

ITCHEN SPITFIRES RUNNING CLUB



 www.itchenspitifiresrc.co.uk
 Itchen Spitfires Running Club
 @ItchenSpitfires
 Itchenspitifiresrc@gmail.com

HAPPY NEW YEAR!

We hope you all had an enjoyable Christmas and New Year. Club training resumes on Monday 4th January 2016.

Goal Setting

Runners often set themselves goals at the beginning of the year. If you haven't already set any goals, here are some ideas to get you thinking:

- Tackle a new distance
- Enter your first race
- Get a new PB
- Attend your first parkrun
- Volunteer at parkrun
- Remain injury-free!!
- Encourage someone to join Spitfires

First Race of 2016

Well done to Ed Aleksandarevic who wins the prize for taking part in the first race of 2016 (it started at midnight on 1st January!) - he completed the Zürich New Year Marathon in 4:14:40.



FESTIVE PERSONAL BESTS

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

Parkrun:

Charlotte Watts 32:32
Chris Walker 21:17

Lisa Williamson 32:28
Robin Tearle 25:42



JANUARY TRAINING PLAN

| Mon | Wed | Thurs |
|------------------------------------|-----------------|-------------------------------|
| 4th Jan Kenyan Hills | 6th Jan | 7th Jan Group Runs |
| 11th Jan Time Trial | 13th Jan | 14th Jan Group Runs |
| 18th Jan Long Reps | 20th Jan | 21st Jan Group Runs |
| 25th Jan Short Hill Reps | 27th Jan | 28th Jan Group Runs |

UPCOMING RACES

Sunday 10th January - Rough 'n' Tumble 10, Marlborough
 Saturday 16th January - Hell Down South
 Sunday 17th January - Stubbington Green 10K

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

Good Luck To Everyone Running Races in January