



04 July 2018

Future VAC Events and Training

July

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
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
12 July	6 pm	Mike Edwards Summer Long Handicap – race 4
17 July	6:30 pm	Old Farlington Marshes, Continuous run – multi terrain Coach: Mary Sweeper Jo Gilhlo
19 July	6 pm	VO2 Max Coach: Chris / Pete
24 July	6:30 pm	Rowlands Castle 4, Continuous run through Stansted, meet at Rowlands Castle Coach: TBA Sweeper: TBA
26 July	6 pm	Ian Murray Short Handicap - race 5
31 July	6:30 pm	Hayling Billy trail, HLC – HB Trail 30 mins out – 30 mins back Coach: Kevin Sweeper: Simon Turner

Date	Time	Event Details
2 Aug	6 pm	Mixed intervals around cricket pitch Coach: Malcom

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 Summer 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

Race 3, Lakeside 5k Series, 27th June

From Jim Clow

Good conditions for 5k in the evening after a very hot day, but the field was smaller this time, because of a clash with Portsmouth Joggers Summer Cross Country. I was the only Victory runner, and the only runner in my category! Thanks Graham Foden for supporting and helping at the finish.

Summary

1st man George King, Winchester & District AC, 15:25, 1 SM

1st woman, Louise Damen, Winchester & District AC, 17:07, 1 SW

58 Jim Clow, Victory AC, 22:41, 1 VM65

78 finishers

Full results

https://clubbuzz-assets.s3.amazonaws.com/pro/documents/20272/2018_Lakeside_5k_Race_3_results.pdf?1530178622

Track Day Race Report

Our inaugural Track Day at the Mountbatten Centre was well supported with 31 competitors and some 15/20 helpers, guest runners and supporters in attendance on a gloriously sunny Saturday last week. Just the lightest of cool breezes off the Solent, and the shade of the Track Room stocked with refreshments, kept us the right side of comfortable throughout the day.

We started with a warm up session on the track from Peter Harding, followed by the three main events, the 400m, the Mile and a 4X400m Relay. There were four Heats leading to the 400m Finals, and a 100m dash for the children (plus a mystery 'guest' runner 😊) slotted in between. Chris Needham held a 30 minute training session on the importance of Core Training for Runners midday, which was much appreciated.

The levels of commitment and effort from all competitors was amazing to watch, as was the quality of the running. On a personal level, I was delighted to see the event attracted members of all ages and abilities as hoped. Lots of cheering from family and friends during the races created a great atmosphere for competitors. We had member's children runners, and a delightfully competitive vignette between husband and wife, Gemma and Joe Corbett during the Mile race!

A huge thank you to all the helpers on the day, to our Timing Team, Jan, Lesley and Malcolm, and to Graham and Gary who helped with initial planning and logistics on the day. (Loved your Starters Pistol Graham!) Also to Beth and my fellow Committee Members for their support in trying something new, but most of all to the membership for all their support.

The initial idea was to create an authentic, competitive members Track Day, with a mix of events appealing to all levels of runners. To include extended family and friends within a fun, relaxed atmosphere that enlarged the annual range of club activities.....a sort of cross between a School Sports Day and a Village Fete!

All in all I think we might have got close 👍

Track Day Results

These are the times and results from yesterday's Track Day. I know many of you had watches, so if you think I've slipped up, please let me know and I'll check with our intrepid Timing Team.

400m Heats:

Heat 1: Simon Gill 61.7; Paul Mitchinson 65.6; Colin O'Donnell 77:00; John Cowlin 80.7; Brian Milo 84.2; Darren Knight 90:0

Heat 2: Helen Boiling 85.8; Lisa Slight 94.6; Rachel Jarvis 102.1; Nicola Stott 113.2; Marilyn Crocker 116.4; Mary Short 143.3

Heat 3: Chris Riddington 73.9; Joe Gilholm 75.1; Gemma Corbett 77.4; Jordan Cowlin 80.0; Kate Parks 90.3; Chris Turner 102.1

Heat 4: Tom Hoskinson 68.1; John Marengi 74.4, Colin Robson 81.5; Lauren Mitchinson 88.1; Tony Hoskinson 90.3; Roger Brummell 97.3; Anne Cook 106.2

