



September 2019 Newsletter



WE'LL BE SUPER PROUD TO LET YOU ALL KNOW THAT HAWKINGE HURRICANES HAVE BEEN NOMINATED FOR THE **ENGLAND ATHLETICS** SOUTH EAST CLUB OF THE YEAR. THE AWARDS EVENING WILL BE 1ST OCTOBER IN HORSHAM SUSSEX – NEEDLESS TO SAY YOU WILL BE GIVEN UPDATES THROUGHOUT THE EVENING – FINGERS CROSSED



Going for the TRIPLE awards – we have been shortlisted to final TWO in the KENT SPORTS KUDOS Club of the Year – yet another awards night on 15th October 😊
Club sessions will be unaffected – Toes crossed too x

Coming soon to a session near you **PLOGGING!** A free, fun 5k trail adventure armed with rubbish collection sacks and gloves. Helping keep our community clean and tidy for all.



Following club sessions on Monday 23rd & Tuesday 24th cakes will be available for a donation to Macmillan Cancer Support 😊

Good luck

Our amazing qualified leaders are taking the next step in their personal development and taking on the challenge of becoming **Coaches in Running Fitness**. This is a long process and commitment is needed. Needless to say, HHRC will support these guys so be prepared to become their training guinea pigs with all their new knowledge & skill set. #gohurricaneleaders



Alison



Elizabeth



Martin



Don't forget as a Hawkinge Hurricanes Member you are more than welcome at any session at any site!
All sessions are £3.00.

Aylesham Branch Schedule

2019

Date and time	Location	Session	Notes
Monday 2 nd 1830	AWLC	Club Session	
Wed 4 th 1830	AWLC	Club Session inc FUNdamental	Week 1
Saturday 7 th 0900	Hawkinge Village	Hall - PBF / Circuit Training	All welcome £3pp
Monday 9 th 1830	AWLC	Club Session	
Wed 11 th 1830	AWLC	Club Session inc FUNdamental	Week 2
Monday 16 th 1830	AWLC	Club Session	
Wed 18 th 1820	Duke of York School	Dover - TRACK SESSION	FUNdamental wk 3
Monday 23 rd 1830	AWLC	Club Session	
Wed 25 th 1830	AWLC	Club Session in FUNdamental	Week 4
Monday 30 th 1830	AWLC	Club Session	

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Monday 2 nd 0900	HCC	Club Session	Two Distances
Tuesday 3 rd 1830	HCC	Club Session	
Saturday 7 th 0900	Hawkinge Village	Hall - PBF / Circuit Training	All welcome £3pp
Monday 9 th 0900	HCC	Club Session	Two Distances
Tuesday 10 th 1830	HCC	Club Session	
Monday 16 th 0900	F/stone Garden	Centre (A260)	Two Distances
Tuesday 17 th 1830	HCC	Club Session	
Wed 18 th 1830	Duke of York School	Dover - TRACK SESSION	FREE SESSION
Monday 23 rd 0900	HCC	Club Session (Macmillan cakes)	Elizabeth to leave
Tuesday 24 th 1830	HCC	Club session (Macmillan cakes)	For donations)
Saturday 28 th 1000	Community Green	RunAbility + picnic	
Monday 30 th 0900	HCC	Club Session	

Breakfast, the most important meal of the day, and never more when you are a runner. Here are five breakfast ideas to fuel your running.

As you know, the food you eat makes a big difference to your performance. These five are delicious and nutritious breakfasts that you should be eating and will enhance your running:

Iron should be an essential part of every runner's diet because it helps in the production of red blood cells, which carry oxygen around your body. If the optimum amount of oxygen does not get around your body you will end up feeling sluggish and flat. Iron is also important for runners because when sweat causes us to lose this vital mineral. Therefore, to prevent energy dips start your day with a nutty muffin, as nuts are an excellent source of iron.

Muffins

Look for recipes that contain two types of nut, such as an almond and pecan nut muffin, or a walnut muffin made using almond flour. Muffins that contain apricots, pumpkin seeds or prunes are also great if you want to up your intake of iron, as are bran muffins (muffins made using wheat bran). Ideally, try to make these muffins yourself so that you can make them as healthy and nutritious as possible.

