



16th August 2018

Regular Training Sessions

Thursday 16th August : 6pm	Staunton Park Big Hills – 25 mins coach: Mary
Tuesday 21st August :6.30pm	QECP Perimeter run 6 miles coaches: Kevin/Pete sweeper: Kevin McT * PLEASE NOTE: meet at Queen Elizabeth Courty Park car park
Thursday 23rd August : 6pm	West Leigh Field 1 mile rep + Core session coach: Dave /Chris Needham
Tuesday 28th August : 6.30pm	Emsworth Foreshore 7 miles coach: Nicola sweeper: Lisa Gatenby
Thursday 30th August : 6pm	Ian Murray Summer Short handicap Race 6
Tuesday 4th 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 6th September : 6pm	Mill Lane Up and Over hills (300 mtrs) – 25 mins coach: Belinda
Tuesday 11th 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 13th September: 6pm	Mike Edwards Long Handicap Race 6 or Short H/Cap route (Uncoached)
Tuesday 18th 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 ~ supporting the RNLI

So the charity relay is finally upon us, I thought we best have some instructions!

First and foremost - I'm still after 2 runners to make up teams, so if you're now free please come and join us. If we don't, I will have to lose a team in order to have a complete team (I'm happy to drop out to facilitate this).

Cost is £5 per person - this is collected and presented to the RNLI as with the previous years.

Tea, coffee and Squash will be available before and after - donations for the RNLI appreciated. Additionally, if you'd like to bring a cake or 2, we can have a cake sale as well ;) Hannah Lowry has volunteered to man this - (I'll bring all the bits with me in the morning for 0830) Thanks!

Meet at St Peter's Church Hall, Northney for a briefing at 0915, collection of race numbers and batons for each team. Parking is very tight so if you can cycle or walk, please do - bikes can be locked away in the hall whilst we are running.

Please ensure you **wear you Victory AC club vest/T-shirt** - if you need one they are still for sale at Alexandra Sports in Portsmouth, next to the Mountbatten centre.

Each team will need to move themselves around to each checkpoint so please ensure you have organised this within your team.

The race starts at 1000 for the first team - please note that each team will have a different start time based on short handicap times - the aim is to have as many teams finish at the same time (Malcolm will be facilitating the start as official timekeeper)

The handover between legs 2 and 3 **MUST** be undertaken by the marshal (I believe Hamid and Richard) - participants must **NOT** cross the main Havant Road to pass on the baton on the start of leg 3.

Leg 6- due to the overgrown path at Sinah Lane, please use the continue on the road down to the main road to the Ferry Boat.

Afterwards, whilst John Gallagher and Malcolm Hagan work their magic on the times, please feel free to use the Hall's facilities for changing and to have some food in the garden (weather permitting). We're struggling to get hold of any BBQs this year so bring some nice cold items to fill up on and many a beer or glass of wine! If anyone could lend us their BBQs that would be greatly appreciated.

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.

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/hrrl.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



Recent-ish Results : from Jim Clow

Race 4, Lakeside 5k Series, 25th July

Yet another hot evening for Race 4. Two VAC runners this time, Brian Millo and me, but Brian unluckily succumbed to an old injury and had to pull out at half way. I had a decent run in rather sapping conditions. Thanks to Graham Foden for marshalling.

Summary

1st man, Lachlan Wellington, City of Portsmouth AC, 15:40

1st woman, Sarah Kingston, Southampton AC, 18:25

68, Jim Clow, Victory AC, 23:18

98 finishers

Full results at : https://clubbuzz-assets.s3.amazonaws.com/pro/documents/20545/2018_Lakeside_5k_Race_4_results.pdf?1532592872

On The Whistle event: Why Not Run, Stansted Park, 22nd July

In this event, and others organised by On The Whistle, the clock runs for 6 hours and participants can complete as many of the 3.8 mile laps as they want. You can stop for rest and refreshments at the Aid Station at the end of the lap, near Stansted House in this case. When you decide you've run enough, your time and lap count are recorded. You can treat it as a training run, time trial or ultra event, whatever you want. The large Gosport Runners contingent were also having a picnic between laps.

Luckily three quarters of the lap was in the shade, otherwise the conditions would have been intolerable. Amazingly Adam Tuck from Ryde Harriers, and Steven Wooldridge completed 10 laps, or 38 miles. Nicola and I were the only Victory runners, and both happy with our efforts. Thanks Helen Boiling for marshalling.

VAC results

Jim Clow, 7 laps, 26.6 miles, 5:00:23

Nicola Stott, 3 laps, 11.5 miles, 2:20:28

Full results at: <http://www.onthewhistle.co.uk/wp-content/uploads/2018/07/Why-Not-run-Results-2018.pdf>



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

Christmas Party Nights

To Start
Tomato & Green Pesto Soup (v) (gf)
<i>Half chicken brisole</i>
Thai Green Curry Style Fishcake (gf) (df)
<i>Thai salad, sweet chili dressing</i>
Duck & Port Pate
<i>Orange glaze, date puree, mini brioche</i>
Vegetable Samosa (v) (df)
<i>Erubie salad, mango & ginger chutney</i>
To Follow
12 Hour Braised Blade of Beef (df)
<i>Carrot puree, sauce bourguignon, parsnip chips</i>
Breast of Chicken (gf)
<i>Green peppercorn sauce, crispy leeks</i>
Loin of Salmon Fillet (gf)
<i>Spaghetti cucumber</i>
Sweet Potato, Pequinillo Pepper & Chickpea Tagine (v) (gf) (df)
<i>Chilli & wild rice</i>
Served with Medley of Winter Vegetables (v) (gf) (df)
Mini Roast New Potatoes, Thyme & Sea Salt (v) (gf) (df)
To Finish
Passionfruit Delice (v)
<i>Lime & coconut</i>
Cinnamon Crème Brûlée (v)
<i>Rice flour shortbread</i>
Chocolate Tart
<i>Hazelnut cream, white chocolate snow</i>
Platter of Cheese
<i>Cheddar, Cornish brio, stilton, apple chutney, water biscuits</i>
Tea & Coffee

Victory Athletic Club
16/08/18 Flyer