



Victory Athletic Club

Weekly Flyer



05 April 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 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	
Thur 12	6	Mike Edwards Summer Long handicap Race 1 Or Short H/Cap route (un-coached) [UJ]	

Date	Time	Event Details	Start
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>

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 their 2018 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 Renewals are now due!– Jan MacDonald

Membership renewals were due on 1st April. If you haven't already done so, please make payment without delay.

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.

If you paid for 2018 membership as part of C25K or paid for 15months in first quarter

You still need to complete a new 2018 renewal form (though no further money is due). Please read and understand the club's Data Policy on the website and complete one 2018 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

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.

Curry Again

Of course there will be curry after the Mike Edwards Long Handicap on 12 April at the Havant Tandoori, Market Parade, Havant. Hope to see you there.

James Tolson

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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>

Emsworth to Basingstoke Relay Saturday 19th June

Victory AC Vets Team

Our team is finalised now and entered into the event. Fellow team members I'm proposing the following leg allocation. No problem shuffling them around if you want, just a first stab, but you may want time to recce them, I know I do!

Tim Cooper 1*, 2, 10

Peter Harding 3, 8, 13

John Gallagher 4, 11, 16

Colin O'Donnell 5, 9, 15

Terry Healy 6, 14, 17

Graham Foden 7, 12, 18

*All of us run leg 1 apparently.

The observant among you will notice we have a 'junior' member among us, guess who though!

Presentation

Your club will be holding a presentation of the Cross Country & Winter Handicap winners same as we did last year.

This will take place after the second Short handicap on Thurs 26th April 2018 at 7pm in the bar area of HLC.

It would be good if both winners and as many club members could attend this after the club session.

Many thanks

Lesley Allen
Vac Club Sec

Annual Dinner Friday 27 April.

Not long now until the big night. Still some places left if you would like to attend. It promises to be a great evening, a fabulous meal, presentations, raffle and music. £35 per person and here's the menu.

Starters

Roasted vine tomato soup

Smooth chicken liver pate with brioche

Roulade of Oak smoked salmon

Mains

12 hour Braised beef, parsnip puree, bourguignon sauce and mushroom truffle biscuit

Loin of salmon, herb & parmesan crust

Feta Cheese, olive & fennel Frittata

Desserts

Chocolate & orange Torte

Raspberry Crème brulee, shortbread

Profiteroles

Results of 2018 Short Handicap Race 1

It was a cold and wet day for the first Short Handicap of the summer (??), so congratulations to **Kerry Adaway** for taking first place with a time almost two and a half minutes inside her handicap.

Well done to all the runners for braving the muddy field and particularly the first 12 people who finished inside their handicap times.

Welcome to guest runners Wayne Goodwin and Robbie King, and we hope all who ran this race for the first time, enjoyed it.

Thanks to my myriad of helpers, particularly James, Hamid, Tony Hoskinson, Kevin and Malcolm, ensuring the race went off without a hitch.

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Kerry Adaway	38.42	3.2	35.22	50		
2	Wayne Goodwin	38.42	3.2	35.22		Guest	
3	Amanda Rudkin	39.33	0	39.33	49		
4	Ali McNiff	39.37	11.25	28.12	48		
5	Arron Grosvenor	39.42	4	35.42	47		
6	Ian Stott	39.58	10.4	29.18	46		
7	Kate Parks	40.41	11.25	29.16	45		
8	Pete Beachill	40.44	5	35.44	44		1st timer
9	Glen Chapman	40.45	11.1	29.35	43		1st timer
10	Pete Harding	40.46	11.1	29.36	42		
11	Tom Hoskinson	40.52	16.45	24.07	41		1st timer
12	Simon Turner	40.53	16.45	24.08	40		
13	Lucy Cowlin	41.01	7.1	33.51	39		
14	Marilyn Crocker	41.29	2.25	39.04	38		
15	Gary Heather	41.45	10.5	30.55	37		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
16	Colin Moon	41.5	11.15	30.35	36		
17	Martin Coles	41.52	13.3	28.22	35		
18	Michelle Jones	41.54	7.4	34.14	34		1st timer
19	Richard Turner	41.55	16.35	25.2	33		
20	Jim Clow	41.57	13.45	28.12	32		
21	Pete Bone	42.06	7.35	34.31	31		
22	Mark Hay	42.08	14.05	28.03	30		
23	Jo Gilholm	42.09	15.1	26.59	29		
24	Paul Smart	42.14	0	42.14	28		
25	John Marenghi	42.18	15.15	27.03	27		
26	Kevin Louth	42.25	13.05	29.2	26		
27	Mandy Coles	42.28	0	42.28	25		
28	Dave Lown	42.33	15	27.33	24		
29	Terry Healy	42.36	13.15	29.21	23		
30	Nicola Stott	42.43	4.3	38.13	22		
31	Sara Heath	42.45	0	42.45	21		
32	Robbie King	42.57	15	27.57		Guest	
33	Becki Ralf	43.06	7.4	35.26	20		
34	Ann Mann	43.11	0	43.11	19		
35	Roger Brummell	43.17	7.5	35.27	18		

The QE Spring Half Marathon 25th March 2018

Having been with the club since January this was my first outing in a Victory Club top. Set entirely in QE country park this was a tough half marathon route with what was advertised as 550 to 600metres of climbing. There were next to no flat sections in which to recover and it made for a real slog in places. Given all the recent rain, conditions were no as bad as I had expected. It was muddy but runnable throughout. A small field of around 217 made for a friendly atmosphere with the field spread out fairly quickly into the first climb. There was always some company but never a crowd. This is not a race for a PB but highly recommended and I shall be back next year.

