

ITCHEN SPITFIRES RUNNING CLUB



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TIME TO START FLASHING!!

You will not have failed to notice that the evenings are getting darker and from October the sun will be setting before club training starts.

It is really important that other road users can see you - it is worthwhile wearing high-visibility clothing e.g. vests, reflective or flashing arm bands and even a head torch so you can clearly see where you are running. There are a number available on the market and some are very cheap.

I would encourage you to avoid running alone in the evenings, especially if you are wearing headphones - in previous years a number of runners have been attacked in Southampton, especially around the Common.

Club Championships

Wyvern 10K ✓
 Magic Mile ✓
 Parkrun ✓

All that is left is to run either Bournemouth or Gosport half-marathon!

Marathon

Four Spitfires completed a marathon in September:

Gladys Legaspi 4:48:49 (Hull)
 Sergio López du Bustos 4:45:05 (Loch Ness)
 Luis Rosas Wiedfeldt 3:35:36 (Loch Ness)
 Lucy Clarke 4:11:27 (Berlin)

Emma's September Challenge

Well done to Emma Wilson who raised money for Macmillan Cancer Support by running a total of 250km in September.



SOCIALS

Quiz Night

Saturday 10th October, 7pm for 7.15-7.30pm start at Southampton Amateur Rowing Club.

Please let Beth Farrow know if you would like to come (families welcome), the cost is £2 per person and she will randomly allocate you into a team. Lee Donnarumma is the Quizmaster. There will be a manned bar!!

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.

QUIZ

Answers at the bottom of page 2

- As of end of September 2015, how many parkrun events have been held in Southampton?
A. 152 B. 171 C. 165
- Paula Radcliffe currently holds the women's course record for the London Marathon, but in what time?
A. 2:15:25 B. 2:15:15 C. 2:14:55
- In 1954 Roger Bannister ran the first sub-four-minute mile, but how long did his record last?
A. 18 days B. 46 days C. 54 days
- Who designed the Spitfire?
A. R. Hanna B. R.R. Griffon C. R.J. Mitchell
- In what city was the Great South Run held in 1990?
A. Portsmouth B. Brighton C. Southampton

OCT' TRAINING

Mon	Wed	Thurs
		1st Group Runs
5th Hill Pyramid	7th Beginners Week 6	8th Group Runs
12th Speed Session	14th Beginners Week 7	15th Group Runs
19th Time Trial	21st Beginners Week 8	23rd Group Runs
26th Long Reps	28th Beginners Week 9	29th Group Runs

UPCOMING RACES

Sunday 4th October - Basingstoke HM
 Sunday 4th October - Portsmouth RNLI 10K
 Sunday 4th October - Bournemouth Marathon, 5K, 10K, HM
 Sunday 4th October - Southsea Pirates Pieces of Eight
 Sunday 11th October - Chichester HM
 Sunday 18th October - Run Dorset - Christchurch 10K
 Sunday 25th October - Great South Run
 Friday 30th October - Ghost Race Portsmouth

Saturday 7th 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

SEPTEMBER PERSONAL BESTS

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

Parkrun:

- Andy Herman 18:19
- Barry Chaplin-Fisher 23:11
- Becky Ballard 28:27
- Becky Diggle 26:07
- Dani Bain 26:16
- Daniel Baker 18:41
- Daniel Laming 20:23
- David Chalk 26:02
- Diana Abraham 22:27
- Donna Lane 27:10
- Emma Deabill 35:15
- Gerry Robson 18:51
- Holly Cramer 41:44
- Jo Wetton 26:12
- Kali Banda 20:27
- Kevin Mills 20:30
- Laura Blyth 31:59
- Leah Tavner 23:34
- Lee Donnarumma 21:21
- Linda Seymour 28:59
- Lorna Banda 30:27
- Maria Bowers 27:12
- Mark Dolan 27:14
- Michelle Ritchie 24:35
- Philip Nightingale 24:07
- Richard Dooler 20:23
- Sharon Faulkner 28:15
- Teresa Robson 29:22
- Theresa Hamer 25:53
- Vicky Ewens 28:01

5M:

- Emma Wilson 37:50 (Perform 5M)
- Fiona Rogers 51:31 (Perform 5M)
- Sarah Whitelock 41:45 (Perform 5M)

10K:

- Maria Bowers 58:31 (Swansea)
- Task Avery 47:09 (Hursley)
- Becky Ballard 1:00:26 (Worcester)
- Daniel Baker 40:59 (New Forest)

Half Marathon:

- Daniel Baker 1:28:51 (Solent)

Marathon:

- Gladys Legaspi 4:48:49 (Hull)
- Lucy Clarke 4:11:27 (Berlin)
- Luis Rosas Wiedfeldt 3:35:36 (Loch Ness)
- Sergio López du Bustos 4:45:05 (Loch Ness)

LORDSHILL MAGIC MILE

The final event in the Magic Mile series took place on Tuesday 1st September and yet again we were well represented (31 Spitfires).

The fastest male Spitfire was Andy Herman in 5 mins 9 secs and Emma Wilson was the fastest female Spitfire in 6 mins 34 secs.



Quiz Answers
1. B 2. A 3. B 4. C 5. C



Good Luck To Everyone Running Races In October