



14 February 2018

Future VAC Events and Training

February

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 16	6	Havant Park - Pyramid coach: Malcolm	
Tue 20	6:30	Emsworth 10k coach: Lesley sweeper: Brian M ALSO: Victory Couch to 5k Course : Week Seven coach: Debbie	
Thur 22	6	Warblington – 800m coach: Lucy	
Tue 27	6:30	Farlington Ave coach: Nicola sweeper: Helen B ALSO: Victory Couch to 5k Course : Week Eight coach: Debbie	
Thur 1	6	Winter Handicap Race 6 (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 Statistics For 2017

It's the end of January, another year has gone and I have entered over a thousand Victory AC runner's performances into the VAC 2017 Stats spread sheet. Cut Off for any remaining Race Results is

THIS WEEKEND!!!!

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, Fairfield 5k, 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

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

South Downs Way Relay 2018 - Martin

There may be other long distance relays nowadays but this one is back for its 32nd running this year so is likely to be one of the oldest around. I have received an invitation for the club to field a team.

Details - Saturday 2nd June, 100 miles, 18 legs, 6 runners, time limit 14 hours.

We've been there or thereabouts for some years now and last year we would have made it easily except for a severe injury to one of our runners.

Please can anyone interested in taking part - men or ladies - please get in touch with me in the next couple of weeks.

This is not to be taken lightly, I expect team members to be better than 1:45 half marathon speed although a slightly slower runner can usually be accommodated. You will probably need to spend a couple of days reccyng your legs. On the day we will leave the Havant area at around 3:30am to travel to the start at Beachy Head for a 6am start. Finish is near Winchester at about 8pm.

This is an epic event as anyone who has taken part before will testify.

Entry fee, minibus hire and fuel will cost around £60 a head.

On behalf of the committee

Annual Dinner - Help Needed:-

To all club members, please can we seek another volunteer to help with the organisation of the annual Dinner to be held in April.

We have one volunteer so far but we need another.

Please can I ask that one of you from the club would consider helping please. This is an event for all club members and is a great social evening, but we need help to ensure it's success.

Please contact club secretary if you can assist.

Many thanks in advance.

Lesley Allen

Annual Awards Evening

To help the committee organise the annual awards night, could you please email Lesley/ Club Secretary: secretary@victoryac.org.uk with your preferred day/date, and format.

Please let us know by Friday 16th February.

This vote is also available on the VAC Facebook Page.

Thanks

SATURDAY 30th JUNE - SAVE THE DATE

The committee are in the early stages of organising a track day at the Mountbatten Centre, Portsmouth, on Saturday 30th June. The day will be designed for runners of all abilities, with both serious and fun events.

Friends and family will be welcome to spectate and join us all for a picnic afterwards. More information will follow in early March.

Chichester Corporate Challenge 2018 - by Marilyn

Wednesdays 21st February, 7th & 21st March

A series of evening road races around Chichester City Centre - only 4.5K. It is a brilliant event for all our newcomers (including CouchTo5K new recruits) as well as our fastest. Some of you may have already signed up to run for a workplace team.

Besides the Corporate teams, there is also a section for Sports/College teams, and we traditionally enter as **Victory Vipers** (men or mixed - four to score for a team) and **Victory Vixens** (women - three to score for a team).

Entry forms are available here --> <http://www.chichester-runners.org.uk/corporate-challenge>

Event Details

The Corporate Challenge is split into "A" and "B" races for logistical reasons. Race "A" for runners under 18 min (10K in under 40min); race "B" for all other runners. Team results are calculated from an aggregate of fastest times regardless of whether the team members run in the "A" or "B" race.

Timetable (for all 3 evenings)

6.30 pm Junior races start - see the website for age-groups, distances and full timetable.

7.30 pm Corporate Challenge "A" race approx. 4500m (4 laps of 1100m approx.)

7.55 pm Corporate Challenge "B" race approx. 4500m (4 laps of 1100m approx.)

