

ITCHEN SPITFIRES RUNNING CLUB



www.itchenspitifiresrc.co.uk

Itchen Spitfires Running Club

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CLUB AFFILIATION

In May we received the fantastic news that Itchen Spitfires Running Club had been granted a UKA affiliation number.

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

Without UKA affiliation you will have to pay the higher race entry fees. If you bring any friends along then the club will be working on a two free taster session basis.



Spitfire Summer Challenge
Sunday 30th August 1pm

Your mission is to collect a receipt from each 5 specific shops (you will be informed which shops before the run). The receipt must have the days date - buy, bin rummage or beg for someone's receipt before moving to the next shop, go in any direction you want, but there is a 2hr 30 min cut off.

You will be put into teams based on your 5k time, the prizes will be for the fastest male and female with all 5 receipts and the team with the most points from the receipts.

CLUB KIT

Official club race vests are going to be available to order soon, the price will be in the region of £21/22. These vests can only be worn at races and at parkruns (not training nights).

There are also training vests available to buy for £11 (which can be worn on training nights).



CLUB CHAMPIONSHIP

The trophy winners will be the most improved runner and one male and one female who have the best age grading over the following four events:

1. Wyvern 10K - 12th July
2. Lordshill Magic Mile - 28th July or 1st September
3. Southampton or Netley parkrun in September
4. Gosport HM - 15th November or Bournemouth HM/M - 4th October

Rules

- Only open to club members who have paid their subs
- You must wear an Itchen Spitfires top during the race (only exception is if it is a charity run, then you may wear the charity top)
- You must do the club championship event, this year it is Wyvern 10K
- You must do all four events to qualify for the trophy
- You must register for each race as an Itchen Spitfire
- You may run both magic miles/HMs but we will take your fastest time

UPCOMING RACES

Sunday 7th June - Romsey 5M Beer Race
 Sunday 7th June - Portsmouth D-Day 10K
 Sunday 7th June - Poole 10K
 Sunday 7th June - Winchester Race For Life 5K
 Sunday 14th June - Bournemouth Race For Life 5K & 10K
 Sunday 14th June - Southampton Women's Running 10K
 Sunday 21st June - Alesford Rotary 10K
 Sunday 21st June - Summer Solstice Sprint (Southampton Airport!!)
 Sunday 28th June - Lordshill 10K

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

JUNE TRAINING SCHEDULE

Mon	Wed	Thurs
1st Hill Pyramid	3rd	4th Group Runs
8th Speed Session	10th	11th Group Runs
15th Time Trial	17th	18th Group Runs
22nd Long Reps	24th	25th Group Runs
29th Short Hill Reps		

MAY PERSONAL BESTS

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

Parkrun:
 Abigail Stone 30:28
 Alex Weight 26:41
 Benjamin Stewart 21:57
 Carol Donnarumma 34:07
 Charlotte Dooler 31:59
 Chloe O'Connell 38:20
 Clare Jesson 26:45
 Dani Bain 29:50
 Dave Morgan 23:59
 David Brett 22:25
 Donna Lane 32:03
 Emma Deabill 36:03
 Fiona Amos 29:19
 Gerry Robson 18:59
 Gladys Legaspi 25:54
 James Geraghty 21:23
 Jan Bray 35:04
 Jodie Colvin 29:16
 Julie Deards 22:48
 Leah Tavner 23:42
 Lee Donnarumma 21:32
 Linda Webber 24:00
 Lucy Butt 29:02
 Lucy Clarke 22:58
 Mark Waughman 23:30
 Oana Matty 30:41
 Paul Shave 22:18
 Philip Nightingale 24:16
 Rebecca Marshall 31:43
 Sam Brownsea 27:29
 Tash Avery 22:12
 Teresa Robson 33:22
 Theresa Hamer 27:28

Parkrun cont.
 Rob Jesson 21:51
 Vicki Woodell-Hall 23:23

10K:
 Tash Avery 48:03 (Netley)
 Benjamin Stewart 46:51 (Bognor Prom)
 Emma Wilson 47:51 (Bognor Prom)
 Gladys Legaspi 55:13 (Ropley)
 Sharon Faulkner 1:06:45 (Bognor Prom)
 Vicky Ewens 1:03:40 (Netley)

Marathon:
 Beth Farrow 4:01:12 (Edinburgh)
 Ed Aleksandarevic 3:56:35 (Edinburgh)
 Jo Wetton 5:24:26 (Edinburgh)
 Kevin Mills 4:17:18 (Edinburgh)

Other:
 Linda Webber 43:03 (Eastleigh Sprint Aquathlon)
 Luis Rosas Wiedfeldt 6:01:48 (Immortal Half Ironman)
 Sergio López de Bustos 6:38:24 (Immortal Half Ironman)
 Sergio López de Bustos 44:46 (Eastleigh Sprint Aquathlon)

SPITFIRES SOCIAL

Beth is organising a family Summer Social on Sunday 5th July, 12pm at Royal Victoria Country Park.

PARKRUN

On Sat 13th June John will be the Run Director for the Southampton parkrun, if you wish to volunteer for this event (or any other weeks) please e-mail southamptonhelpers@parkrun.com

Salisbury parkrun

If you fancy a bit of parkrun tourism, Sat 6th June is the first parkrun in Salisbury - the event takes place at Churchill Gardens, Southampton Road, Salisbury, SP1 2LW.

LORDSHILL MAGIC MILE

An amazing 20 runners from ISRC took part in the second event in the 2015 Lordshill Magic Mile series on Tues 12th May.

The fastest male Spitfire was Sam Grant in 5 mins 7 secs and the fastest female Spitfire was Amanda Harris in 5 mins 57 secs.

The final two events take place on Tues 28th July and Tues 1st September. To register for the series go to www.magic-mile.co.uk



Good Luck To Everyone Running Races In June