400m Finals 1: Fastest Finalists

Men: Simon Gill 59.1; Paul Mitchinson 60.6; Tom Hoskinson 67.2

Ladies: Jo Gilholm 79.6; Helen Boiling 85.1; Kate Parks 92.2

400m Finals 2: Handicap Finalists

Men: John Marengi 75.2; John Cowlin 92.5; Roger Brummell 95.7

Ladies: Nicola Stott 109.8; Rachel Jarvis 112.5; Marilyn Crocker 119.0

The 400m Prize Winners

Fastest Man; Simon Gill

Fastest Lady; Jo Gilholm

Men's Handicap; Roger Brummell

Ladies Handicap; Nicola Stott

The Mile:

Joe Corbett 4:53.2; Simon Gill 4:54.9; Gemma Corbett 5:57.7; Chris Riddington 6:11.6; Paul Mitchinson 5:21.4; Jo Gilholm 6:23.8; Tom Hoskinson 5:29.8; Richard Turner 5:56.0; John Cowlin 7:06.8; Helen Boiling 7:20.3; Colin Robson 6:33.5; John Marengi 6:34.2; Colin O'Donnell 6:39.5; Nikki Turner 7:45.4; Lisa Slight 7:55.8; Lauren Mitchinson 8:23.9; Ann Cook 8:31.7; Tony Hoskinson 7:36.9; Rachel Jarvis 8:38.6; Chris Turner 8:55.3; Marilyn Crocker 9:14.8; Nicola Stott 9:22.6; Roger Brummell 8:27.0, Bridget Main 9:35.1; Mary Short 11:31.0

The Mile Prize Winners

Fastest Man; Simon Gill

Fastest Lady; Gemma Corbett

Men's Handicap; Tom Hoskinson

Ladies Handicap; Bridget Main

4 x 400 Relay

Simon Gill, Mary Short, John Cowlin, Ann Cook: 3:32.3

Jo Gilholm, Colin Robson, Tony Hoskinson, Chris Turner: 2:34.8

Tom Hoskinson, Lisa Slight, Rachel Jarvis, Richard Turner: 2:30.0

Helen Boiling, John Marengi, Bridget Main, Nicola Stott: 3:55.2

Colin O'Donnell, Nikki Turner, Marilyn Crocker, Paul Mitchinson: 2:43.8

Kate Parks, Gary Heather, Will Hahn, Lauren Mitchinson: 2:48.0

The 4X400 Relay Winners (based on combined handicaps):

First: Helen Boiling, John Marengi, Bridget Main, Nicola Stott

Runners Up: Kate Parks, Gary Heather, Will Hahn, Lauren Mitchinson

Congratulations to all our prizewinners, and all who took part!

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

Results of 2018 Ian Murray Short Handicap Race 4

Clashing with the England World Cup match and held the day after the Summer XC, I was expecting a small turnout for race 4 so I was quite pleased to see 33 people turn up for this race. Congratulations to **Dave Morris** for winning on a very hot evening, coming in a minute under handicap and very well done to only 6 people who beat their handicap times considering how warm it was.

Thanks to the helpers, Malcolm Hagan, James Tolson, Hamid and Kevin McTaggart who ensured proceedings went off smoothly and allowed me to run for the first time in 2 years and only the second time in 3 years. I appreciate that, thanks.

Pos	Name	Finish Time	Start Time	Actual Time	Points	
1	Dave Morris	39.59	13.00	26.59	50	
2	Linda Pukinska	40.07	11.35	28.32	49	
3	Howard Wright	40.23	5.25	34.58	48	
4	Kevin Leighfield	40.31	8.00	32.31	47	
5	Lynette Meredith	40.55	2.15	38.40	46	
6	Brian Millo	40.59	13.30	27.29	45	
7	Mark Cooter	41.04	9.20	31.44	44	
8	Kerry Adaway	41.12	10.05	31.07	43	
9	Graham Foden	41.16	7.00	34.16		started early
10	Jim Clow	41.19	13.15	28.04	42	
11	John Gallagher	41.23	8.50	32.33	41	
12	Sara Heath	41.26	0.00	41.26	40	
13	Richard Turner	41.46	17.05	24.41	39	
14	John Cowlin	41.55	12.50	29.05	38	
15	Nicola Stott	41.55	3.35	38.20	37	
16	Bridget Main	41.56	1.40	40.16	36	
17	Zoe Gill	42.00	14.55	27.05	35	
18	Nichol Riggott	42.06	13.00	29.06	34	
19	Helen Boiling	42.16	11.45	30.31	33	