Andy Fuller

Victory Results

28th Andrew Fuller 1.51.36

96th Helen Boiling 2.18.33

132nd Julia Hopes 2.33.18

151st Anne Cook 2.38.15

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

Team Results

Sports & College Teams (Men/Mixed)

The Vipers were 5th (consistent!) and 21st (up from 23rd!) team in this section out of 30 teams of four.

<u>1</u>	<u>Conrad's Lads A</u>			<u>59:46</u>
<u>5</u>	<u>Victory Vipers A</u>			<u>1:02:55</u>
498	Paul	Mitchinson	M	14:44
577	Daniel	Bailey	M	15:00
497	Thomas	Hoskinson	M	15:21
495	Mark	Wilson	M	17:50
<u>21</u>	<u>Victory Vipers B</u>			<u>1:19:28</u>
500	Peter	Roper	M	18:03
499	Nichol	Riggott	M	19:30
501	Andrew	Wright	M	19:45
496	Gary	Heather	M	22:10

(A further 43 Teams of four finished in the Corporate (Men/Mixed) section.)

Sports & College Teams (Women)

The Vixens were 4th and 6th team in this section out of six teams of three – both down one place from Race 1.

1	Chi Uni F.A			52:11
4	Victory Vixens A			1:07:58
484	Helen	Boiling	F	20:55
491	Jane	Noble	F	23:28
85	Lucy	Cowlin	F	23:35
6	Victory Vixens B			1:20:40
487	Anne	Cook	F	23:36
488	Marilyn	Crocker	F	27:46
493	Amanda	Rudkin	F	29:18

(Only a further 3 teams of three finished in the Corporate (Women) section)

We were all looking forward to more – and improving our times - on the remaining date (Wednesday 21st March). Report to follow.

Full results at:

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

Provisional results for Race 3 (for us to check) were posted here by the weekend of 24-25 March, and have now been finalised. At the time of going to press with this Race 2 report (Wednesday 28 March), the Overall Series Results are not yet available.

Victory AC Take over Havant Parkrun - April 14th

below is the rota for havant park run April 14th if anybody can fill a slot please let Bridget Main know please.

Position	14 April 2018
<u>Run Director</u>	Bridget MAIN
<u>Pre-event Setup</u>	Jason HORTON
<u>Pre-event Setup</u>	Hilary SCHWAGER
<u>Pre-event Setup</u>	
<u>Pre-event Setup</u>	
<u>First Timers Briefing</u>	Nicola STOTT
<u>Timekeeper</u>	Yvonne HAWLEY
<u>Timekeeper</u>	Peter BEACHILL
<u>Finish Tokens</u>	Lesley ALLEN
<u>Finish Tokens</u>	Hilary SCHWAGER
<u>Funnel Manager</u>	Lisa EMSON
<u>Barcode Scanning</u>	Rachael GETTY
<u>Barcode Scanning</u>	Alan MULRY
<u>Other</u>	Janet Mary MACDONALD
<u>Marshal</u>	Joanne Kirsty LEA
<u>Marshal</u>	Kevin MCTAGGART
<u>Marshal</u>	Paul SMART
<u>Marshal</u>	Susan GOVER
<u>Marshal</u>	Rachel JARVIS
<u>Tail Walker</u>	Mary SHORT
<u>Tail Walker</u>	
<u>Photographer</u>	Christine TURNER
<u>Run Report Writer</u>	
<u>Pacer (5k only)</u>	Paul MITCHINSON
<u>Pacer (5k only)</u>	Beth PIRIE
<u>Pacer (5k only)</u>	Helen BOILING
<u>Pacer (5k only)</u>	David LOWN

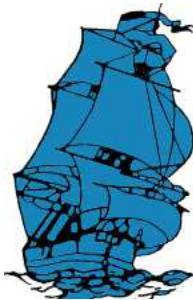
Position	14 April 2018
<u>Pacer (5k only)</u>	Marilyn Joy CROCKER
<u>Pacer (5k only)</u>	Gary HEATHER
<u>Pacer (5k only)</u>	Matt GILL
<u>Pacer (5k only)</u>	Zoe GILL
<u>Pacer (5k only)</u>	Anne COOK
<u>Pacer (5k only)</u>	Debbie CLARKE
<u>Pacer (5k only)</u>	Amanda RUDKIN

London Marathon - Nicola

Hi all, I am doing the London marathon this year. Probably not really sensible with my current fitness, but I got a ballot place last year, which you can only defer once. Anyway, whilst it won't be a fast run, I am trying to raise as much as I can for the Brain Tumour Charity. Any help with this gratefully received, and will help motivate me ... and I will need plenty of motivation! I have a Justgiving page which can be found at: www.justgiving.com/fundraising/nicola-stott5 or a good old fashioned sponsor form.

Thank you

Nicola



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