

Race Reports

OVERTON 5: 2nd September 2018

Ladies and Mens Team Reports *Beth Pirie*

The Overton 5m road race was the opening event for the 2018/2019 Hampshire Road Race league.

We have always struggled to get the numbers for this race due to it still being the summer holidays, runners preferring to take part in the Beast and the unpopular time of day for the race, 2pm. Nevertheless, I am very pleased to say that Victory AC had enough ladies for all 3 teams; it's a real shame that a club that has over 240 paid up members could not pull together a team of 4 men. However, Ali McNiff, Will Hahn and Neil Blanchard were enthusiastic and put in a great effort on the day despite knowing they were one short for the team.

We all gathered before the race to pick up our numbers, have the obligatory team photo etc. and frantically put on sun cream as it was unexpectedly very hot with strong sunshine; fortunately, someone had factor 50 for Ali!

A 10-minute walk uphill to the start was followed by a short wait in the holding pens (based on expected times) and then we were off.

The last time I did this race it was two laps; the new course is very different, with 3 significant climbs before a very generous down-hill finish. Everyone worked really hard in the heat and pushed hard across the finish lines so well done to everyone and congratulations to Ali who achieved a personal best for the 5-mile distance. The highlight of the day was when all of the Victory runners were lined up and 'high fived' Mary with lots of cheers as she approached the finish line; it was fantastic and truly showed the true team spirit of Victory AC.

VAC Results

Name : Gun Time : Age Cat : Cat Rank : M/F Rank : Overall Rank

Ladies A Team

Gemma Corbett : 0:32:34 : FV35 : 4 : 8 : 81
Beth Pirie : 0:38:50 : FV45 : 5 : 51 : 252
Lucy Cowlin : 0:49:14 : FV45 : 16 & : 138 : 424

Ladies B Team

Bridget Main : 0:58:18 : FV50 : 185 : 482
Lesley Allen : 0:59:18 : FV55 : 16 : 188 : 486
Deborah Clarke : 1:01:03 : FV55 : 17 : 190 : 489

Ladies C Team

Sara Heath : 1:02:17 : FV40 : 43 : 193 : 493
Hazel Jenkinson : 1:02:38 : FV55 : 19 : 194 : 494
Mary Short : 1:07:10 : FV55 : 20 : 497

Men's (incomplete) Team

Alistair McNiff : 0:39:27 : MV35 : 35 : 201 : 249 [PB]
Will Hahn : 0:39:45 : MV45 : 39 : 212 : 265
Neil Blanchard : 1:01:50 : MV45 : 48 : 300 : 491

SOLENT HALF MARATHON: 29th September 2018

Mens Team Report *Terry Healy*

Race two of the HRRL saw us all at the Solent Half on Sunday 24th, on a lovely if rather hot day.

The route is very scenic tracking through the New Forest around Exbury....ponies and 'chocolate box' cottages galore. A section by Lepe Beach offering a cooling breeze, and with the tide out, some wonderful marine smells!

A few performances of note, Darren with a PB in one of his first Half's a welcome return by Malcolm Hagen running under the magical 2 hrs and another sterling run by the legend that is Jim Clow, second in his age category.

Mens Times

Darren Knight : 1.41.50

Andrew Flynn : 1.42.26

Jim Clow : 1.44.24

Terry Healy : 1.48.41

Dave Lown : 1.50.08

John Cowlin : 1.57.39

Malcolm Hagen : 1.59.09

Martin Coles : 2.14.57

GOSPORT HALF MARATHON: 18th November 2018

Team Reports - Race reports and results to come

VICTORY 5: 2nd December 2018

Mens team *Ali McNiff*

There was a fantastic turnout from victory for the 72nd Victory 5 mile race.

This was a nice race laid on by Portsmouth AC with a 2 lap fast flat course that was perfect for a PB or two.

The weather was "ok" at best with wind in your face in parts of the course but luckily no rain as predicted earlier in the week. The race took in parts of the lakeside parkrun course but run in the opposite direction, so fairly familiar to most of us who have run the parkrun.

Some Fantastic times as shown below and a couple of PB's by Richard Turner, Andrew Flynn, Simon Oakley, Mark Cooter, Will Han & Ali McNiff.

