



# Victory Athletic Club Weekly Flyer



20 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
Tue 27	6:30	<b>Emsworth 10k</b> coach: Becki sweeper: Kate P Also <a href="#">Summer Short handicap</a> Recce coach: Lesley	
Thur 29	6	<a href="#">Summer Short handicap</a> 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>

## 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://>
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[www.thepowerof10.info](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](mailto: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.

## **Victory Annual Dinner - change of venue**

Due to the huge response of members wanting to attend the annual dinner, we were oversubscribed for the Conservative Club. So we have after some great deliberation and searching in the local area for venues to accommodate us have managed to secure a booking at The Langstone Hotel, Northney. It is the same day and the great news is that it is a tad cheaper at around £35 ish per head. The menu is great as well and will be posted later this evening, along with deposit required to secure your place. We need at least 60 but the hotel can accommodate up to 100, so that is great news for those who want to go and are not on the list already. We have re-opened the list for bookings again. If you have already on the list you do not need to re-book.

The good news is we will still have a disco after the meal as the venue is bigger, there will be more room to have a 'bop/jive' on the dance floor without treading on each others toes, how great is that??. There will also be a raffle.

So if you do not want to miss out and have not booked already - please book now as we would like a great turnout for the annual meal to celebrate yet another year for the great running club we all run for

## Langstone Hotel - Banqueting Menu

(Please select 1 starter, 1 main & 1 dessert - all guests are to have the same meal although we do cater for all special diets)

### Starters

Roast vine tomato soup, herb crème fraiche, basil oil V/ GF

Leek & potato soup, crispy leeks & crème fraiche V

Thai spiced garlic & lemongrass fishcake, beansprout & carrot salad, sweet chilli dressing

Roulade of oak smoked salmon, herb crème cheese, capers, salad of herbs & caviar,  
avocado oil

Terrine of chicken & ham, piccalilli dressing, lambs lettuce, dried rosemary bread

Smooth chicken liver & port paté brioche toast, redcurrant jelly and lambs leaf salad

Salad of baby beetroot, Cashell blue & grilled endives, pecan nuts & orange V/ GF

### Main courses

Breast of chicken baked in Provençal herbs, carrot puree, sage & onion bonbon, thyme jus  
GF

“12 hour” braised blade of beef, parsnip puree, bourguignon sauce, mushroom truffle biscuit

Grilled pork steak, apple puree, grilled apple, sage & onion sauce GF/ DF

Loin of salmon, herb & parmesan crust, prawn & dill chowder, lobster glaze

Feta cheese, black olive & fennel frittata, rocket & blushed tomato salad, tomato salsa GF/V

Leek & butterbean lasagne, baby gem & parmesan salad V

All main courses served with Lyonnais potatoes with Provençal herbs & a medley of seasonal vegetables

## Desserts

Chocolate & orange torte, chocolate scroll, salted caramel, orange dust & boozy oranges

Raspberry crème brulee, compote of fruits, shortbread finger, raspberry jelly (*GF without shortbread*)

Lemon delice, raspberry puree, lemon curd, sugared candied zests & meringue

Baked vanilla cheesecake, compote of fruits, raspberry paper, cherry digestives

Profiteroles filled with Chantilly cream, warm chocolate sauce, popping candy, hazelnut crumbs

Tea / coffee

## Club Member of the Year 2017

It's that time of year again where we ask all club members to consider your nomination for the Club Member of the Year 2017, which will be awarded at the Annual Dinner next month.

VAC recognizes the success of every runner, no matter how far they run, be it long or short, fast or slow, or even supporting from the side lines.

There is no particular criteria, just your own choice and it can be for a variety of reasons. It could perhaps be someone who has always been there for you, helped you meet your goals, progressed well, contributed to the club, volunteered or supported, or just been good company to run with. You don't have to give a reason if you don't wish to.

So please can you consider who you believe is worthy of this year's Club Member of the Year award and give your nominations to me by Tues 24th April 2018.

Many thanks

Lesley Allen

Vac Club Sec

## Hayling Billy 5

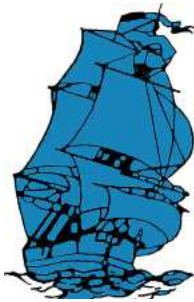
This years Hayling Billy 5 will take place on June 13th at 19:15.

This will be the 21st year for the event and to make it as successful as the previous 20 years I will be calling for Marshalls, set up people, officials etc. over the next month or so.

Regards

Pete H

HB5 Race Secretary.



**Victory Athletics Club: [www.victoryac.org.uk](http://www.victoryac.org.uk)  
Please send flyer submissions to [flyer@victoryac.org.uk](mailto:flyer@victoryac.org.uk) by 7pm  
Weds, or earlier in the week if possible**