

ITCHEN SPITFIRES RUNNING CLUB



www.itchenspitifiresrc.co.uk



Itchen Spitfires Running Club



@ItchenSpitfires



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GREAT SOUTH SPITFIRES



October has been yet another fantastic month for Itchen Spitfires.

Many of you took part in the Bournemouth Running Festival at the beginning of the month; the half-marathon counts towards the club championship. Your last chance to register a half-marathon time is at Gosport in November.

ISRC was very well represented at the Great South Run last weekend. The weather was absolutely amazing (no gale force winds during the last two miles) and there were lots of PBs.

Beginners Group

The latest beginners group also finished this week, we look forward to welcoming them on Mondays and Thursdays.

Torches/Flashing Lights

There have been a number of injuries recently so please remember to bring a head torch and some flashing lights!

Births, Deaths, Marriages

Congratulations to Barry Chaplin Fisher who got married in October. Even whilst on his honeymoon he was thinking of his fellow Spitfires!



NOVEMBER TRAINING PLAN

Mon	Wed	Thurs
2nd Short Hill Reps	4th	5th Group Runs
9th Speed Pyramid	11th	12th Group Runs
16th Hill Pyramid	18th	19th Group Runs
23rd Speed Session	25th	26th Group Runs
30th Time Trial		

SOCIALS

Quiz Night

Well done to Team 'Douglas Bader's Legs' who won the Quiz with 76 points. Thank you to Beth for organising it and to the Quizmasters Lee and Richard.



End of Year Social and Awards Ceremony

The end of year social and awards ceremony will be taking place at 7pm on Saturday 28th November at Woolston Trades and Labour Club.

The event is free and ISRC members and their families are welcome, please note it is a cash only bar.

GUESS THE SPITFIRE

Can you guess who the following Spitfires are? Answers on the bottom of page 2!

1



2



3



UPCOMING RACES

Saturday 14th November - Run For Hot Chocolate 5K
 Saturday 14th November - Brutal Long Valley 10K
 Sunday 15th November - Gosport HM
 Sunday 22nd November - Southampton Common 10K
 Sunday 29th November - Moors Valley Reindeer Run

Saturday 5th December - Worthing Christmas Cracker 10K
 Sunday 6th December - Victory 10K
 Sunday 6th December - Winchester Santa Fun Run
 Sunday 6th December - Worthing Striders Downland Devil 9M
 Sunday 13th December - Portsmouth RNLI Santa 5K, 10K
 Sunday 20th December - Portsmouth Coastal Waterside Marathon
 Friday 1st January - Trionium Knacker Cracker 10K, Box Hill
 Friday 1st January - Hangover 5M, Worthing
 Sunday 3rd January - Somerley Charity 10K, Ringwood
 Sunday 10th January - Rough 'n' Tumble 10, Marlborough

OCTOBER PERSONAL BESTS

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

Parkrun:
 Daniel Baker 18:30
 David Chalk 25:30
 Gerry Robson 18:29
 Jo Wetton 24:56
 Julian Rathke 19:27
 Lorna Banda 29:35
 Maria Bowers 27:04
 Tash Avery 21:29
 Teresa Robson 28:24
 Tori Collinson 26:30

5M:
 Abigail Hamilton 43:28
 (Perform 5M)

10K:
 Caroline Johns 55:57
 (Portsmouth RNLI)

8M:
 Sharon Faulkner 1:18:01
 (Pieces of Eight)

Great South Run:
 Becky Diggle 1:34:29
 Charlotte Ward 1:35:33
 Claire Hoff 1:59:38
 Clare Jesson 1:36:32
 Dani Bain 1:37:10
 Daniel Baker 1:04:41
 Dave Brett 1:24:54
 Dave Morgan 1:31:36
 David Chalk 1:41:05
 Donna Lane 1:35:13
 Gerry Robson 1:10:03
 Jane Thompson 1:36:52

Great South Run cont:
 Jo Wetton 1:26:13
 Julie Mills 1:39:14
 Kevin Mills 1:15:48
 Leah Tavner 1:25:47
 Linda Catherine 1:29:07
 Maria Bowers 1:41:41
 Marie Brett 1:26:38
 Mark Dolan 1:34:57
 Ruth Jeffery 1:28:04
 Samantha Brownsea 1:25:35
 Sarah Whitlock 1:28:09
 Stephanie Bower 1:57:21
 Tash Avery 1:16:40

HM:
 Abigail Hamilton 2:03:35
 (Bournemouth)
 Dani Bain 2:16:10
 (Wimbledon)
 Jo Wetton 1:55:45
 (Bournemouth)
 Keri Ewan 2:12:26 (Royal
 Parks)
 Vicki Woodell-Hall 1:57:42
 (Bournemouth)

Marathon:
 Alex Weight 4:54:31
 (Bournemouth)
 Dave Keates 3:53:19
 (Toronto)
 Rachel Sutch 4:33:19
 (Abingdon)
 Edo Aleksandarevic 3:37:30
 (Zagreb)

PARKRUN



Moors Valley parkrun starts on Saturday 7th November at 9am. It is a one lap route which will take place at Moors Valley Country Park, Horton Road, Ashley Heath, Ringwood, Dorset, BH24 2ET.

Please remember there is **no** parkrun at Southampton on Saturday 14th November, this may be a good opportunity to visit one of the other local parkruns.

Well done to Spitfire Kali Banda who was Southampton parkrunner of the month!



- 3. Sharon Faulkner
 - 2. Alex Weight
 - 1. Lucy Clarke
- Guess The Spitfire

Good Luck To Everyone Running Races In November