



21 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 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.

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.

HAMPSHIRE CROSS-COUNTRY LEAGUE, Sat. 10 Feb.

Aldershot was the venue for the last meeting, a new course with fields, woods, a few ditches and short climbs.

It was cool and rainy, with quite a lot of mud in places. Marilyn's (Club?) tent provided good shelter. One of

the downsides of XC is cleaning the shoes afterwards, but it is worth it for the challenge, competition, camaraderie

and support you get on the way round, even at the back of the field.

Paul said it would be good for his marathon strength and endurance training, but he did very well in a competitive

field.

Eight VAC runners turned out, Marie and Lucy having already run the Havant Parkrun that morning! It was my

first XC outing in the 2017/18 season.

We managed to score in the senior and vets categories in both men & womens.

Ladies, 5.9k

Belinda Harding 101 Did you ever get warm?

Lucy Cowlin 112

Marie Mitchinson 114

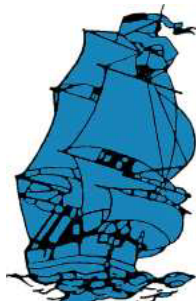
Marilyn Crocker 117

Men, 9.5k

Paul Mitchinson	57	
Andrew Wright	173	Coughing all the way round
Graham Foden	186	
Peter Royce	187	

Just finished cleaning and drying the shoes, maybe in time for the next XC, Polecat Valley?

Graham Foden



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