



Victory Athletic Club

Weekly Flyer



07 March 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 8	6	Barton's Road - Hills coach:Lesley / Nicola	
Tue 13	6:30	Rowlands 10k (can be extended up Link's Lane 1.2m) coach: Mary sweeper: Bridget M	
Thur 15	6	West Leigh Cycle Track – Fartlek (fast, slow,fast, slow) coach:Kevin	
Tue 20	6:30	Crookhorn (Can be extended up London Rd 1.5-2.5m) coach:Dave sweeper:	
Thur 22		Havant Park – 400/155 coach:Mary	
Tue 27	6:30	Emsworth 10k coach: Becki sweeper:Kate P Also Summer Short handicap Recce coach: Lesley	
Thur 29	6	Summer Short handicap Race 1	

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>

Agenda for VAC EAGM

New Data Protection Laws

Membership categories/prices

EXTRAORDINARY GENERAL MEETING

The Committee have called an Extraordinary General Meeting to be held **on Tues 13th March 2018, at 1945** hours in the conference room at HLC.

This is in order to discuss new Data Protection Laws being introduced in **May 18**, which will affect all members. Also in order to produce a new membership form by the clubs renewal date, (**1st April**), it is proposed to amend the membership categories and reduce them, ie not having a family membership, but include a slight reduction in membership fees.

A presentation will be given explaining the proposals.

Therefore it is required to be put to all members to vote.

Any apologies please send to Secretary.

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.

Annual Dinner

The VAC Annual dinner has now been booked for Friday April 27th at The Conservative Club, 33 Emsworth Rd, Havant. The cost per person is £36.18 for a party of 50. This includes a three course meal (menu yet to be decided with Chef Sam, the hire of the room, disco and extra staff as we will be a large group). They can accommodate up to 65, and the more club members that attend the price per person will be reduced.

If you would like to attend please can you post on this page. I will be seeing Chef Sam next week to confirm the menu and how much per person deposit will be required.

There will be a raffle, member of the year and Club awards.

Time is 7.00pm for a 7.30 mea

Chichester Corporate Challenge – by Marilyn

Race 1 Report

Wednesday 21 February

This is a series of three evening road races around Chichester City Centre - only 4.5K. While it was historically a competition for workplace groups (hence the **Corporate** Challenge), in recent years there has been another section for Sports and College teams. We put in teams in the Sports section as Victory Vipers (men or mixed) and Victory Vixens (women).

There are junior (inter-school) races starting at 18:30. The main event is divided into two races for logistical reasons. Fast men and women expected to finish in less than 18 minutes run in the A race at 19:30. The rest of us run in a much bigger race at 19:55. Team scores are an aggregate of the team members' times – irrespective of which race they did.

Delighted to have a big turnout for the first race of this annual event. Of the seven women who took part, only Helen Boiling and myself had run it before. New member, Faye McDonald, running in her first race for VAC, was the 2nd Vixen home, only 22 seconds behind Helen B. The only new Viper, also in his first race for VAC, was young Tom Hoskinson, who stormed in as third Viper in 15:08, just over half-a-minute behind Paul Mitchinson. Everyone enjoyed the fun if hectic atmosphere, and some of us celebrated our fine efforts in the pub (The Old Cross) afterwards.

Individual Results

Pos.	Tme	No.	F. name	Surname	M/F	Pos	Team
1	13:46	329	Edward	Dodd	M	1	Russell Giles Partnership
8	14:17	577	Daniel	Bailey	M	8	Victory Vipers
15	14:35	498	Paul	Mitchinson	M	15	Victory Vipers
21	15:08	497	Thomas	Hoskinson	M	21	Victory Vipers
28	15:28	23	Rhiannon	Dunlop	F	1	Portscity
105	17:59	578	Kevin	Giles	M	97	Victory Vipers
108	18:01	500	Peter	Roper	M	100	Victory Vipers
187	19:47	501	Andrew	Wright	M	160	Victory Vipers
204	20:20	484	Helen	Boiling	F	32	Victory Vixens
219	20:42	492	Faye	McDonald	F	39	Victory Vixens
268	21:58	496	Gary	Heather	M	210	Victory Vipers
310	23:34	494	Paul	Bould	M	232	Victory Vipers
338	24:36	487	Anne	Cook	F	94	Victory Vixens
380	27:45	488	Marilyn	Crocker	F	125	Victory Vixens
388	28:46	493	Amanda	Rudkin	F	132	Victory Vixens
396	29:56	490	Sara	Heath	F	139	Victory Vixens
397	29:58	485	Deborah	Clarke	F	140	Victory Vixens

410 Finishers – less than 100 in the A Race; 300+ in the B race.

Those who took under 18 minutes in Race 1, must run in the A race in the remaining two events of the series. A race recommended to those who took 18-19 minutes – for a much less congested run.

Some other VAC members were spotted running for Corporate teams – including the speedy 4th man and the 5th woman!

Pos.	Tme	No.	F. name	Surname	M/F	Pos	Team
4	14:03	114	Simon	Gill	M	4	GardX
68	17:01	259	Fay	Cripps	F	5	Littlegreen Legends
203	20:20	434	Will	Hahn	M	172	Oceanair
241	21:14	516	Amanda	Godfrey	F	48	WSCC Ladies

Team Results

Sports & College Teams (Men/Mixed)

The Vipers were 5th and 23rd team in this section out of 31 teams of four.

<u>1</u>	<u>Conrad's Lads A</u>			<u>59:05</u>
<u>5</u>	<u>Victory Vipers A</u>			<u>1:01:59</u>
577	Daniel	Bailey	M	14:17
498	Paul	Mitchinson	M	14:35
497	Thomas	Hoskinson	M	15:08
578	Kevin	Giles	M	17:59
<u>23</u>	<u>Victory Vipers B</u>			<u>1:23:20</u>
500	Peter	Roper	M	18:01
501	Andrew	Wright	M	19:47
496	Gary	Heather	M	21:58
494	Paul	Bould	M	23:34

(A further 41 Teams of four finished in the Corporate (Men/Mixed) section.)

Sports & College Teams (Women)

The Vixens were 3rd and 5th team in this section out of five teams of three.

<u>1</u>	<u>Chi Uni F A</u>			<u>51:32</u>
<u>3</u>	<u>Victory Vixens A</u>			<u>1:05:38</u>
484	Helen	Boiling	F	20:20
492	Faye	McDonald	F	20:42
487	Anne	Cook	F	24:36
<u>5</u>	<u>Victory Vixens B</u>			<u>1:26:27</u>
488	Marilyn	Crocker	F	27:45
493	Amanda	Rudkin	F	28:46
490	Sara	Heath	F	29:56

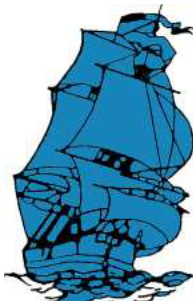
(A further 5 teams of three finished in the Corporate (Women) section)

We're all looking forward to more – and improving our times - on the remaining two dates (**Wednesdays 7th and 21st March**). New entries welcome!

Full results at:

<http://www.chichester-runners.org.uk/corporate-challenge-results>

Provisional results for Race 2 (for us to check) will be posted here by the weekend of 10-11 March.



**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**