

# ITCHEN SPITFIRES RUNNING CLUB



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## SPITFIRES TAKEOVER

It is quickly becoming apparent that Itchen Spitfires are taking over the world!

- 44 Spitfires took part in the Wyvern 10K (best represented club and 9.6% of total entrants!!)
- Three teams of 10 runners participated in the Mile of Miles Relay event
- 27 Spitfires ran in the 3rd event of the Magic Mile Series (best represented club)

### Mile of Miles Relay Event

Well done to everyone who took part in this event:

Team L - 8th - 58:32  
 Team K - 20th - 1:04:59  
 Team J - 34th - 1:20:04

### Spitfires Summer Social



Sunday 5th July saw the inaugural Spitfires Summer Social take place at the Royal Victoria Country Park. It was a lovely sunny afternoon which made the afternoon even better. Thank you to those who donated raffle prizes or bought tickets, £185 was raised. So far Meeje's jam has made £25 for the club kitty!

## GUESS THE SPITFIRE

Can you guess who the following Spitfires are? Answers on the bottom of page 2!

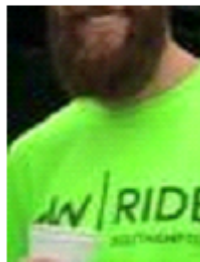
1



2



3



## WHAT BEING A SPITFIRE MEANS

- Always remember we stand for "Together As One"
- We support everyone, each other and other runners/clubs
- To improve as a runner
- To encourage and motivate
- To represent the club in an exemplary manner
- We are a family club, family members are always welcome at club nights/events
- 6 or 16 minute miles, everyone gets treated the same
- No one gets left behind
- To stay and support your fellow club members at races/events
- Never ever shout at a fellow runner/walker to move out of the way
- Be courteous at all times, remember you represent the club



## AUGUST TRAINING SCHEDULE

Mon	Wed	Thurs
3rd Long Reps	5th	6th Group Runs
10th Short Hill Reps	12th	13th Group Runs
17th Speed Pyramid	19th	20th Group Runs
24th Hill Pyramid	26th	27th Group Runs
31st Speed Session		

## UPCOMING RACES

Sunday 2nd August - Harting Train Race 10M  
 Sunday 9th August - Salisbury 5-4-3-2-1 Trail Marathon, 5K, 10K  
 Sunday 23rd August - Lulworth Castle 10K  
 Sunday 30th August - Studland 5K

Tuesday 1st September - LRR Magic Mile Event 4  
 Sunday 6th September - The Spitfires 10K, London  
 Sunday 6th September - Fordingbridge Fire Station 10M  
 Sunday 6th September - Chestnut Tree House Littlehampton 10K  
 Sunday 13th September - New Forest 5K, 10K, HM & Marathon  
 Sunday 13th September - Littledown 5M, Bournemouth  
 Sunday 27th September - Butser Hill Challenge 5M  
 Sunday 27th September - Perform 5M at The Ageas Bowl  
 Sunday 27th September - Solent HM

Sunday 4th October - Basingstoke HM  
 Sunday 4th October - Portsmouth RNLI 10K  
 Sunday 4th October - Bournemouth Marathon, 5K, 10K, HM  
 Sunday 11th October - Chichester HM  
 Sunday 18th October - Run Dorset - Christchurch 10K  
 Sunday 25th October - Great South Run



## JULY PERSONAL BESTS

Well done to all those who achieved PBs or PFs (personal firsts) in July. Please send me (Jill Choudhury) a message on Facebook if you would like a PB/PF mentioned in the newsletter.

### Parkrun:

Daniel Baker 19:30  
 Donna Lane 29:02  
 Elizabeth Steel 29:47  
 Lorna Banda 31:18  
 Mark Dolan 30:14  
 Mike Day 28:22  
 Paul Leeming 30:47  
 Sharon Faulkner 29:47  
 Victoria Collinson 29:27

### 10K cont:

Lindy Seymour 1:00:37  
 Mark Dolan 57:58  
 Mark Stanmore 46:26  
 Meeje Brett 49:29  
 Rachel Sutch 53:30  
 Richard Dooler 43:49  
 Rob Jesson 44:41  
 Rob Melotti 48:38  
 Russell Meddings 43:56  
 Samantha Brownsea 55:07  
 Sharon Faulkner 1:02:28  
 Theresa Hamer 57:59

### 10K (Wyvern!):

Andrew Herman 39:32  
 Anna Crowshaw 1:11:49  
 Becky Diggle 57:57  
 Dani Bain 58:42  
 Daniel Baker 40:57  
 Dave Keates 45:29  
 David Brett 48:32  
 Diane Abraham 49:27  
 Emma Wilson 45:46  
 Gerry Robson 39:48  
 James Meddings 1:13:06  
 Jan Bray 1:11:05  
 Leah Tavner 49:05  
 Lee Donnarumma 44:49

### Other:

Claire Denny 1:31:42 (New Forest 10M)  
 Daniel Baker (St. George's 10M Road Race) 1:08:22  
 Dave Morgan 1:37:56 (London River Rat Race)  
 Owen Puckett 1:16:07 (New Forest 10M)  
 Vicki Woodell-Hall 1:25:39 (New Forest 10M)

## PARKRUN



Gil's first parkrun as Run Director will be on Saturday 8th August at Southampton Common. If you would like to volunteer for this or any future parkruns please e-mail

[southamptonhelpers@parkrun.com](mailto:southamptonhelpers@parkrun.com)

## LORDSHILL MAGIC MILE

The third instalment of the Lordshill Magic Mile series took place on Tuesday 28th July. The fastest male Spitfire was Gil McClure in 5 mins 18 secs and the fastest female Spitfire was Emma Wilson in 6 mins 20 secs.

Please remember that if you are taking part in the Club Championship, your last chance to run the Magic Mile will be on Tuesday 1st September.

To register for the series go to [www.magic-mile.co.uk](http://www.magic-mile.co.uk)



Guess The Spitfire Answers  
 1. Benjamin Stewart 2. Luis Adnan Rosas Wiedfeldt  
 3. Gil McClure

Good Luck To Everyone Running Races In August