



Victory Athletic Club

Weekly Flyer



29 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
28 June	6 pm	Ian Murray Summer Short handicap Race 4 [UJ]	
3 July	6:30 pm	New Farlington Marshes 6.5 miles [UJ/AJ] PACING run coach: Ali sweeper: Peter Beachill PLEASE NOTE: meet at Bidbury Mead car park	
5 July	6 pm	Mill Lane [AJ] Up and Over hills (300 mtrs) – 25 mins coach: Kevin	
10 July	6:30 pm	Portsdown Hill 7 miles Down Farlington Ave – up Glebe Park coach: Becki sweeper: 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)

Hampshire Road Race League 2018/2019

Before you read news from the Hampshire Road Race League (HRRL) AGM and block dates in your diaries for the newly selected races, make sure you enter the first race, **the Overton 5m, which will take place on Sunday 2nd September 2018.**

<http://www.overtonharriers.org.uk/club-races/overton-5/>

All standards are welcome and it would be good to see as many Victory AC runners as possible this coming season at these events. We have seen you run cracking times recently at the Purbrook Ladies and the Hayling Billy 5, so get those entries in!

The captains HRRL season 2018/2019 will be Terry Healy, Bridgette Main and Beth Pirie. First duty for the new season was attending the HRRL AGM this week, which included a few votes on proposals which will affect next year, and it's good news!

- First there was a very close vote in favour of excluding commercial races, which means the Eastleigh 10K will no longer be included as part of the HRRL.
- A recommendation will be made to all race directs to have no more than 3 days prior to race for a transfer cut off i.e. if the race is on Sunday, final cut off will be Thursday.
- A recommendation will be made to all race directors to include the age bracket 76-80 years as currently this is not included
- Unanimously it was voted for fees to be increased from £10 to £15 per team to cover the shortfall caused by expenses for new trophies, cups and t-shirts for 2017/2018.

A vote then took place for which races would be included for the 2018/2019 season and it is exciting to see two new events, the Fleet Half and the Alresford 10k coming into the mix.

The full listing for the 2018/19 HRRL races are as follows

Overton	5 mile	02/09/18
Solent	half	23/09/18
Gosport	half	18/11/18
Victory	5 mile	02/12/18
Stubbington	10k	13/01/19
Ryde	10 mile	03/02/19
Fleet	half	17/03/19
Salisbury	10 mile	14/04/19
Alton	10 mile	12/05/19
Netley	10k	19/05/19
Alresford	10k	16/06/19
Lordshill	10k	30/06/19

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 👍

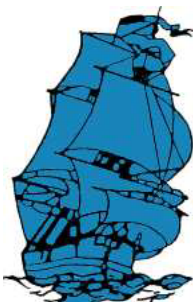
Oops, I forgot to mention if you click on 'View Pinned Posts' at the top of the Victory FB Page, you can let us know if you intend to be there. 😊

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
Please send flyer submissions to flyer@victoryac.org.uk by 7pm
Weds, or earlier in the week if possible