Mens Times

Pos : Chip Time : Name : Race No : Cat : Cat Pos : Gen Pos

57 : 00:29:33 : Paul Mitchinson : 97 : Sen Male : 38 : 52

147 : 00:32:41 : Richard Turner : 319 : Male Vet 50 : 11 : 131 **[PB]**

198 : 00:33:54 : David Lown : 87 : Male Vet : 40 : 29 : 176

215 : 00:34:24 : Andrew Flynn : 350 : Male Vet 50 : 14 : 190 **[PB]**

222 : 00:34:41 : Simon Oakley : 138 : Sen Male : 99 : 195 **[PB]**

290 : 00:36:23 : John Marengi : 397 : Male Vet : 55 : 23 : 244

339 : 00:38:03 : Will Hahn : 118 : Male Vet : 45 : 38 : 273 **[PB]**

343 : 00:38:10 : Ali McNiff : 396 : Sen Male : 115 : 276 **[PB]**

369 : 00:38:53 : Terry Healy : 342 : Male Vet 60 : 16 : 291

379 : ;00:39:04 : Jim Clow : 61 : Male Vet 65 : 2 : 297

475 : 00:41:46 : Mark Cooter : 190 : Male Vet 55 : 42 : 337 **[PB]**

523 : 00:43:28 : Gary Heather : 437 : Male Vet 55 : 45 : 356

596 : 00:46:21 : Peter Bone : 55 : Male Vet 60 : 25 : 385

636 : 00:48:54 : Kevin Leighfield : 367 : Male Vet 60 : 26 : 397

647 : 00:49:45 : Roger Brummell : 361 : Male Vet 60 : 27 : 400

663 : 00:50:42 : Howard Wright : 141 : Male Vet 75 : 5 : 407

715 : 00:58:11 : Neil Blanchard : 334 : Male Vet 45 : 64 : 421

720 : 01:00:33 : Paul Smart : 372 : Male Vet 50 : 43 : 422

Ladies team *Beth Pirie*

After Storm Diana brought in heavy rain and high winds during the week, Saturday's rain potentially was causing a risk to the Victory 5m course, with the threat of it turning into more of an off-road wet and muddy run along the back of Lakeside.

Fortunately, by the time Sunday morning arrived, despite being a bit drizzly with a slight headwind depending which way you were running, the conditions were reasonably dry and certainly not cold. There were some big puddles to avoid or just slosh through and the headwind certainly picked up on lap 2, however it was evident by the effort shown over the finish line that every runner really worked hard in this race, so well done to all.

Victory AC had an outstanding 36 runners on the start line, with 15 females making it the most well attended race of the Hampshire Road Race League so far.

We had more than enough runners for our A, B and C teams to get points in the league.

The Victory 5 results have yet to be added to the league tables.

Currently the ladies A team are 6th in Division 2, the B and C teams are 6th and 7th in Division 2 in the B team league.

Ladies Times

Chip Time : Name : Cat : Gender Position : Gender Pos

00:31:57 : Gemma Corbett : Senior Female : 13 : 8

00:36:50 : Jo Gilholm : Female Vet 45 : 48 : 8

00:38:29 : Beth Pirie : Female Vet 45 : 73 : 9

00:40:57 : Linda Pukinska : Senior Female : 121 : 62

00:41:34 : Helen Whiting : Senior Female& : 123 : 63

00:44:37 : Lucy Cowlin : Female Vet 45 : 183 : 26

00:44:47 : Rachel Jarvis : Female Vet 60 : 186 : 8

00:48:10 : Clariece Warrior : Senior Female : 228 : 98

00:49:33 : Nicola Stott& : Female Vet 50 : 245 : 33

00:52:03 : Amanda Rudkin : Female Vet 55 : 265 : 25

00:54:14 : Marilyn Crocker : Female Vet 70 : 3

00:54:47 : Lynne Meredith : Female Vet 60 : 280 : 13

00:54:59 : Bridget Main : Female Vet 50 : 281 : 37

00:56:41 : Raman Sangha : Female Vet 65 : 290 : 9

00:57:44& : Sara Heath : Female Vet 40 : 293 : 41

00:58:00 : Debbie Clarke : Female Vet 55 : 294 : 30

00:58:36 : Hazel Jenkinson : Female Vet 55 : 296 : 31

01:01:00 : Mary Short : Female Vet 55 : 300 : 32

STUBBINGTON 10K: 13th January 2019

Ladies and Mens Team Reports *Bridget Main*

Sunday dawned mild but with a wind chill factor which cut through you.

However, this was clearly an advantage being behind us as we made our way along the sea front.

There were certainly some very impressive performances at Stubbington 10K and everyone who ran in club colours did the vest proud.

Congratulations in particular to Simon who beat the club male O40 record and all those who achieved PB's.

Simon Gill PB & MV40 Club record; Matt Suter PB; Peter Bond PB; Karl Western PB; Andrew Flynn PB; Lynette Meredith PB; Victoria Beadle PB; Marie Mitchinson PB

Well done to all. A very impressive turn out and a very impressive set of results.

