



Victory Athletic Club Weekly Flyer



12 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
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	
Tue 30	6:30	Emsworth Tempo coach: Marilyn sweeper: Lisa G ALSO: Victory Couch to 5k Course : Week Four coach: Debbie	
Thur 2	6	Winter Handicap 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

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

Southern Cross Country League at Manor Farm on the Sunday 21st January 2018

The fifth race in the Southern XC league takes place on the Sunday the 21st at Manor Farm Country Park, Pylands Lane, Bursledon SO31 1BH with an 11.00am start.

Please car share where possible as there is limited parking, the country park have agreed that we only need to pay £1.50 rate per car, could you please pass this on to other runners.

We will meet at car park C at IBM, North Harbour at 9.15, for those who want to car share.

Course is approx. 4.5 miles and will be very muddy so trail shoes would be advisable, no spikes.

Refreshments will be available afterwards in the QE Activity Centre at a cost of £1.50, please bring clean shoes to wear inside hall.

Andy

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

Hampshire League Cross Country at Prospect Park, Reading - from Marilyn

Date: Saturday 13 January

Meet(s): tbc for those who want to share transport, probably 11:00 at Morrisons, Horndean for the women

Venue: Prospect Park, Reading

Postcode: RG30 2ND

OS Grid Reference: SU692728

Recommended route from Morrisons

A3(M), A3, Selborne, Alton, B3349 to Odiham and North Warnborough, A287 (cross M4 at J5), B3349 again (cross A30 at Hook), join the A33 just south of Reading to M4 Junction 11.

Possible Travel Disruption

The M4 motorway was scheduled for [roadworks](#) this coming weekend, particularly in both directions between junction 13 (Newbury) and junction 12 (Theale). It appears these have now been largely postponed. But please check the [Traffic England](#) website before travelling and allow extra time for your journey in case of congestion.

Directions and Parking

From the South avoiding Reading town centre:

At M4 Junction 11 take motorway west towards Newbury.

(Comfort stop at M4 Service Station recommended for the women due to huge loo queues at Prospect Park!)

Leave M4 at Junction 12.

Take A4 east towards Reading.

Prospect Park is approximately 2 miles on left.

Turn left into Liebenrood Road for main entrance (shared with Mansion House Restaurant).

Small car park next to changing rooms, otherwise park in Liebenrood Road.

Times 13:35 Women (max distance 6k - less than 4 miles!)

14:10 U17 Men (max distance 6k)

14:30 Men (max distance 10k)

There will also be additional non-league under-11 races: 11:15 Girls; 11:30 Boys. These races are for athletes who are 9 and 10 years old on 13 January 2018, (11 year olds are able to compete in the Under 13 races.)

The distance will be approx. 2K. Registration will be between 10:00 and 10:45 adjacent to the car park, with an entry fee of £2.

Full league details, including the full timetable, available on the Hants Athletic website, where results will be published:

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

Venue details and course map available from:

http://www.hampshireathletics.org.uk/events/hxcl_reading.html

VAC women's team needs at least one more. So far only Belinda and Marilyn are definitely going.

VAC men's team is even shorter. Andrew Wright is definitely going. Two more M40+ needed for a veteran team of three; Two more of any age needed for a senior team of three.

Yes, I know it's the day before the Stubbington 10k (HRRL), with lots of VAC names entered! But it would be great to have full teams for this as well. The club pays £90 to enter the league. All VAC members who are currently registered (and paid!) with England Athletics (EA) are eligible to run - and it's FREE to you - just turn up with your club vest/t-shirt. I have spare second-hand vests to lend to any newcomers who want to give this a go. These events are great training runs - whatever distance you are aiming for. Spikes are very suitable for the course - or studded footwear (e.g. fell or trail running shoes).

Any volunteers please get in touch with Marilyn Crocker or Andrew Wright. See us at training, contact us on Facebook or as follows:

email: xc@victoryac.org.uk - routes to our personal email addresses

mobile: 07954 382340 (Marilyn)

mobile: 07733 410776 (Andrew)

English National XC Championships, Saturday 24 February at Parliament Hill Fields, London

LAST CHANCE TO ENTER TOMORROW, FRIDAY 12 JANUARY! THE NATIONALS WON'T BE IN THE SOUTH AGAIN UNTIL 2021!

The Nationals are an experience that should be enjoyed by all of you - at least once! All VAC members who have individual paid registration with England Athletics are eligible to enter.

There are NO VAC entries so far as far as I'm aware. And there is probably another popular, more local XC event the following day, **Sunday 25 February**:
11:00 Southern League XC event at Polecat Valley - date of this event still to be confirmed by host club, Haslemere Border - but I note it is in their club diary.
So you could make it a full dirty weekend!!

