



26 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
1 May	6 pm	New Farlington Marshes Pacing Run [UJ/AJ] (6.5 miles) coach: Ali sweeper: Bridget Main	Bidbury Mead car park
3 May	6:30 pm	West Leigh Field [AJ] Fartlek round field perimeter coach: Ali	HLC
8 May	6 pm	Hayling Billy trail [UJ/AJ] (HLC – HB Trail 30 mins out – 30 mins back) coach: Nicola sweeper: Richard Turner	HLC
10 May	6:30 pm	Mike Edwards Summer Long handicap Race 2 Or Short H/Cap route (un-coached)	HLC
15 May	6 pm	Old Farlington Marshes Continuous run – multi terrain [AJ] (5.5 miles) coach: Mary sweeper: Alan Mulry	
17 May	6:30 pm	Vo2 Max [AJ] West Leigh Field coaches: Pete/ Chris/ Nicola	
22 May	6 pm	Emsworth Foreshore [AJ] (7 miles) coach: Marilyn sweeper: Roger	
24 May	6:30 pm	Chelsea Squares [AJ] West Leigh Field coach: Dave	

Date	Time	Event Details	Start
29 May	6 pm	Rowlands Castle - multi terrain [AJ] (6 miles) coach: Dave sweeper: TBC	
31 May	6:30 pm	Ian Murray Summer Short handicap Race 3 [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>

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

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 charity nomination

As it is planned to do a raffle on The Annual Dinner evening (please bring items for it), we would like to donate proceeds to a local charity, so we are asking the club members if they would like to suggest who it is to go to this year.

Please let me know if you have a particularly charity nomination.

Payment Reminder:- Please can all members ensure that when making online payments to the club, a reference whose it's from and for what the payment is for. This is crucial for the Treasurer to keep the books balanced and account for all monies coming into the club.

Thanks Ali

Lesley Allen

Vac Club Sec

Annual Dinner

Went into the hotel today and handed over the table plan.

Arrival time 1915 for a 1945 sit down. We are in The Spinnaker Suite so hopefully it will be a nice evening.

Don't forget raffle prizes, all proceeds going to charity.

There is a cash bar in The Spinnaker which is booked until midnight just in case you need to book taxis.

Looking forward to it.

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.



**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**