

# ITCHEN SPITFIRES RUNNING CLUB



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## MARATHON MADNESS

April has certainly been a busy month for the Spitfires. So many of you have been taking part in races and I am sure you will agree that there have been lots of fantastic personal achievements across all distances. Well done everyone!

### Brighton Marathon

Rachel Grant completed her first marathon on 12th April in Brighton in a time of 6:20:39, her son Sam ran the last six miles with her which must have been very special. Claire Denny took 22 minutes off her PB and crossed the line in 4:44:23; and finally John Grant finished in a super speedy 3:19:17.

### London Marathon

Three of our lovely Spitfires took to the streets of London on 26th April. Abigail Hamilton completed the race in 5:39:26, Rob Aubrey was raising money for Cancer Research UK came in at 5:03:14 and Russell Meddings who was raising money for the neonatal unit at Princess Anne Hospital finished in 4:07:10.



## CLUB KIT

Technical running tops are £15 and hoodies are £25 cash or £26 via Paypal. They come in sizes S, M, L and XL - both are available to order online via the website or by speaking to Michelle Ritchie (Kit Manager).

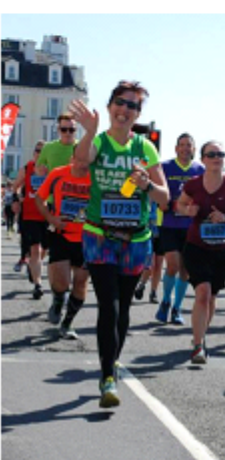
We have also sourced some Event Clips complete with the Itchen Spitfires logo. The first 50 sets went very quickly and we are now taking money (£2.46 per set) and names ready for the second order.



## BEGINNERS GROUP

The current beginners are well on their way to completing the 9 week course which takes them from 0 - 5K. We hope many of them will start coming along to the Monday and Thursday training nights and parkrun on Saturdays.

The next beginners course is due to start on Wednesday 27th May at 6.45pm. If you know someone who would like more information or to sign up for the next beginners course please ask them to e-mail Itchenspitifires@gmail.com



The 2016 Virgin Money London Marathon public ballot opens Monday 4th May and closes 1700hrs on Friday 8th May.

[www.virginmoneylondonmarathon.com](http://www.virginmoneylondonmarathon.com)

## UPCOMING RACES

- Sunday 10th May - Alton 10M
- Sunday 10th May - Lymington Lifeboat 10K
- Tuesday 12th May - LRR Magic Mile Event 2
- Sunday 17th May - Southampton Athletic Club 10K
- Sunday 31st May - Edinburgh Marathon
- Sunday 31st May - Gosport Golden Mile & Golden 5K
- 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 - Alresford 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

## MAY TRAINING SCHEDULE

Mon	Wed	Thurs
<b>4th</b> Time Trial	<b>6th</b> Beginners Week 7	<b>7th</b> Group Runs
<b>11th</b> Long Reps	<b>13th</b> Beginners Week 8	<b>14th</b> Group Runs
<b>18th</b> Short Hill Reps	<b>20th</b> Beginners Week 9	<b>21st</b> Group Runs
<b>25th</b> Speed Pyramid	<b>27th</b> Beginners Week 1	<b>28th</b> Group Runs



## APRIL PERSONAL BESTS

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

### Parkrun:

Abigail Stone 33:19  
Amelia Walker 28:55  
Anna Crowshaw 33:12  
Chloe O'Connell 42:48  
Chris Walker 22:56  
Clare Blay 23:58  
Daniel Laming 20:24  
Dave Morgan 24:01  
James Geraghty 21:57  
Julie Deards 23:16  
Leah Tavner 24:52  
Lucy Clarke 23:55  
Philip Nightingale 25:07  
Russell Meddings 20:58  
Tash Avery 23:17

### 10K:

Andrea Somerville-Hewitt  
1:05:10 (Southampton)  
Mitchell Gerrard 54:55  
(Southampton)

### HM:

Alex Weight 2:07:41  
Amelia Walker 2:20:44  
Andrew Banda 1:44:26  
Benjamin Stewart 1:55:28  
Beverley Lawrence 2:06:39  
Caroline Johns 2:11:29  
Dani Bain 2:21:11  
Daniel Laming 1:33:22  
Dave Morgan 2:03:43  
David Brett 1:48:36  
Elizabeth Steel 2:15:40  
Emma Hutchinson 2:21:11  
Fiona Rogers 2:38:50

### HM cont.

Gerry Robson 1:31:39  
Gladys Legaspi 2:04:10  
Ian Canning 2:03:18  
Julie Deards 1:52:20  
Leah Tavner 2:01:52  
Lee Donnarumma 1:43:37  
Lindy Seymour 2:16:57  
Lucy Clarke 1:47:30  
Marie Brett 1:52:42  
Michelle Brendish 1:53:09  
Michelle Ritchie 1:55:28  
Owen Puckett 1:42:13  
Paul Shave 1:43:01  
Paul Tongs 2:13:55  
Philip Nightingale 2:07:10  
Rachel Sutch 1:59:34  
Ray Gerrard 2:09:05  
Richard Dooler 1:42:43  
Rob Jesson 1:41:07  
Sam Grant 1:28:33  
Sarah Bartlett 1:56:52  
Sharon Faulkner 2:23:30  
Tash Avery  
Trudy Martin 2:11:39  
Turk Beckett 1:35:31  
Vicki Woodell-Hall 2:01:16

### Marathon:

Abigail Hamilton 5:39:26  
(London)  
Claire Denny 4:44:23  
(Brighton)  
Rachel Grant 6:20:29  
(Brighton)  
Rob Aubrey 5:03:14 (London)  
Russell Meddings 4:07:10  
(London)

## SOUTHAMPTON HM & 10K

On 26th April thousands of runners descended on Southampton for the inaugural ABP Southampton Half-marathon and 10K.

There was a fantastic atmosphere and it was lovely to see the team spirit amongst the Spitfires. For many of you it was the first time you had raced these distances, others were pushing themselves to beat their PBs and some of you were forgoing your own PB attempts to push others.

Entries for the 2016 event are already open  
[www.abpsouthamptonhalf.co.uk](http://www.abpsouthamptonhalf.co.uk)



## SPITFIRES SOCIAL

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

## LORDSHILL MAGIC MILE

The second event in the 2015 Lordshill Magic Mile series will be taking place on **Tues 12th May** at 6.30pm on Southampton Common (please note the new date!)

To register for the event go to [www.magic-mile.co.uk](http://www.magic-mile.co.uk)

Good Luck To Everyone Running Races In May