



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
12 June	6:30 pm	Old Farlington Marshes 5.5 miles [UJ] Continuous run – multi terrain coach: Dave sweeper: Colin Robson	
14 June	6	Mike Edwards Summer Long handicap Race 3 Or Short H/Cap route (un-coached)	
19 June	6:30 pm	Butser (6 miles) [AJ] Buriton to top of Butser and return coach: Pete sweeper: TBC PLEASE NOTE: meet at Buriton car park	
21 June	6 pm	West Leigh Field [UJ] Core Intervals coaches: Pete/Helen Boiling	
26 June	6:30 pm	Havant Thicket (5.5 miles)[AJ] Tempo run: coach: Gemma sweeper: Brian Milo PLEASE NOTE: meet at Havant Thicket car park	
28 June	6 pm	Ian Murray Summer Short handicap 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>

Hayling Billy 5 – 13th June 2018

Thanks to all of you who have given offers of help. As I understand it the people below have all offered to help; apologies if I have missed someone out or they are not available at the time.

Typically the day starts at 10:30 when the course is marked out and prepared and then from 14:30 onwards when the HQ marquee and tents etc are erected and all equipment installed.

Help from 14:30: Pete Harding; Dave Lown; Beth Pirie; Mary Short, Bridget Main; John Gallagher;

Typically jobs on the day:

Main organiser: John Gallagher

Main marshall: Pete Harding

Starter: Graham Foden

EA Race adjudicator: Pam Rogers

Laptop operators: Mark Cooter, Lyndsey Cooter?? (or TBA)

Water: TBA and Konsept Gym

Others Start/Finish: Jan McDonald, Beth Pirie, Hamid Al-Amar; James Tolson, Malcolm Hagan, John Gallagher

Lead / Tail cyclist: Colin Moon

Turn around Marshalls: Terry Healey, Mike Bruce

Marshals: Chris Riddington; Shelly Butler; Bridget Main; Amber Ankinson; Del Chandler; Debbie Clarke; Anne Cook; Pete Bone

We need more course marshalls and – if you are not running or I have missed your name then please consider helping and give your name to me.

We have received offers of help and bottles of water from the new Gym that has opened on Hayling (Konsept Gym) so we will have some other bodies around.

First Aid is provided by Hayling First Responders.

Thank you.

Pete Harding

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.

Track Day Update

How Fast Can You Run a Mile?

We all know Roger Bannister was the first person to run a mile in under 4minutes, but what time would you manage on a track?

On Saturday 30th June from 10:30, the club are organising a Track Day at Mountbatten Leisure Centre which will include a Mile event, so here's your chance to find out.

Handicaps will be based on the club Short Handicap, so chances for anyone to shine 🌞 We are also hoping to stage a Blue Riband Event, showcasing our fastest men and lady runners.....something not to be missed!

With Peter Harding organising some warm up routines before we start, a 4 X 400 Team Relay to finish the menu of events, what's not to like 👍 (Schedule to follow shortly)

We'll finish the day off with an optional picnic together around 2pm, held in the Track Room onsite should my weather dance not work!

Curry

Of course there will be curry after the Mike Edwards Long Handicap on Thursday 14 June at the Havant Tandoori, Market Parade, Havant. Come and join us.

James Tolson

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

Christmas Meal

Early heads up re. Christmas meal. The Langstone can accommodate us on Friday 14th December (100 people). £40 per head. 3 course meal (see festive brochure) and disco. Plenty of time to save! We need to book by this Friday and they'll need £10 deposit per person.

Link Below should take you to Langstone Page

<https://www.langstonehotel.co.uk/whats-on/christmas-2018/>

Results of 2018 Ian Murray Short Handicap Race 3

Congratulations to **Arron Grosvenor** for winning the third race in the Short Handicap series, knocking over 3 minutes off his handicap time!

Welcome to Martin Care, Dan Hoskinson and Ruth Wheeler, who all ran the race for the first time.

Thanks to the helpers, Malcolm Hagan, James Tolson, Beth Fleur, Kev McTaggart, Sue Gover and Hamid ensuring the race went off without a hitch.

