

ITCHEN SPITFIRES RUNNING CLUB



www.itchenspitifiresrc.co.uk

Itchen Spitfires Running Club

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A SQUADRON OF SPITFIRES??

In June the question was posed - what is the collective noun for Spitfires? Suggestions included a flight, a swarm, a formation and a squadron. Given that we now have over 90 members I think we will soon have enough for our own Air Force.

Membership

Membership Secretary Meeje Brett is now taking money (cash or cheques payable to Itchen Spitfires Running Club) and membership forms (available to download from website):

Full Membership with UKA affiliation - £25

Full membership without UKA affiliation - £15

Second Claim - £12

Safety Announcements

Your Run Leaders are there for your safety. It is imperative that you do not run past or do anything different from what the Run Leader says. You may feel you can run faster, if that's the case then next week it is time to pop yourself into the next group.

Headphones - if you can't hear your Run Leader then you are putting yourself in danger. You are welcome to wear them just turn the sound down so you can hear what is going on.

Listen to your Run Leaders - they are there for a reason!

Club Championship

Please let Gil know if you would like to take part.

SPITFIRES SOCIALS

Sunday 5th July

12pm at Royal Victoria Country Park, Netley

Picnic & games - spouses & children also welcome. It is probably best if people bring their own food for the picnic, however a willingness to share will be lovely! Also if anyone has a gazebo, chairs or picnic blankets then they would be welcome too!

Sunday 19th July

We have kindly been offered the use of a BBQ area in Southampton after the SkyRide. You and your family are welcome to attend whether you are participating, volunteering, spectating or just fancy socialising.

Beth will be organising burgers, sausages (including vegetarian options), buns & sauces. Please could you let her know in person or via the Facebook event page if you plan to come along so she knows how much to buy. We will be asking you to pay for each item to cover the cost of the food.

FUNDRAISING

Abigail Hamilton and Dani Bain are organising a raffle at the Spitfires Summer Social to raise money for the club.

If you have any prizes that you would like to donate to the raffle or would like to buy raffle tickets please let them know asap.

MILES OF MILES

Wednesday 15th July, 7.30pm at Southampton Sports Centre - teams of 10 (at least 2 women per team), each person runs 1 mile on track. £2 per person, let John know if you wish to take part.

UPCOMING RACES

Sunday 5th July - Abbots Ann 5K & 10K

Sunday 12th July - New Forest 10M

Sunday 12th July - Wyvern 10K

Tuesday 28th July - LRR Magic Mile Event 3

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 - 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 TRAINING SCHEDULE

Mon	Wed	Thurs
		2nd Group Runs
6th Speed Pyramid	8th	9th Group Runs
13th Hill Pyramid	15th	16th Group Runs
20th Speed Session	22nd	23rd Group Runs
27th Time Trial	29th	30th Group Runs

JUNE PERSONAL BESTS

Well done to all those who achieved PBs or PFs (personal firsts) in June.

This section of the newsletter seems to be getting larger each month (it may need a separate page soon) - this just shows how much hard work you are all putting in and the fantastic training from the Run Leaders.

Please remember to select Itchen Spitfires Running Club on your parkrun profile so I can find your results. Also, if you get a PB/PF at an event other than parkrun it would be helpful if you send me (Jill Choudhury) a message on Facebook as it is becoming increasingly difficult hunting through all the Facebook posts/comments!

Parkrun:

Andy Herman 19:08
 Becky Diggle 27:37
 Ben Stewart 21:38
 Carol Donnarumma 32:31
 Charlotte Dooler 27:00
 Charlotte Watts 32:59
 Claire Denny 25:57
 Clare Jesson 26:10
 Dani Bain 29:15
 Daniel Baker 20:02
 Elizabeth Steel 30:56
 Gerry Robson 18:53
 Jan Bray 32:53
 Kerri Ewan 30:10
 Laura Baker 31:23
 Lee Donnarumma 21:26
 Lorna Banda 32:24
 Lucy Butt 28:18
 Marie Brett 23:03
 Mark Stanmore 20:59
 Paul Brady 20:54
 Paul Shave 21:44
 Richard Dooler 20:37
 Rob Jesson 20:51

Parkrun cont.

Rob Melotti 23:04
 Russell Meddings 20:32
 Sam Grant 18:07
 Teresa Robson 31:18
 Vicki Woodell-Hall 23:14
 Vicky Ewens 29:19

10K:

Claire Denny 56:47 (Alresford)
 Gladys Legaspi 54:14 (Lordshill)
 Marie Brett 51:40 (Alresford)
 Samantha Brownsea 57:38 (Lordshill)
 Sharon Faulkner 63:01 (Lordshill)
 Vicky Ewens 60:54 (Lordshill)

Other:

Emma Wilson 39:43 Eastleigh Sprint Aquathlon
 Linda Webber 41:38 Eastleigh Sprint Aquathlon

PARKRUN



A reminder that there is no Southampton parkrun on Sat 4th July. Other local parkruns include Eastleigh, Netley, Brockenhurst and Salisbury.

Lee-on-the-Solent will be starting their parkrun on Saturday 4th July at Marine Parade East, PO13 9LB. Once the event has become established it might be nice to do a bit of parkrun tourism.

Spitfire Gladys Legaspi was the Southampton parkrunner of the month in May - well done!



LORDSHILL MAGIC MILE

The final two events take place on Tues 28th July and Tues 1st September. Please remember that if you are taking part in the Club Championship, you will need to enter one of these two events.

To register for the series go to www.magic-mile.co.uk



Good Luck To Everyone Running Races In July