



19 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
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
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>

## 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 2<sup>nd</sup> 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

## 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 Mike Edwards Long Handicap Race 4

There was another fairly small field for the 4th Long Handicap of 2018, though not surprising given the warm weather and Portsdown Hill run on Tuesday! Congratulations to **Linda Pukinska** on her win, completing almost 3.5 minutes faster than her handicap, a great run. Also a special well done to the first 10 finishers who all beat their handicaps.

Welcome to newish member Karl Weston who ran the race for the first time in a rather tasty time! Hope you enjoyed it Karl.

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

Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Linda Pukinska	71.38	18.10	53.28	40		
2	Beth Pirie	71.44	16.55	54.49	39		
3	Nicola Stott	72.12	0.45	71.27	38		
4	Tim Cooper	72.19	5.00	67.19		started early	
5	Pete Bone	73.37	6.00	67.37	37		
6	Karl Weston	73.41	27.00	46.41	36		1st timer
7	Mark Hay	74.04	18.20	55.44	35		
8	John Marenghi	74.12	21.55	52.17	34		
9	Neil Tolfrey	74.49	25.15	49.34	33		
10	John Gallagher	74.58	11.30	63.28	32		
11	John Cowlin	75.15	21.15	54.00	31		
12	Howard Wright	75.37	6.40	68.57	30		
13	Jan MacDonald	75.56	1.30	74.26	29		
14	Pete Harding	76.50	18.55	57.55	28		
15	Jim Clow	77.22	22.55	54.27	27		
16	Mark Cooter	77.30	12.20	65.10	26		
17	Andrew Wright	77.32	24.20	53.12	25		started late
18	Lynette Meredith	77.54	0.00	77.54	24		
19	Paul Mitchinson	78.13	35.10	43.03	23		

20	Gary Heather	78.42	16.10	62.32	22		
21	Marilyn Crocker	78.47	0.00	78.47	21		
22	Lucy Cowlin	78.54	13.45	65.09	20		
23	Graham Foden	81.07	15.05	66.02	19		

## Start times for Mike Edwards Long Handicap Race 5

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	78.45	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
Jan MacDonald	74.25	0.35

Lesley Allen	74.15	0.45
Darin McCloud	73.15	1.45
Raman Sangha	72.40	2.20
Del Chandler	71.35	3.25
Nicola Stott	71.25	3.35
Amanda Wells	70.45	4.15
Rachel Jarvis	70.15	4.45
Amber Ankinson	69.25	5.35
Howard Wright	68.55	6.05
Allison Lowder	68.40	6.20
Mandy Boyd	68.35	6.25
Peter Beachill	68.30	6.30
Helen Smith	68.20	6.40
Pete Bone	67.35	7.25
Andy Smith	66.20	8.40
Chris Turner	65.50	9.10
Arron Grosvenor	64.50	10.10
Becki Ralf	64.50	10.10
Mark Cooter	64.40	10.20
Helen Mears	64.35	10.25
Clare Eglin	64.00	11.00
Ruth Wheeler	63.25	11.35
John Gallagher	63.25	11.35
Kerry Adaway	63.15	11.45
Paul Bould	62.05	12.55
Graham Foden	61.55	13.05
Jenny Lown	61.20	13.40
Lucy Cowlin	61.15	13.45
Malcolm Hagan	61.00	14.00
Gary Heather	60.50	14.10
Kate Parks	60.30	14.30
Dave Walker	60.20	14.40
Helen Hull	60.20	14.40

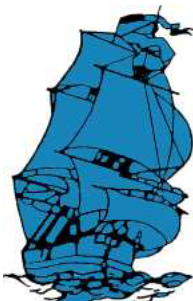
Andy Jest	60.05	14.55
Katie Lewis	59.45	15.15
Ali Pirie	59.40	15.20
Jason Horton	59.30	15.30
Belinda Harding	59.20	15.40
Colin Moon	58.45	16.15
Callum Cairns	58.40	16.20
Paul Willcox	58.40	16.20
Nicki Turner	58.30	16.30
John Ryan	58.20	16.40
Lisa Emson	58.20	16.40
Shelly Butler	58.15	16.45
Jon Haines	57.40	17.20
Martin Foster	57.30	17.30
Vicki Turnbull	57.30	17.30
Amanda Godfrey	56.50	18.10
Graham Coleman	56.50	18.10
Helen Boiling	56.45	18.15
Paul Spooner	56.40	18.20
Matt Cornford	56.30	18.30
Pete Harding	56.05	18.55
Bart Pirie	55.45	19.15
Mark Hay	55.40	19.20
Helen Whiting	55.30	19.30
Colin O'Donnell	54.55	20.05
Nichol Riggott	54.50	20.10
Kelly Beard-Foden	54.50	20.10
Beth Pirie	54.45	20.15
Dave Morris	54.35	20.25
Terry Healy	54.35	20.25
Martin Coles	54.15	20.45
Bernie Cammell	54.10	20.50
Colin Robson	54.05	20.55

Will Hahn	53.55	21.05
John Cowlin	53.45	21.15
Linda Pukinska	53.25	21.35
Ali McNiff	53.10	21.50
Andrew Wright	53.10	21.50
Mark Hull	53.10	21.50
Norman Stronach	53.10	21.50
Mike Bruce	52.50	22.10
Lucy Smith	52.40	22.20
Rob Godwin	52.40	22.20
Tim Cooper	52.25	22.35
Brian Millo	52.25	22.35
Dave Lown	52.20	22.40
John Marengi	52.15	22.45
Jim Clow	52.05	22.55
Cristian Samfirescu	52.00	23.00
Ian Stott	51.50	23.10
Damian Hamilton	51.25	23.35
Matthew Walker	51.05	23.55
Jo Gilholm	50.45	24.15
Mark Wilson	50.05	24.55
Pete Roper	49.30	25.30
Neil Tolfrey	49.30	25.30
Michelle Cartwright	49.25	25.35
Kevin Giles	48.40	26.20
Richard Turner	48.35	26.25
Darren Knight	48.25	26.35
Mark Griffiths	48.25	26.35
John Simpson	48.15	26.45
Chris Riddington	48.00	27.00
Jackie Lloyd	47.00	28.00
Gemma Corbett	46.45	28.15
Huw Williams	46.45	28.15



Karl Weston	46.40	28.20
Simon Turner	46.30	28.30
Tony Butler	46.10	28.50
Matt Gill	45.15	29.45
Paul Mitchinson	41.50	33.10
Russell Coleman	41.30	33.30
Daniel Bailey	39.20	35.40
Simon Gill	38.30	36.30

Jan



**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**