



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>

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

Track Day Schedule Saturday June 30th

We now have a schedule for the Track Day, please be aware things may vary slightly on the day. This is also a good opportunity for me to thank Gary Heather and Graham Foden who have been invaluable in putting this event together, and who will be officiating on the day.

10:30 - 10:45 Arrival, enter events

10:45 - 11:10 Warm Up Session

11:10 - 11:45 400 Metres Heats

11:45 - 12:00 Core/Stretching Masterclass Chris Needham

12:00 - 12:30 1 Mile

12:30 - 13:00 Rest/Refreshments

13:00 - 13:30 400 Metres Finals

13:30 - 14:00 Children's Fun Races

14:00 - 14:10 Warm Up for Relay

14:10 - 14:30 4X400 Relay

14:30 -14:45 Prize-giving 🏆 🥈 🥉

14:45 Optional Picnic/Refreshments 🍷 🥗 🌭 🍩 🍹

We hope most will make a day of it, but it's perfectly OK to attend for any event that catches your fancy! Friends and family are very welcome to spectate and cheer everyone on.

Members who aren't sure about running but interested to come along, please do.....maybe pop the running kit in the car just in case you change your mind when you see how much fun everyone's having 👍

Oops, I forgot to mention if you click on 'View Pinned Posts' at the top of the Victory FB Page, you can let us know if you intend to be there. 😊

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 Mike Edwards Long Handicap Race 3

A rather small field for the third Long Handicap as it was such a lovely evening, though maybe rather warm for some and it was the day after the Billy 5 race so perhaps some were resting sensibly. Congratulations to **Neil Tolfrey** on his win, completing in over 2 minutes faster than his handicap. Only 2 people beat their handicaps on a rather warm evening. Let's hope we have a bigger turnout next month.

Thank you again to my helpers James and Hamid, and to the supporters who joined us after their shorter runs.

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Neil Tolfrey	72.58	23.10	49.48	40		
2	Kerry Adaway	74.38	11.20	63.18	39		
3	Pete Bone	75.56	6.15	69.41	38		
4	Andrew Wright	76.09	21.50	54.19	37		
5	Howard Wright	76.29	6.40	69.49	36		
6	Lynette Meredith	77.12	0.00	77.12	35		
7	Mark Hay	77.54	20.20	57.34	34		
8	Nicki Turner	78.09	16.30	61.39	33		
9	Gary Heather	78.51	16.10	62.41	32		
10	Linda Pukinska	78.56	18.10	60.46	31		
11	Mark Cooter	80.26	12.20	68.06	30		
12	Raman Sangha	82.47	2.20	80.27	29		
13	Mandy Boyd	84.46	8.25	76.21	28		
14	Tina Doherty	84.46	8.25	76.21	27		
15	Marilyn Crocker	88.08	1.00	87.08	26		started late
16	Martin Coles	88.08	20.45	67.23	25		

[Start times for Mike Edwards Long Handicap Race 4](#)

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
Tina Doherty	76.20	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	69.00	6.00

Allison Lowder	68.40	6.20
Mandy Boyd	68.35	6.25
Peter Beachill	68.30	6.30
Howard Wright	68.20	6.40
Helen Smith	68.20	6.40
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
John Gallagher	63.30	11.30
Ruth Wheeler	63.25	11.35



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 Hordean 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**