



# Victory Athletic Club Weekly Flyer



**31 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
29 May	6:30 pm	<b>Rowlands Castle - multi terrain [AJ]</b> (6 miles) <b>coach:</b> Dave <b>sweeper:</b> TBC	
31 May	6 pm	<a href="#">Ian Murray Summer Short handicap</a> Race 3 [UJ]	
5 June	6:30 pm	<b>New Farlington Marshes</b> 6.5 miles [UJ/AJ] PACING run <b>coach:</b> Ali <b>sweeper:</b> Raman Sangha	Bidbury Mead car park
7 June	6 pm	<b>Staunton Park [AJ]</b> Fartlek, figure of 8. Short hill, jog recover down hill. 450 mtr round lake, 200 mtr jog recover – 25 mins <b>coach:</b> Lucy	
12 June	6:30 pm	<b>Old Farlington Marshes</b> 5.5 miles [UJ] Continuous run – multi terrain <b>coach:</b> Dave <b>sweeper:</b> Colin Robson	
14 June	6	<a href="#">Mike Edwards Summer Long handicap</a> Race 3 Or Short H/Cap route (un-coached)	
19 June	6:30 pm	<b>Butser</b> (6 miles) [AJ] Buriton to top of Butser and return <b>coach:</b> Pete <b>sweeper:</b> TBC <b>PLEASE NOTE:</b> meet at Buriton car park	

Date	Time	Event Details	Start
21 June	6 pm	<b>West Leigh Field</b> [UJ] Core Intervals <b>coaches:</b> Pete/Helen Boiling	
26 June	6:30 pm	<b>Havant Thicket</b> (5.5 miles)[AJ] Tempo run: <b>coach:</b> Gemma <b>sweeper:</b> Brian Milo <b>PLEASE NOTE:</b> meet at Havant Thicket car park	
28 June	6 pm	<a href="#"><u>Ian Murray Summer Short handicap</u></a> Race 4 [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](mailto:petermharding@yahoo.co.uk) or 07714094649

Pete H

# 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.

## Race 2, Lakeside 5k Series, 23rd May

### From Jim Clow

A warm breezy evening for race 2 of 5, but only two VAC runners, myself and Brian. We both finished first in our age categories, so this sets the bar for VAC for the rest of the series! Hope to see a few more of you at the next race on 27 June.

#### Summary

1st man Jacob O'Hara, City of Portsmouth AC, 16:04

1st woman Emma Jolley, City of Portsmouth AC, 18:32

71 Jim Clow, VAC, 22:44, 1 VM65

76 Brian Millo, VAC, 23:45, 1 VM75

95 finishers

Full results at [https://clubbuzz-assets.s3.amazonaws.com/pro/documents/19756/2018\\_Lakeside\\_5k\\_Race\\_2\\_results\\_full.pdf?1527148675](https://clubbuzz-assets.s3.amazonaws.com/pro/documents/19756/2018_Lakeside_5k_Race_2_results_full.pdf?1527148675)

## Netley 10K

The morning of the race we left our houses surrounded by mist. After collecting our numbers a few of us commented that this weather may be quite good to run in. However 10 minutes before the race started out came the sun resulting in warm conditions for the run.

The race consisted of 3 laps around Royal Victoria country park so mostly traffic free. It was a very friendly race with even the fast runners offering their support as they flew past.

A total of 7 ladies ran so we were able to have both an A and B team. Well done to Nicola who was first lady home. With Marilyn and Amanda just behind. Debbie was the first lady back for the B team and achieved a PB too. Bridget and Sara completed the B team and I even managed a PB too.

Ladies Chip time

Nicola Stott 1:05:18

Marilyn Crocker 1:06:30

Amanda Rudkin 1:08:35

Deborah Clarke 1:10:17

Bridget Main 1:11:57

Sara Heath 1:12:58

Mary Short 1:19:45

## Track Day Update

Entries are now open for our Track Day at the Mountbatten Centre on Saturday 30th June at 10:30am. We've been able to secure sponsorship from some of the sports companies which now means participation in the day is free of charge.

Peter Harding is putting together a warm up session from 10:30am which we hope will appeal to our Park Run enthusiasts should you choose to run at Lakeside that day. A timetable of the races will follow, including the Mile and 4X400 Relay. Handicaps will be based on the Club Short Handicaps.

The day is designed for all standards of runners, and to be fun, friendly and inclusive with friends, family members including children welcome to spectate and support. The day will conclude with a prize giving ceremony followed by an optional picnic together.

Please let a Committee Member know if you intend to come along, or let me know via the club Facebook page. We anticipate the day concluding around 3-4pm.

## Dear Victory folks,

As you are aware the Eastleigh 10k has been re-scheduled for 17 June. Unfortunately this clashes directly with the Alresford 10k and as a consequence we're suffering much reduced entry numbers this year.

Could I ask you please to make your members aware of the Alresford 10k, especially those who either can't get a place at Eastleigh, or who are not dedicated league runners, or, perhaps those newer members looking to do a first 10k in a friendly and relaxed atmosphere.

Details of the run are on the website: <http://alresford10k.co.uk>

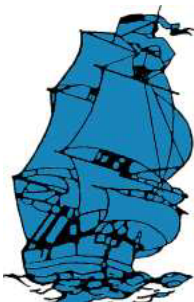
Entries are online at: <https://www.activetrainingworld.co.uk>

We're raising money for The Murray Parish Trust again this year and so the more runners we can attract, the more money we can raise for this great local cause.

Many thanks,

Jonathan Read

Alresford 10k race Organiser



**Victory Athletics Club: [www.victoryac.org.uk](http://www.victoryac.org.uk)**  
**Please send flyer submissions to [flyer@victoryac.org.uk](mailto:flyer@victoryac.org.uk) by 7pm**  
**Weds, or earlier in the week if possible**