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Arron Grosvenor	37.56	5.20	32.36	50		
2	Nichol Riggott	38.55	10.55	28.00	49		
3	Debbie Clarke	39.23	0.00	39.23	48		
4	Pete Beachill	39.52	5.20	34.32	47		
5	Shelly Butler	39.57	11.25	28.32	46		
6	Nikki Turner	39.58	9.25	30.33	45		
7	Kerry Adaway	39.59	9.00	30.59	44		
8	Gary Heather	40.07	10.05	30.02	43		
9	Mark Hay	40.22	13.55	26.27	42		
10	Neil Tolfrey	40.29	14.40	25.49	41		
11	Wayne Goodwin	40.31	7.40	32.51	40		
12	Jim Clow	40.36	12.50	27.46	39		
13	Terry Healy	40.41	12.15	28.26	38		
14	Dan Hoskinson	40.44	12.50	27.54	37		1st timer
15	Lynette Meredith	40.50	2.05	38.45	36		
16	Pete Harding	40.52	11.25	29.27	35		
17	Zoe Gill	40.54	14.45	26.09	34		
18	Roger Brummell	40.57	6.55	34.02	33		
19	Nicola Stott	40.58	3.30	37.28	32		
20	Ian Stott	40.59	11.45	29.14	31		
21	John Cowlin	41.03	12.50	28.13	30		
22	Amanda Rudkin	41.09	1.45	39.24	29		

23	Colin Moon	41.21	10.25	30.56	28		
24	Dave Morris	41.29	13.25	28.04	27		
25	Linda Pukinska	41.40	12.15	29.25	26		
26	Tom Hoskinson	41.41	16.55	24.46	25		
27	Sara Heath	41.50	0.00	41.50	24		
28	Colin O'Donnell	41.52	15.15	26.37	23		
29	Lucy Cowlin	41.59	10.00	31.59	22		
30	John Gallagher	42.05	8.50	33.15	21		
31	Jo Gilholm	42.07	15.15	26.52	20		
32	Kevin Leighfield	42.11	9.00	33.11	19		
33	Howard Wright	42.32	5.25	37.07	18		
34	Pete Bone	42.43	6.35	36.08	17		
35	Lindsey Cooter	42.51	6.55	35.56	16		
36	Martin Coles	42.55	13.40	29.15	15		
37	Ruth Wheeler	43.03	11.10	31.53	14		1st timer
38	Brian Millo	43.48	14.30	29.18	13		
39	Mandy Coles	43.50	0.00	43.50	12		
40	Marilyn Crocker	44.00	4.00	40.00	11		started late
41	Mark Cooter	44.14	10.05	34.09	10		
42	Bridget Main	45.03	3.30	41.33	9		started late
43	Martin Care	45.18	8.50	36.28	8		1st timer
44	Mary Short	46.41	0.00	46.41	7		
45	Michelle Jones	46.45	8.35	38.10	6		

Start times for Short Handicap Race 4

Name	Estimated Finish Time	New Start Time
Jo Cooper	50.00	0.00
Sue Gover	49.20	0.00
Jenny O'Hara	48.45	0.00
Carol Wilson	48.00	0.00
Christine Howard	46.05	0.00
Mary Short	45.25	0.00
Tracy Long	45.05	0.00
Jenny James	44.55	0.00
Hazel Jenkinson	44.35	0.00
Georgia Ash	44.20	0.00
Ann Mann	43.10	0.00
Debbie Wilson	42.40	0.00
Mandy Coles	42.35	0.00
Gill Ripiner	42.25	0.00
Paul Smart	42.10	0.00
Carol Tolfrey	42.05	0.00
Sara Heath	41.50	0.00
Sadie Holdford	41.35	0.00
Tania Lee	41.35	0.00
Jill Sander	41.00	0.00
Dave Gartland	40.50	0.10
Dawn Watson	40.40	0.20
Jo Lee	40.30	0.30
Dee Sims	39.25	1.35
Bridget Main	39.20	1.40
Debbie Clarke	39.20	1.40
Amanda Rudkin	39.15	1.45
Lesley Allen	39.00	2.00
Lynette Meredith	38.45	2.15