20	Helen Whiting	42.20	12.25	29.55	32	
21	Terry Healy	43.13	12.35	30.38	31	
22	Jan MacDonald	43.23	5.15	38.08	30	
23	Nikki Turner	43.54	10.30	33.24	29	
24	Lucy Cowlin	44.28	10.00	34.28	28	
25	Debbie Clarke	44.36	1.40	42.56	27	
26	Mandy Coles	44.43	0.00	44.43	26	
27	Marilyn Crocker	45.04	3.05	41.59	25	
28	Hazel Jenkinson	45.17	0.00	45.17	24	
29	Tim Cooper	45.34	12.15	33.19	23	
30	Raman Sangha	45.51	4.35	41.16	22	
31	Michelle Jones	46.51	8.35	38.16	21	
32	Mary Short	46.56	0.00	46.56	20	
33	Roger Brummell	48.25	7.00	41.25	19	

Start times for Short Handicap Race 5

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
Mary Short	46.25	0.00
Christine Howard	46.05	0.00
Hazel Jenkinson	45.15	0.00
Tracy Long	45.05	0.00
Jenny James	44.55	0.00
Georgia Ash	44.20	0.00
Mandy Coles	43.35	0.00
Ann Mann	43.10	0.00
Debbie Wilson	42.40	0.00

Gill Ripiner	42.25	0.00
Paul Smart	42.10	0.00
Carol Tolfrey	42.05	0.00
Sadie Holdford	41.35	0.00
Tania Lee	41.35	0.00
Sara Heath	41.25	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
Bridget Main	40.15	0.45
Dee Sims	39.25	1.35
Debbie Clarke	39.20	1.40
Amanda Rudkin	39.15	1.45
Lesley Allen	39.00	2.00
Marilyn Crocker	38.55	2.05
Lynette Meredith	38.40	2.20
Rachel Getty	38.35	2.25
Neil Blanchard	38.30	2.30
Yvonne Hawley	38.30	2.30
Nicola Stott	37.25	3.35
Raman Sangha	37.25	3.35
Paula Benitez	36.50	4.10
Jan MacDonald	36.45	4.15
Kevin McTaggart	36.45	4.15
Alan Mulry	36.40	4.20
Jenny Lown	36.30	4.30
Martin Care	36.25	4.35
Mike Boyd	36.20	4.40
Mhari Main	36.15	4.45
Helen Smith	35.40	5.20
Mandy Boyd	35.05	5.55
Lindsey Cooter	35.05	5.55

Amanda Wells	35.05	5.55
Sam Howard	35.00	6.00
Howard Wright	34.55	6.05
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
Michelle Jones	33.25	7.35
Julia Hopes	33.25	7.35
Mark Morrison	33.20	7.40
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
John Gallagher	32.30	8.30
Kevin Leighfield	32.30	8.30
Andy Smith	32.30	8.30
Tina Doherty	32.25	8.35
Clare Austin	32.20	8.40
Graham Coleman	32.05	8.55
Malcolm Hagan	32.00	9.00

Lucy Cowlin	31.55	9.05
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
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
Graham Foden	30.20	10.40
Helen Boiling	30.15	10.45
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
Tim Cooper	29.45	11.15
Glen Chapman	29.35	11.25
Helen Whiting	29.35	11.25
Pete Harding	29.25	11.35
Kate Parks	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
Beth Pirie	28.40	12.20
John Marsh	28.35	12.25
Sarah Swift	28.35	12.25

Shelly Butler	28.30	12.30
Linda Pukinska	28.30	12.30
Terry Healy	28.25	12.35
Matt Cornford	28.15	12.45
John Cowlin	28.10	12.50
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	27.25	13.35
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
Dave Morris	26.55	14.05
Gina Turner	26.50	14.10
John Marenghi	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 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**