



04 May 2018

Future VAC Events and Training

May

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
8 May	6:30 pm	Hayling Billy trail [UJ/AJ] (HLC – HB Trail 30 mins out – 30 mins back) coach: Nicola sweeper: Richard Turner	HLC
10 May	6 pm	Mike Edwards Summer Long handicap Race 2 Or Short H/Cap route (un-coached)	HLC
15 May	6:30 pm	Old Farlington Marshes Continuous run – multi terrain [AJ] (5.5 miles) coach: Mary sweeper: Alan Mulry	
17 May	6 pm	Vo2 Max [AJ] West Leigh Field coaches: Pete/ Chris/ Nicola	
22 May	6:30 pm	Emsworth Foreshore [AJ] (7 miles) coach: Marilyn sweeper: Roger	
24 May	6 pm	Chelsea Squares [AJ] West Leigh Field coach: Dave	
29 May	6:30 pm	Rowlands Castle - multi terrain [AJ] (6 miles) coach: Dave sweeper: TBC	
31 May	6 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>

REMINDER - CLUB SUBSCRIPTIONS ARE NOW OVERDUE!!

Subscription renewals were due on 1st April. If you have not already done so, would you please renew without delay to avoid the embarrassment of further reminders. Complete a form, found in the Membership section of our website, send it to me and follow the instructions for payment on the form.

Your prompt action would be appreciated.

Thank you.

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

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.

VAC Cross Country Prize Winners 2017-18 Season

Victory AC Cross Country Champions

Given for the **Hampshire League Cross Country** (best 4 out of 5 races) as there is a speed limit on the Southern XC League which excludes our fastest runners.

Men: Andrew Wright (M50)

Veteran Men: NOT AWARDED - Andrew was the only man who qualified.

Women: Belinda Harding

Southern Cross Country League

Given for the best 5 out of 6 races in the league.

Winner - Men: Andy Smith

Runner-up - Men: NOT AWARDED - Andy was the only man who qualified.

Joint Winners - Women: Helen Smith and Marilyn Crocker

Victory Cross Country Challenge

A contribution award given for the best 3 out of 5 Hants XC League races AND the best 4 out of 6 Southern XC League races AND the best 1 out of 3 XC Championships. That's a minimum of 8 tough XC races to qualify!

Winner - Men: Peter Royce

Winner - Women: Marilyn Crocker

Peter and Marilyn were the only qualifiers this season - both O-65!

Generally, cross country participation has been disappointing this season. Looking forward to more competition for these awards next season! We need some younger blood!! The minimum is full VAC teams at every event so that VAC at least places in the league tables! The league events are free, fun (in some ways!) and sociable. Great camaraderie with other clubs - if only to share shelter! And excellent training runs whatever your targets.

VAC Award Winners -

Most Improved -

1st Amber Ankinson

2nd Lucy Cowlin

3Rd John Marengi

Best all round:

1st Paul Mitchinson

2nd Dave Howard

3rd Chris Riddington

Colin Goater Outstanding Performance Award - Gemma Corbett

Chairman's Award - Terry Healy

Club Member of the Year -Becki Ralf

Winter Handicap overall series winners -

1st Kate Parks, 2nd Richard Mitchell, 3rd Kate Hart

Thank you to Mary Short who organised the trophies this year.

From Brian Milo -

The old stagers in this group will remember the great Bruce Tulloh, and will be saddened to read that he died April 28 at the age of 82. He was a great inspiration to me, and to my running friends at school in the 1950s - sensible and determined, he had many great successes. Perhaps it was BT that I copied in the enjoyment of barefoot running! RIP.

Hampshire Road Race League

Terry Healy

We're approaching the end of the 2017/18 HRRL season, another year of wonderfully friendly and inclusive events hosted by local clubs. Captaining the men's teams has been great fun, cajoling you all to run and try to make up an A and B Team at each event.

It's encouraged me to enter events I hadn't run before, and boy have I been missing out....Overton, Ryde and Salisbury were all new to me this year, and will definitely be on my A List of events in 2019 and beyond.

