



23/03/11

Upcoming Events

Future VAC Events in March/April 2011

MARCH 2011

| | | | |
|-----------|------------|----------------------|---------------------------|
| Sunday | 27th March | Road Race League | Eastleigh |
| Wednesday | 30th March | Chichester Challenge | Details |

APRIL 2011

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|-----------|------------|--------------------|---|
| Saturday | 2nd April | Annual Dinner | Hayling Golf Club |
| Thursday | 14th April | post handicap Thai | |
| Wednesday | 20th April | VAC Social | Castle at Rowlands Castle |

VAC Club Member of the Year

Each year Club Awards are given to members according to several categories as described in previous club handbooks.

One award is chosen by the membership – Club Member of the Year, which is voted by the members as having contributed the most to the club over the previous year. Each club member is entitled to one vote.

To use your vote to nominate someone for this award, please send the name in an email to secretary@victoryac.org.uk to arrive before 23:59 on Friday 1st April.

Races and Training

South Downs Relay 2011 - Saturday 4th June

<http://www.southdownsrelay.co.uk/>

I know it is nearly 3 months away, but those interested in participating in the South Downs Relay need to start thinking about it now.

VAC has traditionally entered a couple of teams, though there are options to enter more if interest is high enough. Marilyn usually enters the Ladies team under the banner of Pigs Trotters. Each leg will need to be recc'ed, so that is another reason why early decisions have to be made - somebody will be recc'ing leg 1 starting at Eastbourne. If you don't have your own transport, then we can probably arrange some help here too.

I think most, who have ever participated, would consider the event a tough but great experience. The course (on the website above) is just under 100 miles in length. Each team consists of 6 runners, who do 3 legs each. So in round figures, each runner needs to do about 16 miles over hilly cross country over 3 legs. There is some scope for giving some runners longer or shorter lengths according to needs and wishes. The slow teams start first at 06:00 and teams are expected to finish by 20:00. There are cut-off times in the race, so those teams failing to meet the cut-off will be asked to leave the race. So although a team could consist of five hares and one tortoise, realistically it would be difficult to include somebody who couldn't do a sub 2 hour half marathon on a flat road.

As a guide, the 2009 team of Belinda Harding, John Gallagher, Martin Coles, Dave Baldwin, Alistair Helliwell and myself took 13 hour and 53 minutes.

For now, please send me your name if you are interested in taking part to secretary@victoryac.org.uk. We will sort out teams and leg allocation nearer the time. Teams have to be entered by the deadline of 1st April. Entry fee will be £15.00 per team member. Each team will have to pay for their transport too. Courtesy of Bob Cope, one team will have access to a minibus to transport them round the course.

This is not an event for wimps. As we have discovered in the last two years, we also need potential last minutes reserves too in order to cover for injuries.

To date I know of interest from 6 people

Shelly Butler
Martin Coles
Malcolm Hagan
Damian Hamilton
Belinda Harding
Neil Tolfrey

We need more because of injuries, both current and close to the race day.

Emsworth to Basingstoke Relay 2011 - Saturday 14th May

<http://www.emsworthrelay.org.uk/>

Anybody wishing to participate in this relay, please contact Martin Coles at martcoles@yahoo.co.uk

EASTLEIGH 10K

I have a spare entry for Eastleigh race on Sunday as I am unable to run due to injury if anyone is interested in taking my place I can arrange to meet at club and give them my entry. I'm not sure if you can transfer entry on the back of number it says that you cannot give it to anyone else but Mary seems to think because I'm a member of victory that we may be able to transfer.

Regards
Kim

From: "KimPHarris@Eaton.com" KimPHarris@Eaton.com

Eastleigh 10K Sunday 27th March - Car Sharing

Meet at Lakeside North Harbour at 0830 BST please. Car Park B - down the entrance road, right at the end, round the back of all the car parks, last one on the right before the exit road. The race starts at 1000am. No entries on the day.

DON'T FORGET TO PUT YOUR CLOCKS FORWARD

Martin

Summer Handicaps - Malcolm Hagan

Difficult to believe I know, but it must be nearly summer because it is the start of the VAC Summer Handicaps!

The first race of 2011 starts next Thursday 31st March at 18:00 at the Havant Leisure Centre. For those who have done the Handicaps in previous years, then the format and course is the same as before.

For new members, please read on.

The Short Handicap distance is 3.65 miles starting from behind the Leisure Centre with a route down to Langstone and back. The handicaps for the first race are based on last year's finishing times. For runners without a handicap, we will allocate a start time prior to the event. If you are a new member with no prior running history, please see Pete Harding before the 31st March, so we can allocate you a start time.

I will be doing two recce's of the course prior to the event in order to familiarise new members of the course. It is

important that all runners know the route, as we don't want to lose anybody.

The first recce will be on Thursday 24th March at 18:00, instead of the normal Thursday training.

The second recce will be on the following Tuesday 29th March at 18:30 instead of the normal Tuesday training.

Recce's for the Long Handicap will take place in April on the Thursday 7th April Tuesday 12th April

Results

Corporate Challenge

Results are available here --> <http://www.chichester-corporate-challenge.org.uk/4.html>

Training Schedule

Summer 2011 training schedule (www.victoryac.org.uk/training.html)

The new schedule has been designed to help you achieve your potential in a 10k event.

Tuesday remains the continuous run session designed to develop endurance.

You will note that the first run of every month is new Farlington Marshes meeting at Bidbury Lane carpark with a 18:30 start.

By request we have reintroduced a Butser Hill run on 28th June and an optional Butser Hill run on 2nd August. I encourage everyone to give these runs a go and sharing lifts out to Buriton is advised. They are really beneficial sessions.

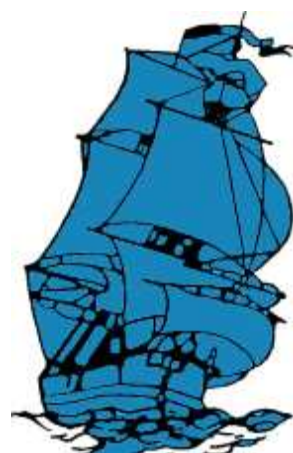
The Thursday schedule is geared towards speed and stamina with several favourite Vo2 sessions taking part. These take two people (preferably coaches) to run but if anyone is injured or just feels like helping that would be great. We are using the open fields of West Leigh for these and I hope to use your times from the short handicaps to get your "capacity" set.

We will be keeping up our love of hills and running the "up and over" session at Mill Lane (Bidbury).

Enjoy your spring and summer running with Club of the Year VAC

Pete H Club Coach

AOB - sadly I have a touch of Metatarsalgia - and it is a pain in the a***, I mean foot - so rest for me for a while - although you might see me on the bike - Ed



*Victory Athletic Club
23/03/11 Flyer*