

# ITCHEN SPITFIRES RUNNING CLUB



[www.itchenspitifiresrc.co.uk](http://www.itchenspitifiresrc.co.uk)

Itchen Spitfires Running Club

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## “SIMPLY THE VEST”

The long-awaited Itchen Spitfires RC official race vest arrived this month and many of you have been proudly showing them off at events. If you haven't got one already and are feeling envious of your running friends you can order one (or any of the other kit) via Michelle Ritchie.

### Spitfires Scramble

Well done to all Spitfires that took part in the Spitfires Scramble on the 15th August. Both teams completed 26 laps in 24:47:53 - well done to you all!

### Beginners Group

The next beginners group starts on Wednesday 2nd September and it is full to bursting with 30 people signed up. Hopefully they will all get the bug and be joining us on Mondays and Thursdays soon.

### We're Famous!

In case you hadn't seen, ISRC are featured in this month's issue of Running Fitness magazine. There is a lovely double-page spread about the group with some photos of us training.

## SPITFIRE WORDSEARCH

Can you find the following 10 running-related words:

**Chip, Gait, Hills, ISRC, Marathon, Parkrun, Reps, Spitfires, Sprint, Watch**

F	J	O	S	S	R	B	N	Q	R	T	M	P	A	X
C	H	I	P	A	Q	R	W	U	I	O	H	X	V	E
T	G	M	I	S	J	Z	B	M	G	A	I	T	N	T
Q	R	M	T	H	B	I	O	P	L	D	L	Z	I	J
B	G	N	F	G	J	P	R	B	C	S	L	N	M	L
Z	C	X	I	N	Y	J	F	G	S	B	S	P	R	E
T	M	A	R	A	T	H	O	N	P	D	S	X	E	G
D	H	K	E	A	Q	R	Y	U	I	B	M	B	P	S
A	R	S	S	A	D	N	G	H	J	W	S	F	S	R
X	D	C	H	F	U	I	H	J	K	H	A	V	D	G
V	B	H	F	R	S	F	S	P	R	I	N	T	V	U
H	J	K	K	T	Y	U	I	R	J	H	K	C	C	Y
R	B	R	S	A	D	H	J	K	C	F	J	L	N	H
V	A	K	J	F	H	K	E	G	J	L	D	H	F	I
P	B	N	V	S	H	K	R	J	L	H	F	S	N	J

## END OF YEAR SOCIAL/AWARDS

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.

## UPCOMING RACES

Tuesday 1st September - LRR Magic Mile Event 4  
 Sunday 6th September - The Spitfires 10K, London  
 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  
 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



## SEPT TRAINING SCHEDULE

Mon	Wed	Thurs
	<b>2nd</b> Beginners Week 1	<b>3rd</b> Group Runs
<b>7th</b> Time Trial	<b>9th</b> Beginners Week 2	<b>10th</b> Group Runs
<b>14th</b> Long Reps	<b>16th</b> Beginners Week 3	<b>17th</b> Group Runs
<b>21st</b> Short Hill Reps	<b>23rd</b> Beginners Week 4	<b>24th</b> Group Runs
<b>28th</b> Speed Pyramid		

## AUGUST PERSONAL BESTS

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

### Parkrun:

Andy Herman 18:35  
Becky Diggle 26:26  
Daniel Baker 18:50  
Dave Bray 29:38  
Diane Abraham 24:25  
Fiona Amos 28:29  
Gladys Legaspi 24:42  
Jan Bray 32:12  
Jo Wetton 26:57  
Lorna Banda 31:00

### Parkrun cont:

Kerri Ewan 29:27  
Kevin Mills 21:25  
Mike Day 28:08  
Richard Dooler 20:36  
Sam Brownsea 25:14  
Sharon Faulkner 29:41  
Teresa Robson 30:12  
Theresa Hamer 26:12  
Vicki Woodell-Hall 22:52  
Victoria Collinson 28:22

## PARKRUN



In August both Rachel and Gil were Run Directors at Southampton parkrun for the first time. If you would like to volunteer for any future parkruns please e-mail

[southamptonhelpers@parkrun.com](mailto:southamptonhelpers@parkrun.com)

For those of you with children aged 4-14 years they might like to take part in the Southampton Junior parkrun which is 2K and takes place at 9am on Sundays at the Riverside Park in Southampton.



## LORDSHILL MAGIC MILE

The final event in the Magic Mile series takes place on Tuesday 1st September. This is your last chance to run the Magic Mile if you are taking part in the Club Championship.

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



Good Luck To Everyone Running Races In September