Ladies HRRL Captain Helen Boiling and I complete our Captains Year after the final event at Lordshill in June, so if you would like to 'step up to the plate' and put your name forward for this most rewarding of roles, please can you let any Committee member, Helen or me know.

South Downs Way Relay - Marshals required - Martin Coles

The South Downs Way relay is a 100 mile race that this year is being run on Saturday 2 June.

Victory AC have been invited to marshal the changeover at QE Park and I am happy to say that John Gallagher has agreed to be Head Marshal again. This is the most complex changeover in the relay and requires several volunteers to marshal runners, team buses and members of the public and is required from mid to late afternoon, for about 3 hours.

Anyone who can help please email me at martcoles@yahoo.co.uk

Curry

There will be curry again after the Mike Edwards Long Handicap on Thursday 10 May at the Havant Tandoori, Market Parade. Havant. It will be good to see you.

James Tolson

Results of 2018 Ian Murray Short Handicap Race 2

Congratulations again to **Kerry Adaway** for her third consecutive handicap win this year, shaving another 3 minutes

off her Short Handicap time, excellent result! Kerry continues to improve leaving the rest of the field a target to aim for! Some good times were achieved by others with 21 people beating their handicap times, well done.

Welcome to Mhari Main, Sadie Holdford, Nikki Turner and Simon Gill who all ran the race for the first time. Also to Wayne Goodwin who ran as a guest last time and has just joined us.

Thanks to my helpers, Graham Foden, Malcolm Hagan, Kevin McTaggart and Hamid ensuring the race went off without a hitch.

NB. Following a couple of observations which were brought to my attention last night, it might be timely to clarify the following points:

- Runners **MUST** cross the railway line using the foot bridge, in both directions, whether or not the gates are open. Failure to do this will result in disqualification from the race.
- If you see a runner taking a wrong turning, try to call them back onto the correct route rather than to leave them to go the wrong way. I know you will be racing but most people can manage a shout out in these circumstances. Thanks.

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Kerry Adaway	37.44	5.4	32.04	50		
2	Lucy Cowlin	38.11	7.1	31.01	49		
3	Mhari Main	38.22	2.05	36.17	48		1st timer
4	Wayne Goodwin	39.04	5.4	33.24	47		
5	Michelle Jones	39.18	6.5	32.28	46		
6	Richard Turner	39.39	15.4	23.59	45		
7	Jo Gilholm	39.55	14.1	25.45	44		
8	Marilyn Crocker	39.58	2	37.58	43		
9	Martin Coles	40	12.4	27.2	42		
10	Ali McNiff	40.04	12.5	27.14	41		
11	Simon Gill	40.04	21	19.04	40		1st timer
12	Amber Ankinson	40.09	7.2	32.49	39		
13	Mark Hay	40.12	13.05	27.07	38		
14	Howard Wright	40.27	4.5	35.37	37		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
15	Zoe Gill	40.32	14.15	26.17	36		
16	Dave Lown	40.37	14	26.37	35		
17	John Cowlin	40.41	12.3	28.11	34		
18	Amanda Rudkin	40.45	1.3	39.15	33		
19	Simon Turner	40.45	16.55	23.5	32		
20	Jon Haines	40.52	12	28.52	31		
21	Roger Brummell	40.57	6.5	34.07	30		
22	Beth Pirie	41	12.2	28.4	29		
23	Jill Sander	41.01	0	41.01	28		
24	Lynette Meredith	41.1	2.15	38.55	27		
25	Lucy Smith	41.1	15.3	25.4		started early	
26	Chris Riddington	41.11	16	25.11		started early	
27	Bridget Main	41.25	2.05	39.2	26		
28	Mandy Boyd	41.25	6.2	35.05	25		
29	Kevin Giles	41.34	16.45	24.49	24		
30	John Gallagher	41.43	9.3	32.13	23		
31	Shelly Butler	42	12.25	29.35	22		
32	Pete Beachill	42.23	5.2	37.03	21		
33	Mandy Coles	42.36	0	42.36	20		
34	Nikki Turner	42.4	11.05	31.35	19		
35	Mark Cooter	42.45	11.05	31.4	18		
36	Dave Morris	42.59	14.25	28.34	17		
37	Linda Pukinska	43.05	13.15	29.5	16		
38	Neil Tolfrey	43.08	15.4	27.28	15		
39	Raman Sangha	43.14	5.35	37.39	14		
40	Kevin Leighfield	43.18	10	33.18	13		
41	Rachel Jarvis	43.34	7.2	36.14	12		
42	Sadie Holdford	43.51	2.15	41.36	11		1st timer
43	Sara Heath	43.53	0	43.53	10		
44	Lesley Allen	44.37	3	41.37	9		

