

ITCHEN SPITFIRES RUNNING CLUB



www.itchenspitifiresrc.co.uk



Itchen Spitfires Running Club



@ItchenSpitfires



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WOW WOW WOW!

What an incredible month Itchen Spitfires Running Club has had. First of all, another beginners group has completed their C-2-5K. Many of you have also tackled a new distance for the first time, whether it is 5K or a Marathon you should all be incredibly proud of your achievements.

Membership

Thank you to everyone that has given Meeje Brett membership forms and money, she has been working very hard to update the database.

Births, Deaths & Marriages

Congratulations to Spitfires Ben and Sharon Stewart who got married on 26th March and Daniel Baker who got married on 1st April. Also, congratulations to Daniel Laming whose son was born on 2nd April and Dave Morgan whose daughter was born on 4th April.



RR10 LEAGUE 2016

As you are probably now aware, the RR10 League is a series of 11 races running from April through to August, racing against all other local clubs.

League Rules

1. You **MUST** wear a club race vest or club race t-shirt
2. Each club has to host/marshal at one race, miss another race (Spitfires must not attend on Wed 8th June) and run the other 9 races - please see the upcoming races section for dates.

Thank you to all Spitfires who came along to marshal at the first event last Wednesday at Royal Victoria Country Park - you all did a fantastic job and the club certainly got noticed.

For more information visit www.rr10.hampshire.org.uk

MAY TRAINING PLAN

Mon	Wed	Thurs
2nd Hill Pyramid	4th	5th Group Runs
9th Speed Session	11th	12th Group Runs
16th Time Trial	18th	19th Group Runs
23rd Long Reps	25th	26th Group Runs
30th Short Hill Reps		

AGM

Wednesday 27th April - 6.45-8.45pm
Southampton Amateur Rowing Club, Hazel Road, Woolston, SO19 7GA

Agenda on the Facebook

LORDSHILL MAGIC MILE

For those that are not aware of the Lordshill Magic Mile Series, participants can compete against each other in 1 mile timed runs on Southampton Common.

Ten Spitfires took part in the he first event of 2016 on Tuesday 12th April. The fastest male Spitfire was Sam Grant in 5 mins 16 secs, the fastest female Spitfire was Catherine Crocker in 7 mins 53 secs. A special mention to Andrew Banda who beat his Dad Kali by 2 seconds. Well done to everyone who took part!

Please see the upcoming races section for future dates.

To register for future events go to www.magic-mile.co.uk

CLUB CHAMPIONSHIPS 2016

If you wish to take part this year e-mail Gil isrc.clubsec@gmail.com by 26th June, with the age you will be on that date and the events you plan to be taking part in. Results will be based on age-grading.

UPCOMING RACES

Sunday 1st May - Fordingbridge Fire Station 10K
 Sunday 1st May - Run Frimley 10K
 Monday 2nd May - Harewood Forest 10K
Wednesday 4th May - RR10 Stoney Cross
 Sunday 8th May - Alton Ten
 Sunday 8th May - Lyminster Lifeboat 10K
Tuesday 10th May - Magic Mile Event 2
 Sunday 15th May - Barton Stacey 10K
 Sunday 15th May - Hook 10K & 10M
 Sunday 15th May - Southampton Athletic Club 10K
 Sunday 15th May - Bognor 10K
Wednesday 18th May - RR10 Wilverley Enclosure
Wednesday 1st June - RR10 Royal Cadland Estate
 Sunday 5th June - 5 Mile Beer Race Romsey
 Sunday 5th June - Worthing 10K
Tuesday 14th June - Magic Mile Event 3
 Sunday 19th June - Alresford Rotary 10K
 Sunday 19th June - Gosport Golden Mile & 5K
Wednesday 22nd June - RR10 Manor Farm
 Sunday 26th June - Lordshill 10K

Sunday 3rd July - Abbots Ann 5K & 10K
Wednesday 6th July - RR10 Marwell
 Sunday 10th July - New Forest 10
Wednesday 13th July - RR10 Whiteley
Wednesday 20th July - RR10 Janesmoor Pond
Tuesday 26th July - Magic Mile Event 4

RECENT PERSONAL BESTS

Well done to all those who have recently achieved PBs or PFs.

