



# Victory Athletic Club Weekly Flyer



22 June 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
26 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	
28 June	6 pm	<a href="#">Ian Murray Summer Short handicap</a> Race 4 [UJ]	
3 July	6:30 pm	<b>New Farlington Marshes</b> 6.5 miles [UJ/AJ] PACING run <b>coach:</b> Ali <b>sweeper:</b> Peter Beachill PLEASE NOTE: meet at Bidbury Mead car park	
5 July	6 pm	<b>Mill Lane</b> [AJ] Up and Over hills (300 mtrs) – 25 mins <b>coach:</b> Kevin	
10 July	6:30 pm	<b>Portsdown Hill</b> 7 miles Down Farlington Ave – up Glebe Park <b>coach:</b> Becki <b>sweeper:</b> Lisa Slight	

**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>

## **Victory AC Membership – last call**

Membership renewals were due on 1st April. We currently have over 80 people on the membership list who have not yet renewed. Some will undoubtedly have left the club, but many have been regular attendees over the last months and years so I would have expected a desire to remain in the club.

If you wish to remain in the club, please pay without delay, otherwise please let me know if you are leaving us. If payment is not made by 29th June, I shall assume you no longer want to be in the club and you will be removed from the Flyer distribution and Facebook.

Thank you

Jan MacDonald (Victory AC Membership Secretary)

## **Hayling Billy 5**

So the 21<sup>st</sup> running of the Hayling Billy 5 has happened. £28250 has been raised for charity so far and we are hoping we can exceed £30k after this years' event.

Tuesday John G and I strimmed and cleared the HQ and start finish area.

Race day started at 7am, awaiting the Portaloos, and then a ride up the trail for a final risk assessment of the course and formally mark out the mile locations.

On arriving back found a blue car parked so as to impede opening of the gate, John and I checked all local businesses to no avail. We carried all the Start paraphernalia and got that organised then we started putting up the "Caution Runner" signs from the Esso car park going both north and south.

The afternoon arrives and a selection of trusted VAC helpers arrive and the headquarters area is soon erected. The blue car is still blocking the gate.

John advises his wife has fallen and has a suspected broken wrist. So may not be available for all of the evening.

The blue car is still there so the gate is "doctored" to allow it to move inwards to allow access for Alton Sports, Coffee cup but more importantly the electrics for the results PCs!

Numbers are collected and runners assemble around the start. The race starts.

A fallen runner at mile 3 is brought in by car and the finishers are streaming in.

First Aid has to deal with a runner suffering an asthma attack.

The runners continue to stream, the results service is at full stretch but still able to print and display the leading results.

A third, more serious casualty is being attended to by the First aid team but all the finishers seemed to have enjoyed their evening.

The results presentation with Prizes presented by the Rosemary Charity is now underway and full results can be found on the VAC website /HB5 page.

Big thanks to everyone that helped on the day whether you marshalled, cycled, timed, processed results or whatever the event was a success because of you. What a great bunch VAC people are!

The casualty is okay and recovering at home. So all's well that ends well.

Pete H

## Eastleigh 10 K Ladies team report

On an unusually warm day for Eastleigh following the change of date due to snow in March, there was a great turn out for the penultimate race of the road race league season. The weather conditions were perfect at the start although it did get considerably warmer throughout the morning. Congratulations to Zoe Gill, Lucy Cowlin, Amanda Rudkin and Sara Heath who all achieved PB's

First name Last name Club Pos Time Chip Time

Zoe Gill 5 00:44:52 00:44:32

Lucy Cowlin 9 00:56:23 00:55:40

Lisa Slight 10 00:57:12 00:56:26

Elaine Munns 11 00:58:29 00:57:22

Marie Mitchinson 12 01:00:18 00:59:35

Amanda Wells 14 01:03:20 01:02:15

Amanda Rudkin 15 01:06:30 01:04:47

Bridget Main 16 01:10:56 01:09:12

Sara Heath 17 01:11:03 01:09:20

Amanda Coles 19 01:15:46 01:13:56

Dee Sims 20 01:16:17 01:14:33

Hazel Jenkinson 21 01:22:39 01:20:50

Tracy Long 23 01:28:52 01:26:47

Mary Short 22 01:28:52 01:26:44

It was good to see more than enough people to field three teams and it is hoped that this will continue to be the case for the last race of the season and moving into next years races. Overton is already open for entries and it would be good to see Victory ladies taking as many spaces as possible before the race sells out.

## 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

Just to confirm, the Victory Christmas meal has been booked for Friday 14th December at the Langstone Hotel. To see the menu, please look at the Christmas brochure on the Langstone Hotel website (party menu). We don't need to provide menu choices for a while. They can seat 100 people. The total cost is £40 per person with a deposit of £10 per person. Please can we have names and deposits by the end of August (this gives plenty of time to save the rest!). I know lots of you have already reserved places and paid your deposits so thank you. The deposit can be paid into the Victory account (bank details are on the membership form on the Victory website). You can also pay by cheque or cash to me, Shelly Butler or Neil Blanchard. If you pay by BACS, please make it clear who it is from and that it is for the meal. The final payment is due a month before the meal so we will remind you in plenty of time! I would say ' Merry Christmas' but it's a bit early for that!

Thank you,

Helen



**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**