



30<sup>th</sup> August 2018

## Regular Training Sessions

Thursday 30 <sup>th</sup> August : 6pm	<a href="#">Ian Murray Summer Short handicap</a> Race 6
Tuesday 4 <sup>th</sup> September : 6.30pm	New Farlington Marshes 6.5 miles Pacing Run. coach: Ali sweeper: John Gallagher * <b>PLEASE NOTE: meet Bidbury Mead car park</b>
	New C25K Course starts (Week 1) Havant Leisure Centre. coach: Dave
Thursday 6 <sup>th</sup> September : 6pm	Mill Lane Up and Over hills (300 mtrs) – 25 mins. coach: Belinda
Tuesday 11 <sup>th</sup> September : 6.30pm	Hayling Billy trail 30 mins out – 30 mins back. coach: Lesley sweeper: Hannah Lowry
	C25K Course (Week 2) Havant Leisure Centre. coach: Dave
Thursday 13 <sup>th</sup> September: 6pm	<a href="#">Mike Edwards Long Handicap</a> Race 6 or Short H/Cap route (Uncoached)
Tuesday 18 <sup>th</sup> 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
Thursday 20 <sup>th</sup> September: 6pm	Staunton Park Fartlek, figure of 8. Short hill; jog recover down hill. 450 mtr round lake, 200 mtr jog recover – 25 mins. Coach: Marilyn or Winter Handicap Recce. coach: Becki
Tuesday 25 <sup>th</sup> September : 6.30pm	Portsdown Hill 7 miles. Down Farlington Ave – up Glebe Park. coach: Gemma sweeper: Amanda Rudkin
	C25K Course (Week 4) Havant Leisure Centre. coach: Dave
Thursday 27 <sup>th</sup> September: 6pm	<a href="#">Ian Murray Summer Short handicap Race 7</a> <b>Followed by: Presentation Eve in Havant Leisure Centre Bar Area</b> <b>ALL WELCOME : Come and support your club in this friendly social atmosphere.</b> <b>See &amp; congratulate those who have excelled in the handicaps and road races this summer</b> - it may be you!

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](http://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 4<sup>th</sup> 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 4<sup>th</sup> 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](mailto:c25k@victoryac.org.uk)) or leave a message on our Facebook page ([www.facebook.com/groups/1408435995846784/](http://www.facebook.com/groups/1408435995846784/))



## Hampshire Road Race League 2018/2019

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

*Details of races with links to entry forms etc and race reports are on the club website at: [www.victoryac.org.uk/hrri.html](http://www.victoryac.org.uk/hrri.html)*

### **For those who are running Overton.... from Beth Pirie**

The race starts at 2pm but the latest you can leave HQ to get to the start is 1.30pm. Registration starts at midday; I would suggest we do not arrive later than 12.30pm.

For those who want to lift share, I'm suggesting meeting at 11.30am on the service road next to Morrison's, Horndean. Please let me know if you want to meet and lift share so that we do not leave without anyone but we will go at 11.30am sharp.

### **For those who want to run Solent Half... from Beth Pirie**

With Overton sold out, it looks like the HRRL races will be popular this year so hurry and ensure you enter the Solent Half which is the 2nd race of the series, taking place on Sunday 23rd September. Details and entry can be found at:

[www.runbritain.com/RaceDetail.aspx?eventid=75bf06cc5e66&raceid=7eb90ec95969](http://www.runbritain.com/RaceDetail.aspx?eventid=75bf06cc5e66&raceid=7eb90ec95969)



## Victory AC Autumn Presentation Evening : Thursday 27<sup>th</sup> September

The Club's Autumn Presentation Evening takes place after the final Ian Murray Summer Short Handicap Race 7 on Thursday 27<sup>th</sup> 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!



## 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](mailto: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!

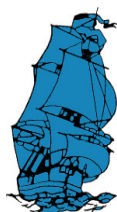
I would say 'Merry Christmas' but it's a bit early for that!'

Thank you,  
Helen



### Christmas Party Nights .

<b>To Start</b>
Tomato & Green Pesto Soup (v) (gf)
Herb chime flatbread
Thai Green Curry Style Fishcake (gf) (df)
Thai salad, sweet chili dressing
Duck & Port Pate
Orange glass, date punce, mini brioche
Vegetable Samosa (v) (df)
Endive salad, mango & ginger chutney
<b>To Follow</b>
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 cucumber
Sweet Potato, Pequin Pepper & Chickpea Tagine (v) (gf) (df)
Chili & wild rice
Served with Medley of Winter Vegetables (v) (gf) (df)
Mini Roast New Potatoes, Thyme & Sea Salt (v) (gf) (df)
<b>To Finish</b>
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



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

**Victory Athletic Club**  
**30/08/18 Flyer**