Rachel Getty	38.35	2.25
Neil Blanchard	38.30	2.30
Yvonne Hawley	38.30	2.30
Marilyn Crocker	37.55	3.05
Nicola Stott	37.25	3.35
Paula Benitez	36.50	4.10
Kevin McTaggart	36.45	4.15
Alan Mulry	36.40	4.20
Jenny Lown	36.30	4.30
Raman Sangha	36.25	4.35
Martin Care	36.25	4.35
Mike Boyd	36.20	4.40
Mhari Main	36.15	4.45
Jan MacDonald	35.45	5.15
Helen Smith	35.40	5.20
Howard Wright	35.35	5.25
Mandy Boyd	35.05	5.55
Lindsey Cooter	35.05	5.55
Amanda Wells	35.05	5.55
Sam Howard	35.00	6.00
Ed Spencer	34.45	6.15
Rachel Jarvis	34.40	6.20
Pete Beachill	34.30	6.30
Pete Bone	34.30	6.30
Becki Ralf	34.20	6.40
Allison Lowder	34.10	6.50
Roger Brummell	34.00	7.00
Chris Turner	34.00	7.00
Pete Drury	34.00	7.00
John Simpson	33.55	7.05
Hamid Alamar	33.50	7.10
Bill Kelly	33.40	7.20
Claire Shardlow	33.40	7.20

Paul Willcox	33.40	7.20
Julia Hopes	33.25	7.35
Mark Morrison	33.20	7.40
Kevin Leighfield	33.00	8.00
Jason Horton	32.55	8.05
Wayne Goodwin	32.50	8.10
Amber Ankinson	32.45	8.15
Jane Noble	32.40	8.20
Arron Grosvenor	32.35	8.25
Bob Wheeler	32.35	8.25
Andy Smith	32.30	8.30
Michelle Jones	32.25	8.35
Tina Doherty	32.25	8.35
Clare Austin	32.20	8.40
John Gallagher	32.10	8.50
Graham Coleman	32.05	8.55
Malcolm Hagan	32.00	9.00
Ruth Wheeler	31.50	9.10
Mark Cooter	31.40	9.20
Helen Mears	31.30	9.30
Claire Eglin	31.15	9.45
Paul Bould	31.10	9.50
Vikki Turnbull	31.10	9.50
Lucy Cowlin	31.00	10.00
Kerry Adaway	30.55	10.05
Dave Walker	30.40	10.20
Simon Cristofoli	30.40	10.20
Colin Moon	30.35	10.25
Derek Chandler	30.35	10.25
Nikki Turner	30.30	10.30
Lisa Emson	30.30	10.30
Andy Jest	30.15	10.45
Katie Lewis	30.15	10.45

Gary Heather	30.00	11.00
Bart Pirie	29.55	11.05
Amanda Godfrey	29.50	11.10
Glen Chapman	29.35	11.25
Pete Harding	29.25	11.35
Linda Pukinska	29.25	11.35
Graham Foden	29.20	11.40
Kate Parks	29.15	11.45
Helen Boiling	29.15	11.45
Richard Mitchell	29.15	11.45
Ian Stott	29.10	11.50
Kevin Louth	28.55	12.05
Jon Haines	28.50	12.10
Tim Cooper	28.45	12.15
Beth Pirie	28.40	12.20
Helen Whiting	28.35	12.25
John Marsh	28.35	12.25
Sarah Swift	28.35	12.25
Shelly Butler	28.30	12.30
Terry Healy	28.25	12.35
Matt Cornford	28.15	12.45
John Cowlin	28.10	12.50
Dave Morris	28.00	13.00
Nichol Riggott	28.00	13.00
Ali Pirie	28.00	13.00
Robbie King	27.55	13.05
Dan Hoskinson	27.50	13.10
Will Hahn	27.50	13.10
Jim Clow	27.45	13.15
Emerson Potter	27.45	13.15
Rob Godwin	27.45	13.15
Richard Westbrook	27.40	13.20
Brian Millo	27.30	13.30

