

October 2018 Newsletter

Welcome to Mini Hurricanes **Orla** and **Niamh**.
Jackie & James welcomed the gawjus twins into
the world on 3rd September @ 0025.
Orla weighing 5lb6 and Niamh 5lb11.
Team Traynor are doing well 😊



Congratulations

SUGGESTED LOCAL RACES IN OCTOBER 2018

Sunday 7th – Ashford 10k – Julie Rose

Wed 10th – Cardiac Challenge –
Gravesend

Sunday 14th – Maidstone Half

Sunday 21st – Maidstone Mind 5k/10k

Saturday 27th – Beachy Head 10k & M

September showed some great results in purple. Dan Newman was the 1st man home at the Rye Trail 15k race – Dynamo Dan was awarded a lovely plaque, I'm sure he will be back next year to hold his title 😊. Wingham 5 & 10K was well presented by purple with athletes in both distances. Whilst way 'Up North' Lisa enjoyed the 13.1 miles of the Great North Run – Lisa recons this race is a must so maybe a road trip is in order next year.



October 2018 Club Schedules

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

Date and time	Location	Session	Notes
Monday 1 st - 1830	AWLC	Club Session	
Wednesday 3 rd - 1830	AWLC	Club Session	
Monday 8 th - 1830	AWLC	Club Session	
Wednesday 10 th - 1830	AWLC	Club Session	
Sunday 14 th - 0900	AWLC	Club Session	
Monday 15 th - 1830	AWLC	Club Session	
Wednesday 17 th 1830	AWLC	Club Session	
Sunday 21 st - 1000	Hawkinge	CLUB KIDS& FUN 10K	£5pp
Monday 22 nd - 1830	AWLC	Club Session	
Wednesday 24 th -1830	AWLC	Club Session	
Sunday 28 th - 0900	Fizwater Arms	Goodnestone - Club Session	
Monday 29 th -1830	AWLC	Club Session	
Wednesday 31 st -1830	AWLC	Club Session	

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Monday 1 st - 0900	F/stone Garden Centre	Club session (coffee after)	Two distances
Monday 1 st - 1830	HCC	Club Session inc R2R	
Monday 8 th - 0900	HCC	Club session	
Monday 8 th - 1830	Wear Bay Rd, nr restaurant	Club session inc R2R	
Monday 15 th - 0900	HCC	Club session	
Tuesday 16 th - 1830	HCC	Club session inc R2R	
Sunday 21 st - 1000	HCC	CLUB KIDS & FUN 10K	£5pp
Monday 22 nd - 0800	HCC	Club Session / TRAIL RUN	Two distances
Tuesday 23 rd - 1830	HCC	Club Session inc R2R	
Monday 29 th - 0900	HCC	Club Session	Two distances
Tuesday 30 th - 1830	HCC	Halloween Run	Fancy Dress Competition

Hawkinge Hurricanes RC Fun Club 10K (£5 entry fee)

Sunday 21st October

Kids Race £3 0930

10am start from Hawkinge Community Centre

Volunteers needed to marshal + bike marshals needed please 😊

More Good News

THIS IS WHAT HAPPENS WHEN YOU DRINK A GLASS OF RED WINE



WARM UP

Blood vessels dilate, causing warm blood to move closer to the skin's surface.



HEART HEALTH

Red-wine tannins protect against heart disease and lower your risk of heart attacks.



LOOK GOOD

Facial muscles loosen and cheeks flush with color, causing you to look more relaxed, and thus more attractive.



BETTER SLEEP



You enjoy better sleep - even compared to people who drank only water.

BURN FAT



Ellagic acid dramatically slows the growth of fat cells and lowers your risk of developing **type 2 diabetes**.

FIGHT SICKNESS



Ellagic acid dramatically slows the growth of fat cells and lowers your risk of developing **type 2 diabetes**.