Pos	Name	Finish Time	Start Time	Actual Time	Points		
45	Mary Short	45.28	0	45.28	8		
46	Bart Pirie		11.05	0		DNF	

Name	Estimated Finish Time	New Start Time
Jo Cooper	50	0
Sue Gover	49.2	0
Jenny O'Hara	48.45	0
Carol Wilson	48	0
Christine Howard	46.05	0
Mary Short	45.25	0
Tracy Long	45.05	0
Jenny James	44.55	0
Hazel Jenkinson	44.35	0
Georgia Ash	44.2	0
Ann Mann	43.1	0
Sara Heath	42.45	0
Debbie Wilson	42.4	0
Mandy Coles	42.25	0
Gill Ripiner	42.25	0
Paul Smart	42.1	0
Carol Tolfrey	42.05	0
Debbie Clarke	41.4	0
Sadie Holdford	41.35	0
Tania Lee	41.35	0
Jill Sander	41	0
Dave Gartland	40.5	0.1
Dawn Watson	40.4	0.2
Jo Lee	40.3	0.3
Dee Sims	39.25	1.35
Bridget Main	39.2	1.4

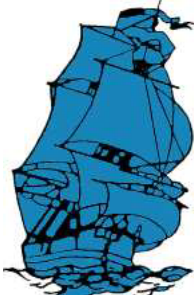
Name	Estimated Finish Time	New Start Time
Amanda Rudkin	39.15	1.45
Lesley Allen	39	2
Lynette Meredith	38.55	2.05
Rachel Getty	38.35	2.25
Neil Blanchard	38.3	2.3
Yvonne Hawley	38.3	2.3
Marilyn Crocker	37.55	3.05
Nicola Stott	37.3	3.3
Paula Benitez	36.5	4.1
Kevin McTaggart	36.45	4.15
Alan Mulry	36.4	4.2
Jenny Lown	36.3	4.3
Raman Sangha	36.25	4.35
Mike Boyd	36.2	4.4
Mhari Main	36.15	4.45
Jan MacDonald	35.45	5.15
Arron Grosvenor	35.4	5.2
Pete Beachill	35.4	5.2
Helen Smith	35.4	5.2
Howard Wright	35.35	5.25
Mandy Boyd	35.05	5.55
Amanda Wells	35.05	5.55
Sam Howard	35	6
Ed Spencer	34.45	6.15
Rachel Jarvis	34.4	6.2
Pete Bone	34.25	6.35
Becki Ralf	34.2	6.4
Allison Lowder	34.1	6.5
Roger Brummell	34.05	6.55
Lindsey Cooter	34.05	6.55

