



# Victory Athletic Club

## Weekly Flyer



11 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 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)  <b>coach:</b> Pete  <b>sweeper:</b> John Cowlin  Victory 5k-10k Course : Week Six  <b>coach:</b> Debbie	Havant Thicket car park
Thur 19	6	<b>Mill Lane</b> [AJ] Up and Over hills (300 mtrs) – 25 mins  <b>coach:</b> Lucy	
Tue 24	6:30	<b>Rowlands Castle</b> continuous run through Stansted [AJ]  (6 miles)  <b>coach:</b> TBC  <b>sweeper:</b> 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](mailto: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](mailto: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



# Chichester Corporate Challenge – by Marilyn

## Race 3 Report

**Wednesday 21 March 2018**

Lisa Slight and Rachel Jarvis (another newcomer to this event) joined the Vixens for Race 3 – replacing Lucy Cowlin and Faye McDonald. Jane Noble and Debbie Clarke were also absent – due to a hockey injury and migraine respectively. So the Vixens still did not muster a C team for Race 2. Paul Bould was injured and had dropped out of the Vipers. Unfortunately, Paul Mitchinson and Kevin Giles, who were expected, also didn't make it. That meant the Vipers were one short for a B team in Race 3 and so won't get an aggregate score for the series. Sadly we had already done the transfer of Faye's number to Rachel for the Vixens before we realised Paul M and Kevin weren't there. Otherwise our newcomer, Rachel, could have transferred to the Vipers instead of the Vixens. But having done the transfer, you can only mess the organisers about so far!

Watch out for young Tom Hoskinson, you guys. Second Viper home and creeping up on Dan Bailey's times with youth on his side. Tom is an official 1st Claim member of VAC as of 1st April.

Almost everyone improved their times from Race 2 - from a few seconds up to 41 seconds (Sara). After Sara, it was Amanda R who showed the most improvement. Well done girls! This series really is excellent training!

On Amanda G's recommendation, we were going to change our post-run hostelry to the Park Tavern, which we pass four times on the run. However when the first scouts got there, it was heaving with standing room in a crush only. As most of our team are fairly long in the tooth, we repaired to the comforts of The Old Cross (and seats) as usual afterwards.

### Individual Results

Pos.	Tme	No.	F. name	Surname	M/F	Pos	Team
1	13:24	342	Will	Broom	M	1	Conrad's Lads
20	14:33	577	Daniel	Bailey	M	20	Victory Vipers
28	15:11	497	Thomas	Hoskinson	M	28	Victory Vipers
32	15:19	23	Rhiannon	Dunlop	F	1	Portscity
105	17:37	495	Mark	Wilson	M	94	Victory Vipers
111	17:45	500	Peter	Roper	M	99	Victory Vipers
184	19:16	501	Andrew	Wright	M	160	Victory Vipers
186	19:23	499	Nichol	Riggott	M	162	Victory Vipers
228	20:29	484	Helen	Boiling	F	40	Victory Vixens
261	21:15	496	Gary	Heather	M	210	Victory Vipers
292	22:19	85	Lisa	Slight	F	69	Victory Vixens
327	23:39	492	Rachel	Jarvis	F	85	Victory Vixens
337	23:56	487	Anne	Cook	F	93	Victory Vixens
378	27:51	488	Marilyn	Crocker	F	122	Victory Vixens

382	28:42	493	Amanda	Rudkin	F	126	Victory Vixens
383	28:54	490	Sara	Heath	F	127	Victory Vixens

389 Finishers – 112 in the A Race; 277 in the B race. So the B race was less congested this time – maybe that’s why we all improved.

Some more VAC members were spotted running for other teams. It is primarily a corporate event, so workplace teams are the main category. All three improved their times from Race 2.

Pos.	Tme	No.	F. name	Surname	M/F	Pos	Team
77	16:59	259	Fay	Cripps	F	7	Littlegreen Legends
208	19:47	434	Will	Hahn	M	178	Oceanair
250	20:52	516	Amanda	Godfrey	F	45	WSCC Ladies

## Team Results

### Sports & College Teams (Men/Mixed)

The Vipers were 7th (down from 5th) team in this section out of 28 teams of four. Paul Mitchinson was much missed. Sadly we were one short for a Vipers B team result in Race 3.

1	<u>Conrad's Lads A</u>				<u>55:33</u>
Z	<u>Victory Vipers A</u>				<u>1:05:06</u>
577	Daniel	Bailey	M		14:33
497	Thomas	Hoskinson	M		15:11
495	Mark	Wilson	M		17:37
500	Peter	Roper	M		17:45

(A further 33 teams of four finished in the Corporate (Men/Mixed) section.)

### Sports & College Teams (Women)

The Vixens were 3rd and 6th team in this section out of six teams of three – Vixens A up one place from Race 2.

1	<u>Chi Uni F A</u>				<u>51:25</u>
3	<u>Victory Vixens A</u>				<u>1:06:27</u>
484	Helen	Boiling	F		20:29
85	Lisa	Slight	F		22:19
492	Rachel	Jarvis	F		23:39

<u>6</u>	<u>Victory Vixens B</u>			<u>1:20:29</u>
487	Anne	Cook	F	23:56
488	Marilyn	Crocker	F	27:51
493	Amanda	Rudkin	F	28:42

(A further 4 teams of three finished in the Corporate Teams (Women) section)

Full results at:

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

At the time of going to press with this Race 3 report (Wednesday 4 April), the Overall Series Results were 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

Position	14 April 2018
<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>	
<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
<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](http://www.justgiving.com/fundraising/nicola-stott5) or a good old fashioned sponsor form.

Thank you

Nicola



**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**