Martin Coles	27.20	13.40
Mark Hull	27.15	13.45
Ali McNiff	27.10	13.50
Mark Griffiths	27.10	13.50
Kathryn Simpson	27.00	14.00
Gina Turner	26.50	14.10
John Marengi	26.45	14.15
Dave Lown	26.35	14.25
Colin O'Donnell	26.35	14.25
Bernie Cammell	26.35	14.25
Mark Hay	26.25	14.35
Andrew Wright	26.25	14.35
Paul Spooner	26.25	14.35
Mike Bruce	26.15	14.45
Zoe Gill	26.05	14.55
Jo Gilholm	25.45	15.15
Neil Tolfrey	25.45	15.15
Lucy Smith	25.40	15.20
Matthew Walker	25.30	15.30
Michelle Cartwright	25.30	15.30
Chris Riddington	25.10	15.50
Colin Robson	25.10	15.50
Hannah Lowry	25.00	16.00
Kevin Giles	24.45	16.15
Cristian Samfirescu	24.45	16.15
Jackie Lloyd	24.20	16.40
Mark Wilson	24.20	16.40
Tom Hoskinson	24.05	16.55
Richard Turner	23.55	17.05
Simon Turner	23.50	17.10
Alistair Helliwell	23.40	17.20
Darren Knight	23.40	17.20
Harry Lown	23.35	17.25

Gemma Corbett	23.30	17.30
Tony Butler	23.15	17.45
Matt Healy	22.50	18.10
Paul Mitchinson	20.35	20.25
Dan Bailey	19.50	21.10
Simon Gill	19.00	22.00

Jan



Victory Athletic Club

Affiliated to English Athletics; SEAA & HAA

Tuesday Training Schedule Spring/Summer 2018

All sessions start at 6:30pm **sharp** from outside Havant Leisure Centre **unless otherwise stated**

There are now suggestions for tempo sessions for some runs
these are optional for those wishing to target aerobic development.

Date	Route	Session	Distance	Coach	Sweeper
27/3/18	Emsworth	Emsworth foreshore or recce Short handicap starting	7 miles	Becky Lesley	N/A
3/4/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING	6.5 miles	Ali	Lucy Cowlin
10/4/18	Emsworth	Long Handicap recce	6.5 miles	Dave/ Chris	Sara Heath
17/4/18	Havant Thicket 2	Tempo run: meet at Havant Thicket car park	5.5 miles	Pete	John Cowlin
24/4/18	Rowlands Castle 4	Continuous run through Stansted meet at Rowlands Castle	6 miles	Becky	TBC

1/5/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING	6.5 miles	Ali	Bridget Main
8/5/18	Hayling Billy trail	HLC – HB Trail 30 mins out – 30 mins back		Nicola	Richard Turner
15/5/18	Old Farlington Marshes	Continuous run – multi terrain	5.5 miles	Mary	Alan Mulry
22/5/18	Emsworth Foreshore	Along foreshore to Emsworth around Mill pond and return via Warblington church	7 miles	Marilyn	Roger
29/5/18	Rowlands Castle	Continuous run – multi terrain	6 miles	Dave	TBC
5/6/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING	6.5 miles	Ali	Raman Sangha
12/6/18	Old Farlington Marshes	Continuous run – multi terrain	5.5 miles	Dave	Colin Robson
13th Jun		Hayling Billy 5			
19/6/18	Butser 3	Buriton to top of Butser and return meet at Buriton car park car park	6 miles	Pete	TBC
26/6/18	Havant Thicket 2	See 17 th April above meet at Havant Thicket car park .	5.5 miles	Gemma	Brian Milo
3/7/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING	6.5 miles	Ali	Peter Beachill
10/7/18	Portsdown Hill	Down Farlington Ave – up Glebe Park	7 miles	Becky	Lisa Slight
17/7/18	Old Farlington Marshes	Continuous run – multi terrain	5.5 miles	Mary	Jo Gilholm
24/7/18	Rowlands Castle 4	Continuous run through Stansted meet at Rowlands Castle	6 miles	Pete/ Dave/ Debbie	TBC

31/7/18	Hayling Billy trail	HLC – HB Trail 30 mins out – 30 mins back	5.5 miles	Kevin	Simon Turner
7/8/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING	6.5 miles	Ali???	Natalie Cole
14/8/18	Havant Thicket 2	See 17 th April above meet at Havant Thicket car park	5.5 miles	Marilyn	Kate Hart
21/8/18	QE Park Perimeter run	Precise route tbc meet at bottom carpark (Car share car park fees apply)	6 miles	Kevin/Pete	Kevin Mct
28/8/18	Emsworth	Emsworth foreshore	7 miles	Nicola	Lisa Gatenby
4/9/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING	6.5 miles	Ali	John Gallagher
11/9/18	Hayling Billy trail	HLC – HB Trail 30 mins out – 30 mins back	6 miles	Dave	Hannah Lowry
18/9/18	Old Farlington Marshes	Continuous run – multi terrain	5.5 miles	Lesley	Helen Boiling
25/9/18	Portsdown Hill	Down Farlington Ave – up Glebe Park	7 miles	Gemma	Amanda Rudkin
2/10/18	New Farlington Marshes 1	Farlington Marshes meet at Bidbury Mead car park PACING <u>or</u> Winter H/cap recce	6.5 miles	Ali Lesley	Dee Simms

