



10th August 2018

Regular Training Sessions

Tuesday 14 th August : 6.30pm * PLEASE NOTE: meet Havant Thicket car park	Havant Thicket Tempo run 5.5 miles coach: Marilyn sweeper: Kate Hart
Thursday 16 th August : 6pm	Staunton Park Big Hills – 25 mins coach: Mary
Tuesday 21 st August :6.30pm	QE Park Perimeter run 6 miles coaches: Kevin/Pete sweeper: Kevin McT
Thursday 23 rd August : 6pm	West Leigh Field 1 mile rep + Core session coach: Dave /Chris Needham
Tuesday 28 th August : 6.30pm	Emsworth Foreshore 7 miles coach: Nicola sweeper: Lisa Gatenby
Thursday 30 th August : 6pm	Ian Murray Summer Short handicap Race 6
Tuesday 4 th September : 6.30pm	New Farlington Marshes 6.5 miles Pacing Run coach: Ali sweeper: John Gallagher * PLEASE NOTE: meet Bidbury Mead car park
	New C25K Course starts (Week 1) Havant Leisure Centre. coach: Dave
Thursday 6 th September : 6pm	Mill Lane Up and Over hills (300 mtrs) – 25 mins coach: Belinda
Tuesday 11 th September : 6.30pm	Hayling Billy trail 30 mins out – 30 mins back coach: Dave sweeper: Hannah Lowry
	C25K Course (Week 2) Havant Leisure Centre. coach: Dave
Thursday 13 th September: 6pm	Mike Edwards Long Handicap Race 6 or Short H/Cap route (Uncoached)
Tuesday 18 th September : 6.30pm	Old Farlington Marshes 5.5 miles Continuous run – multi terrain coach: Helen Boiling sweeper: Lesley (Meet at Havant Horizon Leisure Centre)
	C25K Course (Week 3) Havant Leisure Centre. coach: Dave

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.

Tuesday runs have a volunteer sweeper to run with the last runners over the designated course, and all runners are asked to 'buddy' up with a runner of a similar pace.

Details about the regular Tuesday and Thursday training sessions are available on the Victory AC website at www.victoryac.org.uk/training.html

From time to time, some sessions may need to be adapted or changed at late notice. Changes will be posted on our Facebook Group, Facebook Page, Twitter feed and website.



Victory AC Couch to 5k Course : Starting Tuesday 4th September 2018

It's that time of year again!

The coaching team aim to offer a couple of c25k courses a year (January and September)

Our next course will start on Tuesday 4th September 2018 : 6.30pm : Havant Leisure Centre

It is a 9 week course which follows the NHS 'Couch to 5k Scheme' in a relaxed friendly atmosphere.

If you know someone who wants to start running, please tell them about this and get them to register their interest/put their name on the register for it!

We have been organising these (& the follow on 5k-10k course) for several years now and have had great feed-back from people who either didn't think they'd be able to run or are coming back to running and need the confidence boost that this course gives them.

Everyone who has come on these courses is always amazed how gently increasing your distance, and coming along regularly can make 5k so achievable and so much fun!

To sign up for the course, people can contact us via email (c25k@victoryac.org.uk) or leave a message on our Facebook page (www.facebook.com/groups/1408435995846784/)



VAC Hayling Island Charity Relay : Sunday 19th August

This years Charity Relay will be run on Sunday 19th August and again will be supporting the RNLI.

Starting from the Northney Village Hall, Hayling Island, the route will be anticlockwise with a projected 10am start for the first teams. The start will be staggered in an effort to help with parking at handover points.

At the end of the relay team members and family and friends are invited to stay for a BBQ or picnic.

This really will be a great fun day out running with other club members round trails you never knew existed.

Details of leg routes with maps are on the Club Website: www.victoryac.org.uk/charityrelay.html



Hampshire Road Race League 2018/2019

The captains for the HRRL season 2018/2019 are: Terry Healy, Bridget Main and Beth Pirie.

Please make sure you enter the first race, 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 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

Details with links to entry forms etc and race reports are on the club website at: www.victoryac.org.uk/hrri.html



Victory AC Autumn Presentation Evening : Thursday 27th September

The Club's Autumn Presentation Evening takes place after the final Ian Murray Summer Short Handicap Race 7 on Thursday 27th September.

It takes place in the bar / cafe area at Havant Leisure Centre.

ALL WELCOME (free event!): Come and support your club and other members in this friendly social atmosphere; see and congratulate those who have excelled in the handicaps and road races this summer. It may be you!



Potential new parkrun in Hayling Island – initial interest request

Dave Williams, an Ambassador for Parkrun and who many will know from Havant parkrun, has asked me to spread the word to identify volunteers for a new parkrun in Hayling Island. The activating Ambassador for this new event is Dan Del Piccolo. Routes are currently being considered and what is required now is for or two people to step forward as prospective Event Directors. The Event Directors will help Dan assess and design the course, negotiate with the borough and county councils to obtain permission from the land owner and discuss funding requirements.

