunBritain is a UKA partner. To check if your registration is valid and current, see:

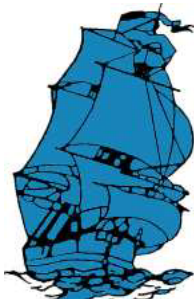
<https://myathletics.englandathletics.org/licencecheck/>

So if you are planning to enter any races in the next 15 months, or you are feeling philanthropic towards our sport, you should become an EA registered athlete. Do it now for a one-time bargain!

Contact me to discuss (or to let me know that you've paid).

marilyn.crocker@victoryac.org.uk

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**