Course: 4 laps of Chichester centre, 4500m total, ie < 3 miles.

Teams: Men/mixed - 4 to score for a team.

Women - 3 to score for a team.

Race HQ: Assembly Rooms, North Street, Chichester, PO19 1LQ.

Changing & showers available at Westgate Sports Centre. (not close to the start/finish).

Parking: Festival Theatre car park (or other city centre car parks) - free after 6 pm.

Cost: £15.00 for runners from a UKA affiliated club - with current EA registration - for all three races. £17 for those without EA registration. £9 for students in full-time education and/or juniors.

Note: Numbers are collected from Race HQ on the night. Once you have your number you need to keep it for all three races.

VAC Entries

Closing date is Saturday 17 February. I will co-ordinate the entries for Victory Vixens and Victory Vipers. Who wants to be included? Get your name to me at training or as below by **Thursday 15 February**. I'll try and get a club cheque, so you will owe your entry fee to the club.

The event has been oversubscribed in the last few years, so there may be no entries on the night and/or no extra entries accepted for the B race at the 2nd and 3rd race for those who had not entered the first race.

email: marilyn.crocker@victoryac.org.uk - routes to my personal email address

tel: 023 9279 9983

mobile: 07954 382340

Southern Cross Country at Polecat Valley, on the Sunday 25th February

Hi everyone,

Haslemere Border Athletics Club are hosting the final race in the league on Sunday 25th February Race start time: 11am Venue: The Royal Senior School and Sixth Form, Farnham Lane, Haslemere, Surrey GU27 1HQ please note – NOT the Junior School in Hindhead. The course is an undulating 7.8k through the paths and woods of Hindhead Common and Gibbet Hill. It is stony in places so spikes are not suitable. The parking is very limited and with little scope for street parking, so we are requesting that runner's car share where possible. On arrival you will be directed to a parking space by one of our marshals. There is an area reserved for staff and boarders – these will be clearly denoted. There is a pitch to the left of the second entrance where clubs can set up flags, etc. You will be guided there. Refreshments will be available in the hall for £1.50 – please remove shoes before going in. We shall meet at Morrison car park, Horndean 9.15 am, to share cars unless you want to make your own way there or if you want a lift just contact me. Please come along and give it a go, you might be surprise how much you enjoy it.

Andy

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

Hampshire Cross Country Championships Report

Saturday 6 January 2018

at YMCA Fairthorne Manor, near Botley - from Marilyn

This report is for the third time of trying – problems with mail going astray and formatting tables for publication in the flyer...

Women's Report

We only had four entries in the Women's XC Championship this year: Belinda, Natalie, Annie P and myself. As all four of us are Over-35, that was enough for both senior and veteran VAC teams of four - provided we all finished! Kathryn Simpson (2nd claim VAC) was the solitary competitor for her 1st claim club, Havant AC.

The weather was kind to us - cold but bright. But due to the large amounts of rain in the preceding days, parts of the course were extremely soft going and other parts were like a slippery mud skating rink! Long spikes were the recommended footwear, and I managed to purchase a packet of 12mm spikes from the stall at the event on the day. The women's course was a little longer than last year, with two full laps of the arena course at the beginning - instead of one full lap and one part-lap. This was an improvement, as it did away with the lapping of a lot of the field by many of the faster runners in the early stages.

Women's Individual Results (8,400 m)

Pos	Name	Club	Age Group	Pos.	Time
1	Louise Small	Aldershot Farnham & District	SW	1	31:34
2	Laura Brenton	Southampton	SW	2	32:25
3	Lauren Hall	Aldershot Farnham & District	SW	3	33:14
45	Kathryn Simpson	Havant	SW	30	40:10
91	Belinda Harding	Victory	W55	5	49:25

Pos	Name	Club	Age Group	Pos.	Time
99	Ann Panting	Victory	W50	7	53:24
100	Natalie Cole	Victory	W45	14	53:33
107	Marilyn Crocker	Victory	W70	1	57:55

109 finishers - so I wasn't last this year!