Smoked salmon and scrambled eggs

A luxurious salmon and scrambled eggs breakfast is one of the best post-run dishes you can eat. Not only is it delicious, the protein hit you get from both the eggs and the salmon helps to repair your muscles after a run.

It also helps you to consume the recommended daily amount of protein. If you are exercising for more than an hour each day, the average daily protein requirements are 1 to 1.2g of protein per kg of body weight; that's 60 to 72g of protein if you weigh 60kg. On average, 110g of smoked salmon contain approximately 30g of protein, whilst one egg contains 12.5g of protein. So, if you eat smoked salmon and scrambled eggs after your run, you'll be well on your way to fulfilling your body's protein requirements. If you want to increase the healthiness of this dish, swap your eggs for Omega-3 eggs.

Banana Porridge

Okay, we know we're not going to win any points for originality by including banana porridge on this list, but in terms of nutrition this tried and tested breakfast is hard to beat. One of the main reasons it is such a winning breakfast is because of the amount of carbohydrates it provides. Every cup of oats contains 28g of carbohydrates and every banana contains a whopping 26g of carbohydrates.

In addition to this, oats are a low glycaemic index food, which means they provide long-lasting energy. So, when eaten before you train or race this breakfast provides a huge amount of fuel that will ensure you don't begin to flag mid-run. Do you need any more reasons why you should be feasting on this first thing? If you do then you'll be pleased to hear that bananas are also extremely high in potassium (400mg), which is a mineral that gets lost in sweat during exercise.

Strawberry smoothie (one for Sue Weller)

Glugging down a refreshing smoothie after your run is a fantastically nutritious breakfast for you. Why? Well, strawberries are a great source of vitamin C (one cup of strawberries contains 84mg of vitamin C), which will help you to ward off any unwanted infections by boosting your immune system.

A study conducted by the Technical University of Munich found that runners who consumed less than 50 milligrams of vitamin C each day were – wait for this – 250 per cent more likely to suffer from an upper-respiratory-tract infection (or a cold to me and you) than those runners who did consume 50 milligrams of vitamin C each day.

Greek yoghurt, rolled oats and chopped cherries

Although simple, this breakfast packs a punch when it comes to nutrition. The Greek yoghurt provides plenty of calcium (approximately one cup contains a third of your recommended daily calcium allowance), which is vital to your bone health and possibly your heart health. It also contains live cultures, which importantly help your digestive tract to function.

However, in addition to the carbs we get from the oats, a study conducted by researchers from Northumbria University found that cherry juice could reduce muscle damage and aid recovery in rowers. So, adding cherries to this zingy breakfast should also help you to recover quicker after a hard training session.



SepTEAMber 2019

Bit of fun for September – I'm looking for athletes to join these four amazing teams

<u>Date</u>	<u>Challenge</u>
W/C 2nd September	Most Club Sessions attended by team members inc Wingham 5k & 10K & PBF session
W/C 9th September	Parkrun (team average timings)
W/C 16th September	Timed Mile @DOYRMS Club Session
W/C 23rd September	Most weekly mileage

➤ Team	➤ Team Leader Aylesham	➤ Team Leader Hawkinge
➤ HURRICANE	➤ SAM	➤ MARIE
➤ SPITFIRE	➤ ALISON	➤ MARTIN
➤ DEFIANT	➤ KEITH	➤ JACQUI
➤ TYPHOON	➤ KATE	➤ ELIZABETH

A weekly Team challenge will be set and proof of results sent to Sam@hawkingehurricanes.com for collation. Prizes awarded to the winning team in October

This is open to all; it's just a bit of motivational fun and all ability athletes are welcome to register their interest 😊 and I will let you know your Team asap



*Free session to existing members for recommendation made to new
beginner who commences course*

**HAWKINGE
HURRICANES
AYLESHAM
FUNDAMENTAL
COURSE
10WEEK – FULLY SUPPORTED**

**Wednesday 4th September 2019
Aylesham Welfare Leisure Centre
@6:30pm**

£30pp for full 10 weeks

More info:

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