

# ITCHEN SPITFIRES RUNNING CLUB



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## MERRY CHRISTMAS!

2015 has been a truly fantastic year!

The club has gone from strength to strength with an ever-expanding list of members, some very successful Beginners Groups, new Run Leaders, some wonderful Socials and HUNDREDS of PBs!!!

I am sure you will all agree that we are very grateful to John and Rachel Grant for having the vision to start up Itchen Spitfires Running Club.

### Christmas Break

Please note that there will be **no** club training on Thursday 24th December, Monday 28th December and Thursday 31st December. The next club training night will be Monday 4th January 2016.

**Merry Christmas to all Spitfires and their families!**



## CHRISTMAS QUIZ

Answers at the bottom of page 2

- In the song 'The Twelve Days of Christmas' how many maids were milking?  
A. 7                      B. 8                      C. 9
- How many sides does a snowflake have?  
A. 6                      B. 8                      C. 10
- Who was Scrooge's dead business partner in Charles Dickens' 'A Christmas Carol'?  
A. Tiny Tim            B. Jacob Marley      C. Bob Cratchit

## DEC/JAN TRAINING PLAN

Mon	Wed	Thurs
		<b>24th Dec</b> <b>NO CLUB RUN</b>
<b>28th Dec</b> <b>NO CLUB RUN</b>	<b>30th Dec</b>	<b>31st Dec</b> <b>NO CLUB RUN</b>
<b>4th Jan</b> Kenyan Hills	<b>6th Jan</b>	<b>7th Jan</b> Group Runs
<b>11th Jan</b> Time Trial	<b>13th Jan</b>	<b>14th Jan</b> Group Runs
<b>18th Jan</b> Long Reps	<b>20th Jan</b>	<b>21st Jan</b> Group Runs
<b>25th Jan</b> Short Hill Reps	<b>27th Jan</b>	<b>28th Jan</b> Group Runs

## AWARDS CEREMONY

A big thank you to Beth Farrow for organising the end of year social and awards ceremony. It was a lovely evening and a fantastic way to celebrate how far the club has come in its first year - we now have over 150 members!

Well done to Kerri Ewan who won the London Marathon place.

John and Rachel took the time to thank the Run Leaders - Gil McClure, Chris Walker, Meeje Brett, Julie Dreads, Dani Bain, Rachel Grant.

They also thanked Gil McClure (Secretary), Rosie Mackay (Treasurer), Meeje Brett (Membership Secretary), Michelle Ritchie (Kit Manager), Beth Farrow (Social Secretary) and Jill Choudhury (Newsletter).

### Awards

- Female Age-graded Champion - Meeje Brett
- Male Age-graded Champion - Gerry Robson
- Most Improved - Tree Hamer
- Spitfire of the Year (as voted by club members) - Russell Meddings



Thank you to Jane Grant Photography for the above photographs of the wonderful winners!

## UPCOMING RACES

Friday 1st January - Trionium Knacker Cracker 10K, Box Hill  
 Friday 1st January - Hangover 5M, Worthing  
 Sunday 3rd January - Somerley Charity 10K, Ringwood  
 Sunday 10th January - Rough 'n' Tumble 10, Marlborough

Sunday 7th February - Chichester Priory 10K  
 Sunday 7th February - Longleat 10K  
 Sunday 14th February - Portsmouth Coastal HM  
 Sunday 14th February - Worthing HM  
 Sunday 14th February - Lytchett 10M, Poole  
 Sunday 28th February - Heartbreak Marathon & HM, Fordingbridge  
 Sunday 28th February - Bournemouth 10M

Saturday 12th March - Brutal Bordon  
 Sunday 13th March - Weymouth Bay 10K  
 Sunday 13th March - City of Salisbury 10M Road Race  
 Sunday 13th March - Surrey Spitfire 20M  
 Sunday 13th March - Larmer Tree HM, 20M & Marathon  
 Thursday 17th March - St Patrick's Day Run, Portsmouth  
 Sunday 20th March - Fleet pre-London HM  
 Sunday 20th March - Eastleigh 10K  
 Sunday 20th March - Weymouth HM

# RECENT PERSONAL BESTS

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

**Parkrun:**  
 Abigail Hamilton 25:51  
 Alex Weight 26:22  
 Becky Ballard 28:10  
 Becky Diggle 25:27  
 Brian Birkmyre 17:02  
 Claire Healey 27:23  
 Daniel Meddings 22:15  
 David Chalk 24:53  
 David Folan 27:46  
 Donna Paddick 31:37  
 Elizabeth Smith 31:11  
 Holly Cramer 35:37  
 Jennifer Get 38:22  
 Julian Rathke 19:07  
 Julie Folan 34:22  
 Julie Holloway 31:19  
 Julie Mills 27:43  
 Lauren Clarke 38:15  
 Leah Tavner 23:27  
 Lisa Williamson 34:28  
 Madeline Brown 36:54  
 Maria Bowers 26:28  
 Sam Brownsea 23:32  
 Sam Grant 17:43  
 Sue Haig 35:58

**Parkrun cont:**  
 Teresa Robson 27:43  
 Theresa 'Tree' Hamer 23:44

**5M:**  
 Laura Blyth 55:53  
 (Portsmouth Victory)  
 David Chalk 46:51  
 (Portsmouth Victory)

**10M:**  
 Beverley Lawrence 1:33:56  
 (Hayling Island 10)

**HM:**  
 Sarah Monty Whitelock  
 1:52:55 (Norwich)

**Marathon:**  
 Jo Wetton 4:53:48  
 (Portsmouth Coastal)  
 Rosie Mackay 5:36:08  
 (Portsmouth Coastal)

**50K:**  
 John Collis 5:41:58  
 (Portsmouth Coastal)



## PARKRUN



Over the Christmas period you can boost your parkrun number by 5 very easily:

- Christmas Day - Southampton 9am, Eastleigh 9am, Netley 9am
- Sat 26th December - as per normal
- New Years Day - Eastleigh 9am, Netley 9am, **Southampton 10.30am**
- Sat 2nd January - as per normal

### Parkrun tourism

Gladys Legaspi and Sergio López du Bustos have managed to incorporate a bit of parkrun tourism into their Christmas break - they took part in the Singapore parkrun with their daughter.



### Spitfires Takeover

John is hoping to have a 'Spitfires Takeover' on Sat 9th Jan - please e-mail if you are able to volunteer!



Christmas Quiz Answers  
 1. B  
 2. A  
 3. B

Merry Christmas and a Happy New Year!