



17 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
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 – 13th June 2018 – Marshalls Required

I am now looking for several people to help on the evening of this prestigious club race as well as set up in the afternoon.

Roles vary from data entry to time keepers to course marshalls, turnaround marshalls to finish funnel marshalls.

Please let me know if you can help.

petermharding@yahoo.co.uk or 07714094649

Pete H

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.

Alton 10 Mile: May 13th 2018- Ladies Captain's report- Helen Boiling

At the start of the week, I checked the weather and thought, yippee, it will be cloudy & dry on race day-perfect conditions! But, in true Alton 10 style, the sun came out and it was warm race as per usual 😊

This is a circular, undulating route through lovely Hampshire countryside. We climbed a total of 512 ft of ascent so not the hilliest 10 miler in the HRRL calendar...

There were plenty of marshalls and 3 water stations which were very welcome- at each one, I had a few sips and threw the rest on my face, just the job!

So to the results: we just had 2 teams. Chris brought home the A team in a very respectable time in the heat, and she was 6th in her age category-well done!

Lisa and I made up the rest of the A team, and Rachel, Marie and Marilyn completed the B team. Congratulations go to Marilyn who came 3rd in her age category, great running

Chip time results below:

Chris Riddington	1:13:53	Rachel Jarvis	1:42:55
Helen Boiling	1:31:23	Marie Mitchinson	1:44:46
Lisa Slight	1:36:24	Marilyn Crocker	1:51:10

Please remember to check out the Victory website for the link to enter races as it would be great to see some of our newer members at next year's races 😊

Next one in the calendar is next Sunday; the Netley 10K, hope there's a good number signed up to this one.

HRRL Alton 10M Sunday 13th May

A gloriously sunny day saw a pleasingly exact number of 6 Victory Ladies and 8 Victory Men* line up for the start of the Alton 10 Mile HRRL race, the exact number required for an A and B Team result!

The race was marshalled superbly by Alton Runners with some 500 runners supporting the event. Whilst the conditions were a tad hot for running, it was really 'them thar hills' that increased our body temperatures to uncomfortable levels.....I ran this event once before in 2015, and I swear the hills were bigger this year!

The men's team chip timed results were:

Dan Bailey 60:59, Darren Knight 73:46, Colin Robson 79:36, Ali McNiff 79:36 (a superb PB), Will Hahn 82:20, Terry Healy 83:29, Nichol Riggott 86:48, and Peter Royce 124:29.

*I've exercised a little poetic licence to enhance the report in that 8 Victory men finished rather than started the race. Sorry to report Paul Mitchinson pulled up early on with a calf strain. We all hope that proves to be only a short inconvenience Paul, but adversity does highlight character, and ever the gentleman Paul ran with wife Marie to the finish.

Emsworth to Basingstoke Charity Relay, Saturday 19 May

2018 Charity: The Rosemary Foundation - Hospice at Home - by Marilyn

The purpose of this event is to raise funds for a local nominated charity. This year the charity is The Rosemary Foundation, an organisation like MacMillan Nurses that provides care at home for seriously and terminally ill patients. The Rosemary Foundation is based in Petersfield and has cared for some of my friends and neighbours, including VAC's own Ian Murray.

As I proposed this charity to the event organisers, it would be great for the club to raise loads of cash for the cause! So this is an appeal to ALL you generous VAC members to sponsor the two teams who are running in the event on Saturday! (Each team member is also expected to make a donation or collect some personal sponsorship for the charity).

We have set up an online fundraising page for the Victory Vixens and Old Boys teams at:

<https://uk.virginmoneygiving.com/Team/VictoryVixensandOldBoys>

I have a traditional sponsorship form, as may other team members, for anyone unhappy about donating online. See me at training or email/text/msg me a pledge on Facebook. Provided you are UK tax payers, we will also claim gift aid for the charity on any donations - an extra 25%.

