





October 2018 Newsletter

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



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

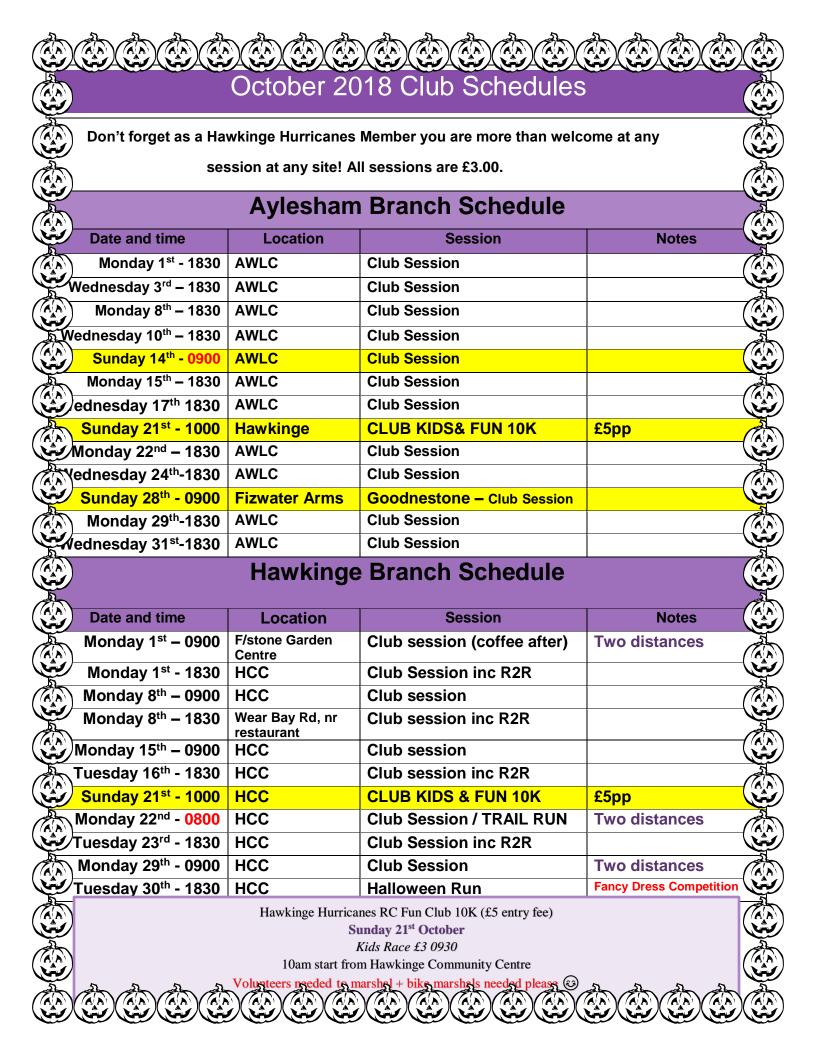
Saturday 27th – Beachy Head 10k & M

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 ③. 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.











lower your risk of heart attacks.



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

and lowers your risk of developing type 2 diabetes.

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

DiabetesHealthPage.com

