



28 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 29	6	Summer Short handicap Race 1	
Tue 3	6:30	New Farlington Marshes Pacing Run [UJ/AJ] (6.5 miles) coach: Ali sweeper: Lucy Cowlin Victory 5k-10k Course : Week Four coach: Debbie	Bidbury Mead car park
Thur 5	6	Staunton Park [UJ/AJ] Fartlek round lake – 25 mins coach: Pete	
Tue 10	6:30	Mike Edwards Summer Long handicap Recce [AJ] (6.5 miles) coach: Dave/ Chris sweeper: Sara Heath ALSO: Victory 5k-10k Course : Week Five coach: Debbie	

Date	Time	Event Details	Start
Thur 12	6	Mike Edwards Summer Long handicap Race 1 Or Short H/Cap route (un-coached) [UJ]	
Tue17	6:30	Havant Thicket Tempo Run [AJ] (5.5 miles) coach: Pete sweeper: John Cowlin Victory 5k-10k Course : Week Six coach: Debbie	Havant Thicket car park
Thur 19	6	Mill Lane [AJ] Up and Over hills (300 mtrs) – 25 mins coach: Lucy	
Tue 24	6:30	Rowlands Castle continuous run through Stansted [AJ] (6 miles) coach: TBC sweeper: Becki	Rowlands Castle
Thur 26	6	Ian Murray Summer Short handicap Race 2 [UJ]	

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>

Emailing the Flyer

If anyone has issue emailing the flyer or have sent anything and its not been in please try sending to flyer and direct to my personal email amcniff1983@gmail.com

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.

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 years 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.

Important information regarding Victory AC Membership 2018 – please read!

A change in government legislation regarding data protection called The General Data Protection Regulation (**GDPR**) will be in place from 25th May 2018. It is an update to the Data Protection Act, bringing in new requirements and increasing the penalties for breaches.

The principles of data protection still exist. All clubs need to ensure that with regard to personal data:

- they process it securely
- it is updated regularly and accurately
- it is limited to what the club needs
- it is used only for the purpose for which it is collected

As a result we need to tell people about how and what we do with their data, and get their consent to do this. This is detailed in our club's Data Policy which is on the website.

Important: ALL members of the club in 2018 (those renewing and those who have already paid for next year's subscription) need to complete a new membership form and specifically indicate in the checkbox that they have read and understand our data policy and also whether they consent to use of photos.

So, 1 form for each member.

Membership Renewal – Jan MacDonald

Membership renewals are due on 1st April, though I will be processing renewals during March for those who want to renew early to avoid forgetting.

Just a couple of points to remember:

- New forms are on the website. Please complete **1 form per person**, your membership is not valid unless you do.
- Please note the new membership categories and prices. If you have any queries please email memberships@victoryac.org.uk
- If you have use of one of our Horizon Leisure Passes and you wish to use it for another year, please include the £6 for the card, with your subs, otherwise return the card to me.
- Payment may be made in cash, by cheque or online. Details are on the membership form
- If you would like a membership card, please send me a sae with your form and payment. Details are on the form.

Existing 2018 members

Please read and understand the club's Data Policy on the website and complete one membership form per person and return to me, either soft or hard copy. The Data Policy and new forms can be found on the website.

Thank you for your co-operation.

Jan

England Athletics Registration

Standard membership of Victory Athletic Club (VAC) now includes individual registration with England Athletics (EA) as a Competitive Athlete. The cost (£15 for 2018-19) is included in the Standard Membership fee. This allows you to score for VAC teams in competitions Under UKA Rules, including road races. Without current EA registration, you should enter events as 'Unaffiliated' and pay an extra fee. Some events you won't be able to enter at all. EA registration is not currently checked by ALL race entry systems – but it's coming!

There are other benefits to being registered with EA, the most notable being your personal profile page on the [PowerOfTen](#) and/or [RunBritain](#) websites that automatically picks up your performances in UKA licensed events, from Parkruns to Ultra Runs.

If you have no intention of taking part in outside races and events, you can join VAC as a Non-competitive member. You do NOT need EA registration for:

1. All VAC training sessions including CouchTo5k sessions.
2. In-house events open only to VAC members, for example our Handicap Races, the annual Hayling Relay and our social runs.
3. Parkruns – these are RUNS not RACES.
4. The Southern Cross Country League on six Sundays during the winter. (However if you ARE EA registered, and the host club provides individual results (most do), then your result (M/F position only, no times recorded) will be added to your PowerOfTen profile.)
5. Races licensed by bodies other than UKA, for example ARC (Association of Running Clubs), TRA (Trail Running Association) and Rob Piggott's local events in Portsmouth through Believe & Achieve.

