

newsletter 44

August 2008

spitfire
TAEKWONDO ACADEMY



Tournament Roundup

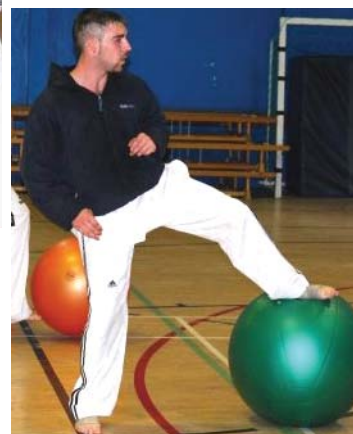
Spitfire vs Sagarmatha Inter club: Thanks to EVERYONE who took part or helped out on the day at our first inter club tournament against the Ghurkas. Over 80 people competed, most for their first time, which is HUGE for just two clubs. The results and performances were very good for Spitfire, especially the little guys - special well done to Quentin and Alistair. Levi beat a senior blackbelt although he is a green belt. And in year 8.

Southern Counties Open: GOLD for Spitfire Elite players Sarah Linnell-Stocks and Levi Goodridge in Totton - both winning their preliminaries and finals with characteristic attacking flurries, scoring 28, and conceding only 6 points between them. New boy Shey won GOLD on his first outing with Spitfire. Maria, back in business after a 9-month lay-off, moved up into a heavier, combined senior category but still won her prelims 7-balling her opponent, losing out 7-6 in the final. Aaron took silver, Ryan bronze and Michael, Josh, CJ, Alex and Jason all made the quarter finals in their respective divisions.



elite Training

Spitfire is sending our strongest team to date to the National Velodrome in Manchester 6/7th September for the GB Nationals. The team is training hard, and we hope to bring back a decent haul of silverware. Good luck guys!



Olympic Fever!

It's finally here – GB Team of Sarah Stevenson, Aaron Cook and Michael Harvey fight next week for Olympic glory. This is going to be the classic Taekwondo Olympics with an amazing field of competitors including legends Steve Lopez, Bahri Tanrikulu, Hadi Saei and Ramos.

Join the British Olympic Team Supporters club on facebook: <http://www.facebook.com/group.php?gid=27864828392> for fantasy taekwondo team!

If you have a DVD Recorder and SKY/CABLE, then please do try and record as much of the action as possible – almost all of the action is televised on BBCi (red button):

Weds 20th Sat/Cab #5 02:00 prelims 08:00 finals – Michael Harvey's division

Weds 20th Sat/Cab #6 17:30 highlights

Thurs 21st Sat/Cab #6 02:00 prelims 08:00 finals

Thurs 21st Sat/Cab #6 18:00 highlights

Fri 22nd Sat/Cab #6 02:00 prelims 08:00 finals – Aaron Cook's division

Fri 22nd Sat/Cab/Freeview #3 18:30 highlights

Sat 22nd Sat/Cab #6 02:00 prelims 08:00 finals – Sarah Stevenson's division

Sat 22nd FREEVIEW #3 18:30 highlights

You can also watch it all online on the BBC Sport website. Go Team GB!