

# ITCHEN SPITFIRES RUNNING CLUB



[www.itchenspitifiresrc.co.uk](http://www.itchenspitifiresrc.co.uk)



Itchen Spitfires Running Club



@ItchenSpitfires



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## LONG RUNS...

Many of you are well into your marathon training now. Long runs can be quite tedious so if you are able to find a buddy to accompany you then that may help. Alternatively you may be able to find a nice Spitfire who could meet you and run the latter part of your long run with you.

Please remember to have rest days to help prevent yourself from getting injured.

### AGM

Keep your eyes peeled for date/time/venue of the AGM - we really hope that as many of you as possible will be able to attend.

### AGM cont.

Certainly I intend to step-down in my role as writer of the Spitfires newsletter, and some of the other roles may also be available so it is worth thinking about if you feel able to help out.



Ed half-way through a 72K training run in Croatia....

## CLUB CHAMPIONSHIPS 2016

If you wish to take part this year e-mail Gil [isrc.clubsec@gmail.com](mailto: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. To be in with a chance of a prize you need to:

1. Run Lordshill 10K on 26th June
2. Run one of the Magic Miles (dates to be confirmed)
3. Run at least one of the two 5 mile club runs (either Mon 11th July or Thursday 21st July)
4. Run at a Southampton, Netley or Eastleigh parkrun during September
5. Run either Gosport HM (20th November) or Bournemouth HM or Marathon (2nd October)

## FEBRUARY TRAINING PLAN

Mon	Wed	Thurs
8th Hill Pyramid	10th	11th Group Runs
15th Speed Session	17th	18th Group Runs
22nd Time Trial	24th	25th Group Runs
29th Long Reps		

## RR10 LEAGUE 2016

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 and run the other 9 races. If you do not marshal, you will not be able to take part.

### League Dates (TBC)

Wed 20th April - 7pm - Royal Victoria Country Park (**Spitfires to marshal**)

Wed 4th May - 7.15pm - Stoney Cross

Wed 18th May - 7.30pm - Wilverley Enclosure

Wed 1st June - 7.30pm - Royal Cadland Estate

Wed 8th June - **SPITFIRES NOT TO ATTEND**

Wed 22nd June - 7.30pm - Manor Farm

Wed 6th July - 7.30pm - Marwell

Wed 13th July - 7.30pm - Whiteley

Wed 20th July - 7.30pm - Janesmoor Pond

Wed 3rd August - 7.15pm - Itchen Valley Country Park

Wed 17th August - 7.15pm - IBM Hursley

For more information visit [www.rr10.hampshire.org.uk](http://www.rr10.hampshire.org.uk)

## UPCOMING RACES

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

Sunday 3rd April - Exbury Gardens 5M

Sunday 3rd April - Hundred Acres 10K Trail

Sunday 3rd April - Bournemouth Bay Run

Sunday 10th April - Devizes HM

Sunday 17th April - Brighton Marathon

Sunday 24th April - Southampton HM & 10K

Sunday 24th April - London Marathon



## JANUARY PERSONAL BESTS

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

### Parkrun:

Andy Herman 18:16  
Adam Ruddy 21:43  
David Folan 27:13  
Janine Clarke 25:39  
Julie Folan 34:06  
Lisa Williamson 31:17  
Paula Lovell 29:28

### Parkrun cont:

Rosie Mackay 25:55  
Sue Haig 35:44  
Tom Fooks-Bale 20:35  
Tracy Woolhouse 35:30

### 10K:

Tash Avery 45:04

## LORDSHILL MAGIC MILE 2016

There are five events in the Lordshill Magic Mile 2016 series. The events will be taking place at 6.30pm at Southampton Common. To take part you will need to register and print out your barcode.

The provisional dates for the 2016 series are:

Tues 12th April  
Tues 10th May  
Tues 14th June  
Tues 26th July  
Tues 6th September

For more information visit [www.magic-mile.co.uk](http://www.magic-mile.co.uk)



## CLUB KIT

If you would like to order any club kit please speak to Kit Manager Michelle, some of the kit can also be ordered via the ISRC website.



### Race Vest

Available in  
Ladies 32", 34", 36", 38", 40"  
Mens 34", 36", 40", 42", 44"  
£22



### Race Running Top

£26



### Training Running Top

Available in S, M, L, XL  
£15

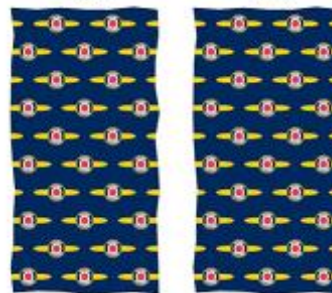


### Hoodie

Available in S, M, L, XL  
£25 cash or £26 via Paypal

FRONT

BACK



### Buff

£9



### Race Clips



Good Luck To Everyone Running Races in February