Many thanks from the teams!

marilyn.crocker@victoryac.org.uk

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Results of Mike Edwards Long Handicap Race 2

Well done to the 25 people who completed a blustery Long Handicap race. Congratulations to **Nicki Ellui-Turner** on her brilliant run, knocking almost 5 minutes off her handicap! Other great runs from Lucy, Pete Roper, Jim and Jo who all knocked over 2 minutes from their handicaps.

Congratulations must also go to **Simon Gill**, who set **a new club men's O-40 record** for the Long Handicap with a time of 38.33! Well done Simon, you must have flown round!

Thank you to my helpers Malcolm, Kevin and Hamid who ensured everything went off smoothly.

Pos	Name	Finish Time	Start Time	Actual Time	Points	
1	Nicki Turner	70.09	11.35	58.34	40	
2	Lucy Cowlin	72.13	10.55	61.18	39	
3	Pete Roper	72.3	23	49.3	38	
4	Jim Clow	72.41	20.35	52.06	37	
5	Jo Gilholm	72.43	21.55	50.48	36	
6	Helen Whiting	73.05	17.35	55.3	35	
7	John Ryan	73.1	14.5	58.2	34	
8	John Cowlin	73.21	19.35	53.46	33	
9	Gary Heather	73.54	15	58.54	32	
10	Linda Pukinska	73.56	17.05	56.51	31	
11	Simon Gill	74.23	35.5	38.33	30	
12	Howard Wright	74.26	6.05	68.21	29	
13	Nichol Riggott	74.42	19.5	54.52	28	
14	Martin Coles	74.57	20.4	54.17	27	
15	Pete Harding	75.2	19.15	56.05	26	
16	Simon Turner	75.42	28.3	47.12	25	
17	Raman Sangha	76.24	3.4	72.44	24	
18	Colin O'Donnell	76.45	21.5	54.55	23	
19	Marilyn Crocker	77.2	0	77.2	22	
20	Mark Hay	78.01	20.2	57.41	21	
21	Dave Morris	78.33	22.25	56.08	20	

Pos	Name	Finish Time	Start Time	Actual Time	Points	
22	Andrew Wright	79.22	26	53.22	19	Started late
23	Arron Grosvenor	80.44	10.1	70.34	18	
24	Graham Foden	81.46	17.05	64.41	17	
25	Pete Bone	85.04	16	69.04	16	Started late

Start times for Mike Edwards Long Handicap Race 2

Name	Estimated Finish Time	New Start Time
Sue Gover	96.05	0.00
Ann Mann	90.30	0.00
Jenny James	89.55	0.00
Dee Sims	89.10	0.00
Debbie Wilson	88.45	0.00
Hazel Jenkinson	88.05	0.00
Tracy Long	85.00	0.00
Mary Short	84.20	0.00
Mandy Coles	83.55	0.00
Carol Tolfrey	83.10	0.00
Sara Heath	81.35	0.00
Amanda Rudkin	81.25	0.00
Jo Lea	80.35	0.00
Alan Mulry	79.25	0.00
Marilyn Crocker	77.20	0.00
Lupe Blanco	77.10	0.00
Lynette Meredith	77.10	0.00
Bridget Main	76.35	0.00
Michelle Ratcliff	74.55	0.05
Kevin McTaggart	74.35	0.25
Nicola Stott	74.15	0.45
Lesley Allen	74.15	0.45