As well as the gold, silver and bronze medals for the first three individuals, there were gold Hampshire boxed medal for the age-category winners from W35 up to W70. Yours truly won the W70 medal. Don't ask how many other W70s I beat! The two who finished behind me (and the Stubbington woman who dropped out) were much younger! You have to be in it to win it!

Women's Teams (4 to score for a team)

1	Aldershot Farnham & District	33 points
2	Southampton	41 points
3	Winchester & District	51 points
20	Victory	397 points
21	Totton Running Club 'B'	400 points

Women's Veteran (W35+) Teams (4 to score for a team)

1	Winchester & District	17 points
2	City of Portsmouth	49 points
3	Winchester & District 'B'	90 points
11	Victory	227 points

12	Totton Running Club 'B'	230 points
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We were penultimate team in both cases –just 3 points clear of the last scoring team. And of course there were lots of incomplete teams.

There were gold, silver and bronze medals for the first three women’s teams and first three women’s veteran teams. All won by the top Hampshire track and field clubs who use cross-country as their winter training.

Full women’s results at:

<http://www.hampshireathletics.org.uk/results/2018/20180106-xcc-sw.html>

Ryde 10 M Race. 4th February 2018: Ladies Captain’s report- Helen Boiling

The day of the Ryde 10 started cold and clear which was lovely after all the recent rain. We had booked 2 cars on the Wight link ferry to Fishbourne and 6 of us made our way across the Solent on the 9am sailing. From Fishbourne, it’s just a quick drive to the Ryde rowing club house where the race started.

Unfortunately, this year we didn’t have enough ladies for an A and B team. I’m not sure why this was, hopefully we can increase the number by advertising early what a great run and day out this is! The club also refunds your entry for this race-that’s an incentive!

I was ready for the 3 hills I remembered from the last few years, only to be told it was a new course this year! The race was full this year so after a busy start, the field soon spread out with the 1st hill appearing after about half a mile. It was a great course around the east coast of the IOW with some lovely views. It was a windy day which helped and hindered! The 1st half of the race was predominately uphill, with some welcome descents later. The total elevation gain was around 790 ft, a challenging 10 miler!

In the end, Chris led the A team in with me and Rachel 2nd and 3rd. Rachel claimed 1st lady over 60 place-well done! Marilyn also ran well coming in as 1st lady over 70-well done also!

After the race, 6 of us went for Sunday lunch at a nearby hotel (recommended to me by a fellow runner on route!). It was a lovely day, highly recommended 😊

Ladies Chip time results below:

Chris Riddington	1:16:14	Rachel Jarvis	1:38:46
Helen Boiling	1:30:45	Marilyn Crocker	1:58:17

[Next race is Eastleigh 10 K on March 18th](#)

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Victory Vixens (so far)

Helen Boiling

Natalie Cole

Debbie Clarke

Marilyn Crocker

Jane Noble - tbc

With Sue Gover, Sara Heath and a few others thinking about it, we should definitely have an A team (first 3 finishers), a B team (next 3 finishers) and maybe a C team (next 3 finishers).

Victory Vipers (so far)

Andrew Wright

Nichol Riggott

are the only two who have definitely signed up so far - and now Nichol cannot do the first race!

Gary Heather? Are you in this year? Peter Roper?

Come on guys, we need a few more volunteers - four finishers at each of the three races needed for an aggregate team score.

The event has been oversubscribed in the last few years, so there may be no entries on the night and/or no extra entries accepted at the 2nd and 3rd race for those who had not entered the first race.

Meet to share transport for Race 1 on Wednesday 21 February:

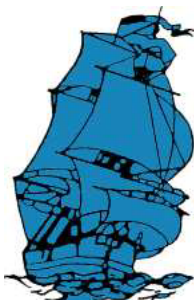
18:15 at Havant Leisure Centre

One car can hopefully be organised to pick up Helen B in Westbourne en route.

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**