

June 2019 Newsletter



CONGRATULATIONS

Hawkinge Hurricanes RC were super proud to support our Club ballot place winner **NIGEL HALES**.

Nigel showed true determination and dedication to his training plan and even managed to pop a wedding proposal in the middle of it all. Supported by his family and Hawkinge Hurricane Fiancé Jo, Nigel stormed the VLM in 4:58:49



WEDNESDAY 19TH JUNE Nice Works are running a 1m and 5K flat out n back race in Dymchurch at 6.30pm

We have kindly been offered discounted Club rates so if you are interested please let me know I will add you to the spreadsheet and pay the entry fee then forward you an invoice for your entry fee info can be found on the Nice Work webpage

Runble Swap

ON Tuesday 11th June at Hawkinge Branch we are having a Runble Swap Bring in your clean, second hand running kit and swap it with something else. Find a new top that someone is bored of, or bring that top that's a little snug and swap it for something snazzy that fits. Just a bit of fun. No money will change hands just a jumble up of kit.

Anything left will go to charity



Don't forget as a Hawkinge Hurricanes Member you are more than welcome at any session at any site! All sessions are £3.00. Club Track sessions will now be FREE to Club Members 😊

Aylesham Branch Schedule

June 2019

Date and time	Location	Session	Notes
Sat 1 st 0900-10	Hawkinge Village	Hall - Physical Prep (circuits)	£3pp all welcome
Mon 3 rd - 1830	AWLC	Club Session	
Wed 5 th - 1830	AWLC	Club Session	
Mon 10 th - 1830	Wingham Recreation	Ground Club Session	
Wed 12 th - 1830	Wingham Recreation	Ground Club Session	
Mon 17 th - 1830	Adisham Train Stn	Club session	
Wed 19 th - 1830	Adisham Train Stn	Club Session	
Mon 24 th - 1830	AWLC	Club Session	
Tue 25 th - 1815	CLUB FUN RUN £5pp	Princess Pde, Hythe nr sailing	Club on Promenade
Wed 26 th - 1830	Club Track Session	Duke of York School	FREE 😊

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Sat 1 st - 0900	Hawkinge Village	Hall - Physical Prep (circuit)	£3pp all welcome
Mon 3 rd - 0900	The Leas, Folk	Meeting near The Grand Hotel	4m & 6m
Mon 3 rd - 1830	HCC	FUNDamental week 7	
Tues 4 th - 1830	HCC	Club Session	
Mon 10 th - 0900	HCC	Club Session	4m & 6m
Mon 10 th - 1830	HCC	FUNDamental week 8	
Tues 11 th - 1830	HCC	Club Session	
Mon 17 th - 0900	Garden Centre, A260	Club Session	4m & 6m
Mon 17 th - 1830	HCC	FUNDamental week 9	
Tues 18 th - 1830	Hythe Railway Stn	Club Session	
Mon 24 th - 0900	HCC	Club Session	4m & 6m
Tue 25 th - 1815	CLUB FUN RUN £5pp	Princess Pde, Hythe nr sailing	Club on Promenade
Wed 26 th - 1830	Club Track Session	Duke of York School	FREE 😊



Club 5K Fun Run

Celebrating our FUNdamental Graduation

£5pp

Prompt 1830 Start

Meeting on: Tuesday 25th June

**The Promenade, near Hythe Sailing Club,
Marine Parade, Hythe CT21 6AW**

Fun, fit & friendly





Caption Competition Time!!

Email: sam@hawkingehurricanes.com

Your quote – prizes available 😊



Hawkinge Hurricanes RC were super pleased to launch a new project in conjunction with England Athletics and DS Active to support Downs Syndrome Athletes.

We are hoping to offer a monthly session to encourage fitness and friendship.

Our first event was a success with five amazing athletes coming along despite Hurricane Hannah making an appearance

Plenty of smiles and fun were had by all 😊