Jan MacDonald	73.30	1.30
Darin McCloud	73.15	1.45
Raman Sangha	72.40	2.20
Del Chandler	71.35	3.25
Amanda Wells	70.45	4.15
Rachel Jarvis	70.15	4.45
Amber Ankinson	69.25	5.35
Pete Bone	68.45	6.15
Allison Lowder	68.40	6.20
Peter Beachill	68.30	6.30
Howard Wright	68.20	6.40
Helen Smith	68.20	6.40
Mandy Boyd	66.35	8.25
Andy Smith	66.20	8.40
Chris Turner	65.50	9.10
Arron Grosvenor	64.50	10.10
Becki Ralf	64.50	10.10
Helen Mears	64.35	10.25
Clare Eglin	64.00	11.00
Kerry Adaway	63.40	11.20
John Gallagher	63.30	11.30
Ruth Wheeler	63.25	11.35
Mark Cooter	62.40	12.20
Paul Bould	62.05	12.55
Jenny Lown	61.20	13.40
Lucy Cowlin	61.15	13.45
Malcolm Hagan	61.00	14.00
Kate Parks	60.30	14.30
Dave Walker	60.20	14.40
Helen Hull	60.20	14.40
Andy Jest	60.05	14.55
Graham Foden	59.55	15.05
Katie Lewis	59.45	15.15

Ali Pirie	59.40	15.20
Jason Horton	59.30	15.30
Belinda Harding	59.20	15.40
Gary Heather	58.50	16.10
Colin Moon	58.45	16.15
Callum Cairns	58.40	16.20
Paul Willcox	58.40	16.20
Nicki Turner	58.30	16.30
John Ryan	58.20	16.40
Lisa Emson	58.20	16.40
Shelly Butler	58.15	16.45
Beth Pirie	58.05	16.55
Jon Haines	57.40	17.20
Martin Foster	57.30	17.30
Vicki Turnbull	57.30	17.30
Linda Pukinska	56.50	18.10
Amanda Godfrey	56.50	18.10
Graham Coleman	56.50	18.10
Helen Boiling	56.45	18.15
Paul Spooner	56.40	18.20
Matt Cornford	56.30	18.30
Pete Harding	56.05	18.55
Bart Pirie	55.45	19.15
Helen Whiting	55.30	19.30
Colin O'Donnell	54.55	20.05
Nichol Riggott	54.50	20.10
Kelly Beard-Foden	54.50	20.10
Mark Hay	54.40	20.20
Dave Morris	54.35	20.25
Terry Healy	54.35	20.25
Martin Coles	54.15	20.45
Bernie Cammell	54.10	20.50
Colin Robson	54.05	20.55

Will Hahn	53.55	21.05
John Cowlin	53.45	21.15
Ali McNiff	53.10	21.50
Andrew Wright	53.10	21.50
Mark Hull	53.10	21.50
Norman Stronach	53.10	21.50
John Marengi	53.05	21.55
Mike Bruce	52.50	22.10
Lucy Smith	52.40	22.20
Rob Godwin	52.40	22.20
Brian Millo	52.25	22.35
Dave Lown	52.20	22.40
Jim Clow	52.05	22.55
Cristian Samfirescu	52.00	23.00
Neil Tolfrey	51.50	23.10
Ian Stott	51.50	23.10
Damian Hamilton	51.25	23.35
Matthew Walker	51.05	23.55
Jo Gilholm	50.45	24.15
Tim Cooper	50.25	24.35
Mark Wilson	50.05	24.55
Pete Roper	49.30	25.30
Michelle Cartwright	49.25	25.35
Kevin Giles	48.40	26.20
Richard Turner	48.35	26.25
Darren Knight	48.25	26.35
Mark Griffiths	48.25	26.35
John Simpson	48.15	26.45
Chris Riddington	48.00	27.00
Jackie Lloyd	47.00	28.00
Gemma Corbett	46.45	28.15
Huw Williams	46.45	28.15

Simon Turner	46.30	28.30
Tony Butler	46.10	28.50
Matt Gill	45.15	29.45
Russell Coleman	41.30	33.30
Paul Mitchinson	39.50	35.10
Daniel Bailey	39.20	35.40
Simon Gill	38.30	36.30

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
last year's AGM		Minutes of the
Report		Chairman's
Report		Treasurer's
Resolutions		Members
Officers		Election of
		AOB

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

Contact either

peter_drury@uk.ibm.com	Pete Drury (Chairman)	:
: malcom@hagan.me.uk	Or Malcolm Hagan (Secretary)	

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



**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**