VAC Results

Position : Name : Gun Time : Chip Time

Ladies

186 : Gemma Corbett : 40.01
379 : Christine Riddington : 44.11
403 : Jo Gilholm : 44.41

488 : Zoe Gill : 46.30
592 : Beth Pirie : 48.29
1000 : Linda Pukinska : 55.32

1172 : Rachel Jarvis : 58.32
1280 : Lucy Cowlin : 1.00.16
1449 : Nicola Stott : 1.04.10

1480 : Marie Mitchinson : 1.05.05
1552 : Amanda Rudkin : 1.07.25
1654 : Bridget Main : 1.12.40
1667 : Lynne Meredith : 1.13.33
1673 : Sara Heath : 1.14.04
1676 : Victoria Beadle : 1.14.09
1710 : Amanda Coles : 1.18.26
1711 : Hazel Jenkinson : 1.18.30
1721 : Dee Sims : 1.20.21
1734 : Mary Short : 1.24.58
1735 : Tracy Long : 1.24.58

Men

13 : Simon Gill : 34.09
62 : Paul Mitchinson : 36.35
265 : Matt Gill : 41.58
273 : Matt Suter : 42.14

304 : Peter Bond : 42.44
306 : David Lown : 42.45
325 : Simon Oakley : 43.01
354 : Karl Weston : 43.35

367 : Andrew Flynn : 43.15
378 : Simon Turner : 44.06
535 : Jim Clow : 47.25
610 : John Marengi : 48.41

646 : Mark Hay : 49.17
653 : Will Hahn : 49.23
730 : Terry Healy : 50.46
793 : Matt Cornford : 51.38
924 : Mark Cooter : 53.58
1000 : Linda Pukinska : 55.32
1288 : Gary Heather : 1.00.22
1443 : Roger Brummell : 1.03.54
1481 : Graham Foden : 1.05.05
1718 : Neil Blanchard : 1.19.45

Ryde 10: 3rd February 2019

Ladies and Mens Team Reports

Sunday morning saw freezing temperatures continue and although it was -4 when we left to get the ferry to the IOW, the sky was blue and the sunshine was glorious.
The ferry was lively with lots of mainland runners with all the local clubs well represented.

A nice warm up along the seafront made a few of us discard the long-sleeved tops and before we knew it, the race had started and we were off, making our way up the first long climb out of Ryde.

For those that had not run this race last year, they were surprised with the new route and could have been pleasantly fooled when the 3rd long climb back through St Helens was not included. Instead we were treated with a beautiful down-hill route, with outstanding views beyond Bembridge, towards the coastal path that led us through the St Helens Duver National Trust area that headed towards the sea.

With no wind and bright sunshine, it really was stunning and running along the shore line was just so uplifting.

However, the route then turned left and everyone knew that their lungs would soon be busting and their legs would be like jelly by the time they made it to the top of the long climb through the Nodes Point Holiday park. Boy, that was a toughie!

As runners recovered the route negotiated its way back down-hill and then on an undulating route through Nettlestone and Seaview.

Turning left back onto the coastal path, we were rewarded with the knowledge that there was less than a parkrun distance left to do, despite the infamous last hill that is not long steep in place but almost a long before taking you to towards the down-hill to the finish.

This race is certainly a tough one, however with its beautiful views and a cracking medal, the hills are worth making the ferry trip over to the island. No wonder it was a sell-out this year.

We had a fantastic contingency of VAC ladies, enough for 2 teams to score.

Congratulations to Jo Gilholm who won a trophy and prize for being 1st lady in the F45 category, and Beth Pirie who won a prize for 2nd F45.

Unfortunately, despite a male membership of 121, only 3 men ran on Sunday, therefore missing out on the 5 required to score for the team.

However, many congratulations for the runner up in the M65 category, Jim CLOW, another prize winner.

Men:

For the Ryde 10 results (not the HRRL), they did count the first 3 for men and women for the team results.

Victory AC men therefore came 53/68 (Denmead and Fareham both had 5 teams of 3 each being recorded!).

The women A/B teams were 11/48 and 31/48 respectfully. Denmead ladies were first, our A team were just below Stubbington but above Fareham, Gosport and Portsmouth...hooray!

