



Victory Athletic Club Weekly Flyer



18 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 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>

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

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>

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

The Salisbury 10

The Salisbury 10 race was as usual well marshalled and supported by locals . An unusual bag drop in a theatre, good running weather and lovely undulating scenic roads to run through with some lovely houses to dream of living in whilst you run all made for a good running experience.

Two camels in North African costumes were present near the finish line, they live locally with some llamas in the grounds of one of the very nice houses seen on the run.

The medal we received was of a camel ,Lucy Cowlin thought it could be a medal of a llama and I initially thought it was a donkey, however it's good to have a medal as well as a tee shirt.(which definitely had a camel on it)

A good turn out with some brilliant running from this 10 mile race.

Results: Helen Boiling 1:28:49, Lucy Cowlin (pb)1:33:55, Lisa Emson 1:38:32, Rebecca Ralf 1:42:51, Rachel Jarvis 1:45:23, Marilyn Crocker 1:51:47
Nicola Scott 1:55:34.

HRRL Salisbury 10 Mile Sunday May 8th.

My first time at this event, and it won't be my last! Superbly organised by the City of Salisbury AC&RC, the event was welcoming and followed a scenic road route around Salisbury's country roads.

Apparently Llamas and Camels are an integral part of Salisbury life 🦙🐪 featuring on the race website and Facebook pages, and blow me down I actually saw them for real!

A decent contingent of 8 men were sufficient to meet the necessary A and B Team requirements, ably led home by Dan Bailey with an excellent PB from Will Hahn. Full chip timed results were:

Dan Bailey 58:38, Darren Knight 1:12:36, Richard Turner 1:14:36, Dave Lown 1:14:36, Will Hahn 1:18:59, Terry Healy 1:20:06, Martin Coles 1:20:26, Ali McNiff 1:23:29

Next HRRL event is the Alton 10 Mile on May 13th, followed by the Netley 10K on May 20th. As mentioned before, these events fill up very quickly, so a bit of advance diary planning is advised!

The IBM North Harbour Athletic Sub Section that affiliates to Victory AC will have it's Annual AGM in May.

Details are attached and shown below.

All are welcome, but is of most interest to the IBM contingent of Victory.

IBM CLUB NORTH HARBOUR ATHLETIC SUB SECTION

NOTICE OF ANNUAL GENERAL MEETING

Date : Thursday 24th May @ 19:45 Hours

Venue : Bar Area (Bar Closed) HLC

AGENDA :

Apologies

of the last year's AGM

Chairman's Report

Treasurer's Report

Resolutions

of Officers

Minutes

Members

Election

AOB

**Nominations for Officers and Member's resolutions
to be received no later than Thursday 17th May**

Contact either

: peter_drury@uk.ibm.com

(Secretary) : malcom@hagan.me.uk

Pete Drury (Chairman)

Or Malcolm Hagan

Minutes from last years AGM are available to download from here --> <http://nhbrrun.mooc.com/website/>

Victory AC Track Championships Saturday June 30th

Mountbatten Centre Athletics Track.

Just to update you all on the Track Day, we now have a draft schedule. It's a sort of Club Championship for members with 'classic' Track events. A small entry fee of £5 for the day to defray costs will cover entry into as many races as you fancy!

The draft schedule is:

Day starts with warm up session run by coaching team.

100m Men and 100m Women*

400m Men and 400m Women

1600m or 1 mile Men, Women

4 X 100m relay Mixed Teams

4 X 400m relay Mixed Teams

*Traditionally men and women race separately in Track events, plus helps us manage the day. Track is 400m long.

All events with possible qualifying heats depending on numbers followed by finals.

New VAC Club Track Champions crowned in each individual event, plus Handicap and age group winners.

Possible fun events mixed in to break things up and allow recovery time:

Egg and Spoon Race

Long Jump Fun event

Day concludes with medal ceremony for new Club Track Champions and Shields for Handicap, Age Group and Relay Winners followed by leisurely picnic.

Events estimated to take 4 hours plus 2 hours for prize giving and picnic. Suggest start time 10.30am for 11am 1st event, day concludes at around 4.30/5pm

Organisation during the day would be from competitors not running, eg Men for Women, Women for Men, plus specialist Timing Team and small team to collate results. Handicaps calculated for each event based on Club long and short handicaps.

Results of Mike Edwards Long Handicap Race 1

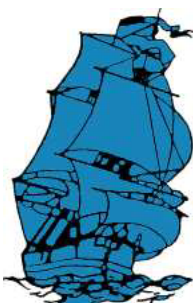
There was a good turnout for the first Long Handicap race of 2018, though it was a cool breezy start to the season. Congratulations go to **Kerry Adaway** who won very convincingly, having improved massively since last summer, beating her handicap by over 11 minutes! Another great run, Kerry.

Great to see some new people running the Long Handicap for the first time – Ruth Wheeler, Nicki Turner, Lupe Blanco, Peter Beachill and Pete Roper who has rejoined us after a break, and also guests John Ryan and Kelly Beard-Foden. Well done and I hope you enjoyed the race.

Thank you to my helpers James Tolson, Hamid and Malcolm, who came into his own at the end when my stopwatch gave up the ghost!

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Kerry Adaway	63.43	0	63.43	40		
2	Arron Grosvenor	64.5	0	64.5	39		
3	Ali McNiff	65.17	12.05	53.12	38		
4	Nichol Riggott	70.24	15.1	55.14	37		
5	John Marengi	71.27	18.2	53.07	36		
6	Martin Coles	71.55	17.35	54.2	35		
7	Lucy Cowlin	72.14	8.05	64.09	34		
8	Ruth Wheeler	72.29	9	63.29	33		1st timer
9	Nicki Turner	72.29	9	63.29	32		1st timer
10	Callum Cairns	72.39	13.55	58.44	31		
11	Mark Hay	72.51	18.1	54.41	30		
12	Gary Heather	73.03	13	60.03	29		
13	John Ryan	73.11	13	60.11		guest	
14	John Cowlin	73.48	18.2	55.28	28		
15	Mark Cooter	73.54	11.1	62.44	27		
16	Kelly Beard-Foden	73.59	19.05	54.54		guest	
17	Jim Clow	74.03	19.35	54.28	26		
18	Nicola Stott	74.18	0	74.18	25		handicap reset
19	Andrew Wright	74.22	21.1	53.12	24		
20	Jo Gilholm	74.23	21.15	53.08	23		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
21	Simon Gill	74.28	35.15	39.13	22		
22	Colin Moon	74.3	15.45	58.45	21		
23	Simon Turner	74.31	28	46.31	20		
24	Pete Roper	75.03	23	52.03	19		1st timer
25	John Gallagher	75.31	12	63.31	18		
26	Jon Haines	76.26	18.45	57.41	17		
27	Lupe Blanco	77.12	0	77.12	16		1st timer
28	Lynette Meredith	77.12	0	77.12	15		
29	Peter Beachill	77.34	9	68.34	14		1st timer
30	Linda Pukinska	77.44	19.05	58.39	13		
31	Dave Morris	80.22	24.25	55.57	12		
32	Neil Tolfrey	80.25	25.1	55.15	11		
33	Bridget Main	80.34	0.25	80.09	10		
34	Marilyn Crocker	81.59	0	81.59	9		



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