



09 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.

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



**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**