Entry fee is £8 a head. **Entries close tomorrow, Friday 12 January**, so get back to me asap if you want me to enter you. I'm happy to put in any entries - but am only entering myself if we have a women's team of four. Or you can make your own online entry tomorrow at this link (put yourself down as team manager).

<https://www.race-results.co.uk/results/2018/natxc18e.php>

Timetable

There are events for boys and girls aged from under-13 upwards, starting at 11:00. Senior Women and Senior Men have the last two races:

14:20 pm Senior Women (8K) - 4 to score for a club team

15:00 pm Senior Men (12K) - 6 to score for a club team

Everyone over-20 is counted as a senior - there are no veteran categories. Full programme is available from the English Cross Country Association (ECCA) website:

<http://www.englishcrosscountry.co.uk>

So is anybody up for the big day out in London? We usually travel by train. Parking near Parliament Hill is mostly Permit Holders Only - until 13:30 on a Saturday. Those arriving after 13:30 will find parking nearby within a few minutes walk.

Results of Winter Handicap January

Congratulations to **Kevin McTaggart** who won the January Handicap by being absolutely spot on against his estimate! Another 17 people earned the race bonus by being within 30 seconds of their estimate.

Thanks to Malcolm, Mark Morrison and Hamid for their help and support.

Pos	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
1	Kevin McTaggart	34	15.5	49.5	34	0	50	2
2	Jon Haines	25	19.35	44.37	25.02	0.02	49	2
3	Marilyn Crocker	34	14.4	48.44	34.04	0.04	48	2
3	Neil Tolfrey	24	23.1	47.06	23.56	0.04	0	2
5	Michelle Jones	30	17.25	47.18	29.53	0.07	46	2
6	Richard Mitchell	24.1	20.5	45.08	24.18	0.08	45	2
6	Dave Morris	22.4	22.5	45.38	22.48	0.08	45	2
6	Martin Coles	23.5	21.5	45.48	23.58	0.08	45	2
9	Raman Sangha	32.15	16.05	48.11	32.06	0.09	42	2
10	Kate Parks	25.2	20.35	46.08	25.33	0.13	41	2
11	Kerry Adaway	30	17.1	47.24	30.14	0.14	40	2
11	Roger Brummell	33	15.35	48.49	33.14	0.14	40	2
13	Amanda Rudkin	33	15.1	48.31	33.21	0.21	38	2
14	Pete Harding	28.3	20.2	48.27	28.07	0.23	37	2
15	Terry Healy	23	22.3	45.55	23.25	0.25	36	2
16	Kevin Leighfield	26.4	19.05	45.18	26.13	0.27	35	2
16	Mary Short	39.46	12.3	51.49	39.19	0.27	35	2
18	Neil Blanchard	33	15.2	48.49	33.29	0.29	33	2

Pos	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
19	Lupe Blanco	39.46	12.3	51.46	39.16	0.3	32	0
20	Becki Ralf	29.15	17.4	47.28	29.48	0.33	31	0
21	Mandy Coles	36	14.2	51.02	36.42	0.42	30	0
22	Lucy Cowlin	30	16.2	45.36	29.16	0.44	29	0
22	Glen Chapman	27	19.2	47.04	27.44	0.44	29	0
24	Paul Bould	27	19.2	47.05	27.45	0.45	27	0
25	Nichol Riggott	24.13	21.4	46.42	25.02	0.49	26	0
26	Arron Grosvenor	30	18.1	47.11	29.01	0.59	25	0
27	Gary Heather	28.11	20.05	47.16	27.11	1	24	0
28	Malcolm Hagan	29.13	0	30.16	30.16	1.03	23	0
29	Kevin Giles	23	21.05	42.51	21.46	1.14	22	0
30	Matthew Walker	22	23.5	47.07	23.17	1.17	21	0
31	Jim Clow	25	22.1	45.52	23.42	1.18	20	0
31	Fiona Lacey	39.3	13.3	54.18	40.48	1.18	20	0
33	Colin Moon	28	19.5	46.29	26.39	1.21	18	0
34	Dee Sims	36	14.5	52.18	37.28	1.28	17	0
35	Carol Wilson	46	13.1	57.39	44.29	1.31	16	0
36	Thomas Hoskinson	21	24.1	46.43	22.33	1.33	15	0
37	Tracy Long	46	13.1	57.35	44.25	1.35	14	0
38	Paul Smart	34.45	14	46.57	32.57	1.48	13	0
39	Caroline Jordan	29	16.35	43.37	27.02	1.58	12	0
40	Amber Ankinson	29	16.35	43.34	26.59	2.01	11	0



**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**