Parkrun:

Adam Ruddy 21:10
 Alan Sherman 28:00
 Alana Nairn 33:34
 Andy Herman 17:55
 Ann Surtees 37:05
 Annette Banister 40:29
 Clare Jesson 26:06
 Danni Mason 31:26
 Darren Palmer 23:32
 David Folan 26:55
 Emma Doe 29:51
 Fiona Amos 28:18
 Francesca Horn 26:49
 Glenn Medcalf 25:04
 Helen Platten 38:50
 Holly Cramer 33:28
 James Wood 28:34
 Jane Newbury 42:47
 Kate Marsh 33:38
 Kelly Adams 36:24
 Kelly De La Ceaux 41:57
 Lauren Clarke 35:09
 Lindsay Bowers 33:49
 Lisa Williamson 30:28
 Lucy Ashton 28:36
 Matthew Shepherd 23:47
 Mike Day 26:31
 Nikki Gallop 39:22
 Paula Lovell 25:40
 Paul Leeming 30:04
 Robert Gurman 24:56
 Rob Kelly 18:42
 Sarah Sherman 33:03
 Sharon Stewart 28:00
 Shaun Holloway 24:06
 Sue Haig 32:07
 Teresa Brown 40:52
 Teresa Robson 27:23
 Tom Fooks-Bale 20:00
 Tracy Woolhouse 35:13
 Vicky Waters 34:01

Half-Marathon:

Andrea Somerville-Hewitt
 2:17:38 (Southampton)
 Ed Aleksandarevic 1:41:51
 (Devizes)
 Emily Akerman 2:25:08
 (Southampton)
 Emma Doe 2:15:21
 (Southampton)
 Laura Blyth 2:58:24
 (Southampton)
 Leah Tavner 1:50:35
 (Southampton)
 Mark Dolan 2:13:14
 (Southampton)
 Paul Leeming 2:21:43
 (Southampton)
 Richy Stilliano 1:35:31
 (Southampton)
 Tash Avery 1:38:23
 (Southampton)
 Tori Collinson 2:19:51
 (Southampton)

Marathon:

Abigail Hamilton 4:25:38
 (Brighton)
 Adam Ruddy 4:06:49
 (Brighton)
 Colin Francis 5:04:26
 (Brighton)
 Dani Bain 4:36:34 (Brighton)
 David Brett 4:13:58 (Brighton)
 Diane Abraham 4:12:27
 (Brighton)
 Elizabeth Steel 5:09:24
 (London)
 Janine Clarke 4:18:04
 (London)
 Julie Mills 5:12:51 (Paris)
 Kerri Ewan 4:53:07 (London)
 Leah Tavner 4:14:04
 (Brighton)
 Linda Seymour 5:59:54
 (Brighton)
 Michelle Richie 5:10:07
 (Brighton)
 Paul Shave 4:36:34 (Brighton)
 Rachel Grant 6:03:34
 (London)
 Samantha Brownsea 3:52:08
 (Brighton)
 Theresa Hamer 4:25:15
 (Brighton)

10K:

Charlotte Watts 1:04:29
 (Eastleigh)
 Claire Healey 58:56 (Eastleigh)
 Darren Palmer 48:20
 (Eastleigh)
 Emma Landick 1:00:51
 (Eastleigh)
 Glenn Medcalf 53:39
 (Southampton)
 Julie Folan 1:12:32
 (Southampton)
 Lorna Banda 1:04:10
 (Eastleigh)
 Lucy Ashton 58:52
 (Southampton)
 Maria Bowers 57:50 (Eastleigh)
 Paul Leeming 1:01:48
 (Eastleigh)
 Tori Collinson 57:30 (Eastleigh)



Good Luck To Everyone Running Races in May