1. Bidbury Lane car park
2. Havant Thicket car park just off Wichers Gate to Horndean Road
3. Car park at the back of QE Park at the top of Kiln Lane south of Buriton
4. Park close to viaduct by the Rowlands Castle green
5. St Peters Church Hall in Northney, Hayling Island

Please note: These are the club approved training sessions if you do not run these then you run at your own risk and are not covered by Club's 3rd party insurance.

Notes on Tuesday Summer sessions

Session	Notes
Farlington Marshes	Held on the first Tuesday of the calendar month. approx 1.7 miles out and back from HLC or meet at Bidbury Lane car park; with a loop in the middle. Full session about 6.5 miles but options for shorter loops exist
Rowlands Castle	From back of HLC, to Crossland Drive left into New Lane right then left up Wakefords Way right into Prospect Lane left onto Whichers Gate Rd CAREFULLY cross road to Foot/ Bridle path down into Rowlands around Green and retrace steps.
Havant Thicket	Figure of 8 starting from the car park: left to Staunton Park right down steep hill left 20 meters after wooden bridge around lake turn right back into woods and at main path turn left retrace back past carpark at top of hill right then after 50 mtrs left and follow path always taking left turn. At a wide turning turn left (not /straight on) and after 800 metres turn right down hill back to car park. If very wet, may change to 2 northerly loops.
Butser Hill	From car park at back of Butser, up path and then down to main QE Park car park. Then under A3 and up to top of Butser and round the trig point at top. Option to just do Butser Hill part of run and park at QE Park main carpark (need to pay). Plan to offer alternative from HLC on these nights... session to be decided on the night depending on who turns up.
Portsdown Hill	The winter route done in the summer, so you can see along the top (and enjoy the views!).
Emsworth Foreshore	Down the Hayling Billy, and then turn left across the field to the foreshore. Then along the shore (or inland across fields depending on tide) to Emsworth Sailing Centre and around the pond. Retrace steps back to Warblington church and then along Pook Lane over the A27 and back using Long handicap route. Options for shorter sessions exist
Hayling Billy Trail	Run for 30 minutes from the HLC, down Hayling /billy path to Langstone Rd. Cross road and across bridge to Hayling. Then right onto Hayling Billy trail. Continue down until you have been running for 30 minutes. Then return via same route – objective to finish in exactly 1 hour.
Old Farlington Marshes	Down Hayling Billy to meet Langstone Road. Cross road (very careful!) to Mill Lane, at gate turn left round foreshore, right along Harts Farm Way to mini roundabout then onto next mini roundabout left down foot path till meets entrance to Langstone Technology Park across to footpath all the way back to Mill Lane and retrace back to HLC.

Rowlands / Stansted	Meet at Rowlands Castle near viaduct. Coach (es) will describe a few options between 4 to 8 miles in length, each with nominated leader
QE Park	From car park in QE Park, a perimeter course through the trees of QE Park (route to be explained on night) NB... this will not include a climb up Butser Hill.

Junior (15 and above) friendly runs denoted: UJ or AJ
 UJ= unaccompanied Junior; AJ = accompanied Junior

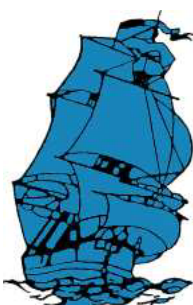
Children aged 12-14 yrs may run with a parent or a designated adult at the sessions which have been labelled AJ on the training schedules.

However, for some of these sessions children may need to be transported to the site of the session, as the warm up / cool down run distance may be in excess of one mile each way.

12-14's are not permitted to enter, or to run at, any of the club handicap races (winter, summer short, summer long) or relay races.

Children 15+ are permitted to run by themselves at sessions labelled UJ.

Please check the training schedule or seek advice from one of the coaches, for suitable sessions before bringing a child with you to training.



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