If a suitable course is identified and permission granted, then another 4-5 people would be needed to join the core team as Run Directors, and another dozen people willing to volunteer fairly regularly over the early months.

If you are interested then please contact Dan at the following email address: dan.delpiccolo@parkrun.com

Please feel free to forward on this request to any other groups/organisations within the Havant/Hayling Island area.

Many thanks.
Beth



Volunteers required : Great South Run Sunday 21st October 2018

Each year VAC members volunteers to assist with this event and help with Marshalling. Therefore we are looking for approximately 14 volunteers, it's a great event and good fun marshalling. If you are interested could you please pass your names to secretary@victoryac.org.uk

Many thanks
Lesley Allen
VAC Sec



Christmas Meal : Friday 14th December

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



Christmas Party Nights .

To Start

Tomato & Green Pesto Soup (v) (gf)
Herb crème fraîche
Thai Green Curry Style Fishcake (gf) (df)
Thai salad, sweet chilli dressing
Duck & Port Pasta
Orange glass, datter paneo, mini brioches
Vegetable Samosa (v) (df)
Endive salad, mango & ginger chutney

To follow

12 Hour Braised Blade of Beef (df)
Carrot purée, sauce bourguignon, parsnip chips
Breast of Chicken (gf)
Green peppercorn sauce, crispy leeks
Loin of Salmon Fillet (gf)
Spaghetti caccinora
Sweet Potato, Pequinillo Pepper & Chickpea Tagine (v) (gf) (df)
Chilli & wild rice

Served with Medley of Winter Vegetables (v) (gf) (df)
Mini Roast New Potatoes,
Thyme & Sea Salt (v) (gf) (df)

To Finish

Passionfruit Delice (v) *
Lime & coconut
Cinnamon Crème Brûlée (v)
Rice flour shortbread
Chocolate Tart
Hazelnut cream, white chocolate snow *
Platter of Cheese
Cheddar, Cornish brio, stilton, apple chutney, water biscuits
Tea & Coffee

Race Report : Harting 10 5th August

Shelly Butler

Seven team members made the short trip to run the Harting 10 Multi Terrain Race. I don't believe any of us were Harting 10 virgins, which reflects what a well organised and enjoyable event it is. Saying that, the challenging course certainly kept the heart pumping and the legs wobbling as we tested ourselves on the many hills. In return we were rewarded with beautiful vistas of our local countryside which served as a reminder of how lucky we are to live in such a green and pleasant land. (welling up!)

The thermostat rose rapidly as the 10:30 start time approached and we had numerous shall we/shan't we conversations as to whether we should carry fluids or not. We decided no, reassured about the availability of water en route. To make sure we topped up with extra drinks before taking the short walk to the start – feeling we needed the loo, but pretending we didn't.

The uphill start proved tough, yet again, but we stuck together as a group, slowly settled into our running and before we knew it mile one beeped. The terrain in the first few miles or so was even underfoot apart from a number of speedbumps to beware of. John skillfully kept on his feet after stumbling on one, luckily all ok.

The heat became more of a factor as each mile ticked by. Occasional welcome shade and an additional water station kept us all moving forward. In my mind I had the 9 mile marker as 'the finish' as the last mile is a fast downhill back to the cricket green.

Beth and I got into a nice groove, sharing the lead and positive thoughts. At approximately 7.5 miles on a root ridden, downhill stretch we were flying – all was going great. Beth was taking her stint leading and I witnessed one of her most dramatic falls to date – and there have been a few. She literally, in slow motion, took flight and while in mid-air twisted and landed face-up. Covered. "My ankle!" Beth cried. "Your elbow!" I cried back, as blood spurted from it. I thought OK, elevate ankle and think about stopping the bleeding. Then, "Get me up" demanded Beth and within two minutes we were off again, charging towards the finish. A not untypical run with Beth.

We crossed the line elated, as did everyone. A thoroughly enjoyable morning. Crisps and Coca-Cola in the car on the way home to top it off.

Beth Pirie 1:29:52
Shelly Butler 1:29:53
Jim Clow 1:32:27
John Cowlin 1:33:29
Ian Stott 1:36:15
Helen Boiling 1:40:17
Nicola Stott 2:12:10



Mike Edwards Summer Long Handicap : Thursday 10th August 2018

Race Results

Back to more favourable but windy conditions for running, though there was a small turnout for the 5th Long Handicap Race. Congratulations to Ruth Wheeler on her win, knocking over 4 minutes from her handicap, well done. Also a special well done to the first 7 finishers who all beat their handicaps.

Welcome to new member Peter Bond who ran the race for the first time! Hope you enjoyed it Peter. And to Roger Brummell who ran the race for the first time also.