VAC Results

Time	: Chip Time	: Name	: Position	: Sex	: Gen Pos	: Cat	: Cat Position
1:19:16	1:19:07	GILHOLM, Jo	179	F	29	F45	1
1:22:42	1:22:18	CLOW, Jim	226	M	180	M65	2
1:22:55	1:22:34	HEALY, Terry	231	M	184	M60	11
1:23:08	1:22:47	PIRIE, Beth	234	F	48	F45	2
1:25:23	1:25:03	BUTLER, Michelle	255	F	56	F50	6
1:28:16	1:27:55	COWLIN, John	289	M	216	M45	46
1:32:33	1:32:12	BOILING, Helen	333	F	98	F45	11
1:33:33	1:33:13	PUKINSKA, Linda	348	F	108	SF	24
1:41:02	1:40:40	JARVIS, Rachel	404	F	149	F60	3
2:01:23	2:00:54	CROCKER, Marilyn	479	F	210	F70	3
2:02:27	2:01:48	MAIN, Bridget	481	F	212	F50	28

Fleet Half Marathon: 17 March 2019

Victory AC was well represented with 16 runners; 8 men and 8 ladies and some great individual performances.

Chip time results were:

Men:

Paul Mitchinson: 1:17:46

Matt Gill: 1:30:13

Richard Turner: 1:32:04

Simon Oakley: 1:33:22
Andrew Flynn: 1:37:07 PB
Terry Healy: 1:45:23
John Cowlin: 1:49:02
Willy Hahn: 1:53:43

Women

Jo Gilholm: 1:40:43
Zoe Gill: 1:44:17

Beth Pirie: 1:48:45
Michelle Butler: 1:54:42
Linda Pukinska: 1:57:36 PB
Helen Boiling: 1:58:15
Rachel Jarvis: 2:09:05
Bridget Main: 2:40:55

Salisbury 10: 14th April 2019

Ladies and Mens Team Reports *Bridget Main*

The conditions were almost perfect for today's HRRL ten mile race in Salisbury. Although there was much discussion as to whether a vest on its own was too cold!

A beautiful undulating course with views across Wiltshire countryside and wildlife including black swans and alpacas, what else would you want to do on a Sunday morning? So having run ten miles there were some impressive results from all and it was great to see full teams for both men and women.

Congratulations to Jim and Marilyn who were third and second in their age categories respectively. For those who have not done this race before, it is definitely one to be recommended.

Chip Times:

Simon Turner 1:11:09, Andrew Fuller 1:12:14, Simon Delves 1:12:36, Dave Lown 1:13:15, Jo Gilholm 1:15:16, Jim Clow 1:18:59, Darren Knight 1:20:40, Terry Healy 1:20:51, Michelle Butler 1:21:48, Beth Pirie 1:23:17, Linda Pukinska 1:28:00, Mark Cooter (PB) 1:28:04, Helen Boiling 1:30:47, Peter Beachill 1:39:36, Nicola Stott 1:48:46, Marilyn Crocker 1:58:09, Bridget Main 1:59:01

Great running everyone!

Netley 10k: 19th May 2019

Report: *Bridget Main*

Despite the weather forecast, the morning of Netley dawned bright and sunny with what looked like not a cloud in the sky. A good turn out with five men making up the four man team and thirteen women making up four teams. For most the first two laps of the course were hot and sunny and it appeared that the weather forecast was going to be wrong. However on the dot of eleven, the rain started falling and those of us who were still on the course came in like drowned rats - good job we had towels given to us instead of medals! Some fantastic running from Gemma Corbett (Third Lady), Jo Gilholm (Second F45), Jim Clow (3rd M65) and Marilyn Crocker (1st F70). With only two events left in the season, it was good to see such a good turn out and such good results all round.

Alresford 10k: 16th June 2019

Report: *Bridget Main*

The day dawned rainy and generally overcast. The weather got gradually worse as we drove north and then stood looking out the window waiting to start. As soon as we ventured out for the group photo the rain stopped and the sun even came out for those on the course long enough. A new race to the HRRL and certainly challenging. Very undulating but very picturesque. A brilliant turn out from the club with two men's teams and three women's teams all finishing and prizes for Marilyn and Jim in their age categories. Welcome to Andrew on his first HRRL appearance and hopefully you will be able to join us again. Lovely T-shirt and water bottles at the end coupled with watercress smoothie finished off the morning perfectly. One more race to go and hopefully a good turn out will see our league position improve. Great running everyone.

Lordshill 10k: 30th June 2019

Report: *Bridget Main*

The day started cooler than yesterday and as an added bonus the predicted road closure had opened earlier than expected so we had a clear run through to the start and actually started getting chilly whilst waiting for the race to begin. The race was very well marshalled and there were plenty of water stops along the way which was just as well as it became very muggy as we progressed. The concensus was that it was a hard race but not as hard as Alresford! Well done to everyone who represented the club, it was great to see two full men's teams and three full women's teams. A good finish to the season.