Name	Estimated Finish Time	New Start Time
Chris Turner	34	7
Pete Drury	34	7
John Simpson	33.55	7.05
Hamid Alamar	33.5	7.1
Bill Kelly	33.4	7.2
Claire Shardlow	33.4	7.2
Paul Willcox	33.4	7.2
Julia Hopes	33.25	7.35
Wayne Goodwin	33.2	7.4
Mark Morrison	33.2	7.4
Jason Horton	32.55	8.05
Amber Ankinson	32.45	8.15
Jane Noble	32.4	8.2
Bob Wheeler	32.35	8.25
Andy Smith	32.3	8.3
Michelle Jones	32.25	8.35
Tina Doherty	32.25	8.35
Clare Austin	32.2	8.4
John Gallagher	32.1	8.5
Graham Coleman	32.05	8.55
Kerry Adaway	32	9
Kevin Leighfield	32	9
Malcolm Hagan	32	9
Nikki Turner	31.35	9.25
Helen Mears	31.3	9.3
Claire Eglin	31.15	9.45
Paul Bould	31.1	9.5
Vikki Turnbull	31.1	9.5
Lucy Cowlin	31	10
Gary Heather	30.55	10.05

Name	Estimated Finish Time	New Start Time
Mark Cooter	30.55	10.05
Dave Walker	30.4	10.2
Simon Cristofoli	30.4	10.2
Colin Moon	30.35	10.25
Derek Chandler	30.35	10.25
Lisa Emson	30.3	10.3
Andy Jest	30.15	10.45
Katie Lewis	30.15	10.45
Nichol Riggott	30.05	10.55
Bart Pirie	29.55	11.05
Amanda Godfrey	29.5	11.1
Glen Chapman	29.35	11.25
Pete Harding	29.35	11.25
Shelly Butler	29.35	11.25
Graham Foden	29.2	11.4
Ian Stott	29.15	11.45
Kate Parks	29.15	11.45
Helen Boiling	29.15	11.45
Richard Mitchell	29.15	11.45
Kevin Louth	28.55	12.05
Jon Haines	28.5	12.1
Terry Healy	28.45	12.15
Linda Pukinska	28.45	12.15
Tim Cooper	28.45	12.15
Beth Pirie	28.4	12.2
Helen Whiting	28.35	12.25
John Marsh	28.35	12.25
Sarah Swift	28.35	12.25
Matt Cornford	28.15	12.45
Jim Clow	28.1	12.5

Name	Estimated Finish Time	New Start Time
John Cowlin	28.1	12.5
Ali Pirie	28	13
Robbie King	27.55	13.05
Will Hahn	27.5	13.1
Emerson Potter	27.45	13.15
Rob Godwin	27.45	13.15
Richard Westbrook	27.4	13.2
Dave Morris	27.35	13.25
Martin Coles	27.2	13.4
Mark Hull	27.15	13.45
Ali McNiff	27.1	13.5
Mark Griffiths	27.1	13.5
Mark Hay	27.05	13.55
Kathryn Simpson	27	14
Gina Turner	26.5	14.1
John Marengi	26.45	14.15
Dave Lown	26.35	14.25
Bernie Cammell	26.35	14.25
Brian Millo	26.3	14.3
Andrew Wright	26.25	14.35
Paul Spooner	26.25	14.35
Neil Tolfrey	26.2	14.4
Zoe Gill	26.15	14.45
Mike Bruce	26.15	14.45
Jo Gilholm	25.45	15.15
Colin O'Donnell	25.45	15.15
Lucy Smith	25.4	15.2
Matthew Walker	25.3	15.3
Michelle Cartwright	25.3	15.3
Chris Riddington	25.1	15.5

Name	Estimated Finish Time	New Start Time
Colin Robson	25.1	15.5
Hannah Lowry	25	16
Kevin Giles	24.45	16.15
Cristian Samfirescu	24.45	16.15
Jackie Lloyd	24.2	16.4
Mark Wilson	24.2	16.4
Tom Hoskinson	24.05	16.55
Richard Turner	23.55	17.05
Simon Turner	23.5	17.1
Alistair Helliwell	23.4	17.2
Darren Knight	23.4	17.2
Harry Lown	23.35	17.25
Gemma Corbett	23.3	17.3
Tony Butler	23.15	17.45
Matt Healy	22.5	18.1
Paul Mitchinson	20.35	20.25
Dan Bailey	19.5	21.1
Simon Gill	19	22



**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**