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



Pos	Name	Finish Time	Start Time	Actual Time	Points		
1	Ruth Wheeler	70.46	11.35	59.11	40		
2	Kerry Adaway	71.03	11.45	59.18	39		
3	Pete Bone	74.07	7.25	66.42	38		
4	Andrew Wright	74.19	21.50	52.29	37		

5	Mark Hay	74.22	19.20	55.02	36	
6	Norman Stronach	74.24	21.50	52.34	35	
7	John Marengi	74.30	22.45	51.45	34	
8	Gary Heather	75.21	14.10	61.11	33	
9	Howard Wright	75.22	6.05	69.17	32	
10	Peter Bond	75.35	25.30	50.05	31	1st timer
11	Jo Gilholm	75.42	24.15	51.27	30	
12	Simon Gill	75.45	36.30	39.15	29	
13	Linda Pukinska	75.47	21.35	54.12	28	
14	Jim Clow	76.20	22.55	53.25	27	
15	Tim Cooper	76.24	14.00	62.24		started early
16	Lynette Meredith	76.36	0.00	76.36	26	
17	Roger Brummell	76.37	0.00	76.37	25	1st timer
18	Mark Cooter	77.11	10.20	66.51	24	
19	Marilyn Crocker	78.07	0.31	77.36	23	started late
20	Neil Tolfrey	78.18	25.30	52.48	22	
21	Arron Grosvenor	82.24	10.10	72.14	21	
22	Shelly Butler	83.15	16.45	66.30	20	
23	Helen Boiling	83.16	18.15	65.01	19	

Start Times for Race 6 (Final rce of 2018)

Name	Estimated Finish Time	New Start Time
Sue Gover	96.05	00.00
Ann Mann	90.30	00.00
Jenny James	89.55	00.00
Dee Sims	89.10	00.00
Debbie Wilson	88.45	00.00
Hazel Jenkinson	88.05	00.00
Tracy Long	85.00	00.00
Mary Short	84.20	00.00
Mandy Coles	83.55	00.00
Carol Tolfrey	83.10	00.00
Sara Heath	81.35	00.00
Amanda Rudkin	81.25	00.00
Jo Lea	80.35	00.00
Alan Mulry	79.25	00.00
Marilyn Crocker	77.35	00.00
Lupe Blanco	77.10	00.00
Lynette Meredith	76.35	00.00
Bridget Main	76.35	00.00
Roger Brummell	76.35	00.00
Tina Doherty	76.20	00.00
Michelle Ratcliff	74.55	00.05
Kevin McTaggart	74.35	00.25
Jan MacDonald	74.25	00.35
Lesley Allen	74.15	00.45
Darin McCloud	73.15	01.45
Raman Sangha	72.40	02.20
Del Chandler	71.35	03.25
Nicola Stott	71.25	03.35
Amanda Wells	70.45	04.15
Rachel Jarvis	70.15	04.45
Amber Ankinson	69.25	05.35
Howard Wright	68.55	06.05
Allison Lowder	68.40	06.20

Mandy Boyd	68.35	06.25
Peter Beachill	68.30	06.30
Helen Smith	68.20	06.40
Arron Grosvenor	66.50	08.10
Pete Bone	66.40	08.20
Andy Smith	66.20	08.40
Chris Turner	65.50	09.10
Mark Cooter	65.10	09.50
Becki Ralf	64.50	10.10
Helen Mears	64.35	10.25
Clare Eglin	64.00	11.00
John Gallagher	63.25	11.35
Paul Bould	62.05	12.55
Graham Foden	61.55	13.05
Jenny Lown	61.20	13.40
Lucy Cowlin	61.15	13.45
Gary Heather	61.10	13.50
Malcolm Hagan	61.00	14.00
Kate Parks	60.30	14.30
Dave Walker	60.20	14.40
Helen Hull	60.20	14.40
Shelly Butler	60.15	14.45
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
Kerry Adaway	59.15	15.45
Ruth Wheeler	59.10	15.50
Colin Moon	58.45	16.15
Helen Boiling	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
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
Paul Spooner	56.40	18.20
Matt Cornford	56.30	18.30
Pete Harding	56.05	18.55
Bart Pirie	55.45	19.15
Helen Whiting	55.30	19.30
Mark Hay	55.00	20.00
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
Tim Cooper	54.25	20.35
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
Jim Clow	53.25	21.35
Linda Pukinska	53.25	21.35
Ali McNiff	53.10	21.50
Mark Hull	53.10	21.50
Mike Bruce	52.50	22.10
Lucy Smith	52.40	22.20
Rob Godwin	52.40	22.20
Norman Stronach	52.30	22.30
Andrew Wright	52.25	22.35
Brian Millo	52.25	22.35
Dave Lown	52.20	22.40
Cristian Samfirescu	52.00	23.00
Ian Stott	51.50	23.10
John Marengi	51.45	23.15
Damian Hamilton	51.25	23.35
Matthew Walker	51.05	23.55
Jo Gilholm	50.45	24.15
Peter Bond	50.05	24.55
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



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

Victory Athletic Club
10/08/18 Flyer