If you decide to enter competitions later – perhaps when your training sessions with VAC have paid off – you can upgrade to Competitive Membership at any time during the year by paying the EA registration fee via VAC.

For further information on EA registration, see:

<https://www.englandathletics.org/england-athletics/athlete-registration - Benefits>

Chichester Corporate Challenge – by Marilyn

Race 2 Report

Wednesday 7 March

Delighted to have another big Victory Vixens and Vipers turnout for the second race of the series. Mark Wilson and Nichol Riggott joined the Vipers - replacing the injured Kevin Giles and Paul Bould. Jane Noble and Lucy Cowlin (another newcomer to this event) joined the Vixens – replacing Faye McDonald. We still needed one more Vixen for a C team, girls. Hoping for a full complement for Race 3 on Wednesday 21 March. 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	13:37	64	Harry	Leleu	M	1	Chi Casuals M
17	14:44	498	Paul	Mitchinson	M	17	Victory Vipers
22	15:00	577	Daniel	Bailey	M	22	Victory Vipers
30	15:21	497	Thomas	Hoskinson	M	30	Victory Vipers
31	15:25	23	Rhiannon	Dunlop	F	1	Portscity
94	17:50	495	Mark	Wilson	M	85	Victory Vipers
103	18:03	500	Peter	Roper	M	92	Victory Vipers
172	19:30	499	Nichol	Riggott	M	147	Victory Vipers
184	19:45	501	Andrew	Wright	M	155	Victory Vipers
228	20:55	484	Helen	Boiling	F	45	Victory Vixens
278	22:10	496	Gary	Heather	M	214	Victory Vipers
319	23:28	491	Jane	Noble	F	85	Victory Vixens
322	23:35	85	Lucy	Cowlin	F	88	Victory Vixens
323	23:36	487	Anne	Cook	F	89	Victory Vixens
388	27:46	488	Marilyn	Crocker	F	132	Victory Vixens
401	29:18	493	Amanda	Rudkin	F	141	Victory Vixens
404	29:35	490	Sara	Heath	F	144	Victory Vixens
406	29:48	485	Deborah	Clarke	F	146	Victory Vixens

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

Those who took under 18 minutes in Races 1 or 2, must run in the A race in Race 3. A race recommended to those who took 18-19 minutes – for a much less congested run.

Some more VAC members were spotted running for other teams. It is primarily a corporate event, so workplace teams are the main category.

Pos.	Tme	No.	F. name	Surname	M/F	Pos	Team
8	14:12	114	Simon	Gill	M	8	GardX
70	17:12	259	Fay	Cripps	F	7	Littlegreen Legends
127	18:26	214	Kathryn	Simpson	F	15	Havant
193	19:54	434	Will	Hahn	M	162	Oceanair
230	20:58	516	Amanda	Godfrey	F	46	WSCC Ladies

Results of Winter 2017-18 Handicap March

Congratulations to **Michelle Jones** who won the final Winter Handicap of the 2017/18 Series with a time just 1 second adrift from her estimate. Good to see a relative newcomer to the club doing so well.

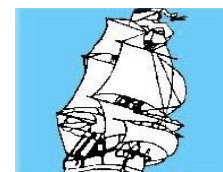
Good running also from the 14 people who earned the race bonus by being within 30 seconds of their estimate.

Thanks to Malcolm, Lesley and Tony Hoskinson for their help and to Kevin for his loud voice!

Pos	Name	Estimate d Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
1	Michelle Jones	29.1	4.5	33.59	29.09	0.01	50	2
2	John Gallagher	26.5	7.1	34.06	26.56	0.06	49	2
3	Amanda Rudkin	32.32	3.1	35.33	32.23	0.09	48	2
3	Nicola Stott	34	1.3	35.39	34.09	0.09	48	2
5	Mary Short	38.48	0.2	38.58	38.38	0.1	46	2
6	Marilyn Crocker	33.5	2.1	36.14	34.04	0.14	45	2
7	Sara Heath	34	2.3	36.15	33.45	0.15	44	2
8	Caroline Jordan	27	6.3	33.49	27.19	0.19	43	2
8	Martin Coles	23.45	10.3	33.56	23.26	0.19	43	2
10	Peter Beachill	29	4.3	33.1	28.4	0.2	41	2
11	Lucy Cowlin	30.45	5.5	36.13	30.23	0.22	40	2
12	Kate Parks	25.2	8.5	33.43	24.53	0.27	39	2
13	Kevin McTaggart	34	3.5	37.22	33.32	0.28	38	2
14	Richard Mitchell	23.58	9.2	33.47	24.27	0.29	37	2
15	Kate Hart	24.45	8.1	33.26	25.16	0.31	36	0
15	Kevin Leighfield	26.2	6.5	33.41	26.51	0.31	36	0
17	Neil Tolfrey	22.3	9.35	31.17	21.42	0.48	34	0

Pos	Name	Estimated Time	Start Time	Finish Time	Actual Time	Delta	Points	Race Bonus
18	Becki Ralf	29.3	5.35	34.16	28.41	0.49	33	0
19	Roger Brummell	33	3.3	35.38	32.08	0.52	32	0
20	Hazel Jenkinson	38.05	0	38.59	38.59	0.54	31	0
21	Matthew Walker	23.08	11.4	33.53	22.13	0.55	30	0
22	Bridget Main	33.2	4.1	38.28	34.18	0.58	29	0
23	Jo Gilholm	25	11	34.53	23.53	1.07	28	0
24	Jill Loughlin	36.2	2.5	38.02	35.12	1.08	27	

13th March 2018



**VICTORY ATHLETIC CLUB EXTRAORDINARY GENERAL MEETING MINUTES
HELD AT HAVANT LESIURE CENTRE ON TUES 13th MARCH 18**

Present	Beth Pirie	Chair	
	Gary John	Vice Chair	
	Lesley Allen	Secretary	
	Terry Healey		
In attendance	Becki Ralf Bridget Main Paul Smart	Amanda Coles Jim Clow Lisa Emson	Jason Horton Colin Moon Peter Beachill
	Raman Sangha Marilyn Crocker Shelly Butler John Gallagher Lyn Meredith	Nicola Stott Rob Godwin Mark Morrison Martin Coles Mary Short	Pete Harding Jan MacDonald Amanda Rudkin Roger Brummell Andrew Wright
	Malcolm Hagan Lupe Blanco	Rachel Jarvis Sara Heath	Hazel Jenkinson

Item	Action
<p>Item 1 – Meeting Convened and Opened.</p> <p>The Chair welcomed everybody to the EGM and explained the reasons for calling this meeting, thanking members for their attendance. The meeting was opened at 1947 hours with a total of 33 members in attendance.</p>	
<p>Item 2 – Apologies: - Helen Boiling, Kevin McTaggart, Neil Blanchard, James Tolson and Hamid Al-Amar.</p>	

Item 3 – New Data Protection Laws

Becki Ralf gave an explanation on the new Data Protection Laws coming into effect in May of this year and what affect this will have on us as a club. We will need to get every member's permission to use their data such as emails/use of photos/any data held data on any member etc.

The current membership form will need amending to reflect this and each member will need to sign it to 'opt in' rather than 'opt out' for us to hold their data. Becki introduced Jason Horton who is going to be the clubs Data Officer.

There were several questions raised on issues such the Selsey and Billy 5 races are race times classed as personal data and what about the current club records we hold? All this is information will have to be investigated at future meetings and if necessary the club can be advised by England Athletics.

Item 4 – Proposed New Membership Categories

Chair gave an explanation on the proposal to change the current member categories. To lessen and simplify them, therefore it is proposed to do away with the Family membership but give a slight reduction in the membership fee.

The new proposed categories are: -

From 1st April – 31st March

Standard Member (including EA at £15/membership £15)	£30
Social/Second Claim	£15
Junior Membership	£10
If EA required for Juniors club will pay this)	
Honorary Members	

From 1st September – 31st March

Standard Member (including EA at £15/£8	£25
Social/Second Claim	£10
Junior Member (EA required paid by club)	£ 5

Members were then asked to vote on this proposal.

This was carried out with a unanimous vote in favour of the new categories and voted in by all 33 members in attendance.

It was therefore agreed to be taken forward in readiness for this year's renewal date of memberships from 1st April 2018.

Item 5 – AOB

Jan MacDonald said she would now revamp the new membership form to incorporate the new information in readiness for the April renewal date.

Juniors would have to have their forms counter signed by a parent/ guardian.

Peter Beachill asked that as he has only just paid and completed a form, assuming he wouldn't be expected to repay but will have to sign a new form which was confirmed as correct.

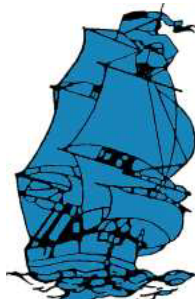
John Gallagher said that he currently holds a lot of data for the club on race records etc and he will have to be advised as to what he can keep or what he will need to discard.

Chair said that the sub-committee is currently looking into this issue and should be able to advise soon.

Chair also expressed her thanks for the Communications sub-committee who have been working at great lengths on this information to seek a way forward. They have put a lot of time and effort into researching this issue.

Item 6 – Meeting Closed

There being no further AOB the meeting was closed at 2031 hours.



**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**