

January 2020 Newsletter



Congratulations to **Bethany Askem** who was drawn from the hat as our Hawkinge Hurricanes RC Virgin London Marathon 2020 ambassador

Beth is super excited and has promised to keep us all updated with her training. Reporting back on the highs and lows of marathon training

Beth will be running for a charity that supports neonatal babies so more details to follow with links to her fundraising page.

GOOD LUCK BETH ☺

Winter Time = any club cancellations will be listed on Facebook and Instagram should session be deemed unsafe

**Buff £8, Key fobs £3,
Lights £3**



Penalty Box Fitness is **BACK**. All welcome. First Saturday of each month. Hawkinge Village Hall. 9am till 10am. £3. All equipment provided. Just bring water. ☺

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

2019

Date and time	Location	Session	Notes
Saturday 4th 0900	Hawkinge Village Hall	Penalty Box Fitness	All welcome 17 space
Monday 6 th 1830	AWLC	Club Session	
Wednesday 8 th 1830	AWLC	Club Session	
Monday 13 th 1830	AWLC	Club Session	
Wednesday 15 th 1830	AWLC	Club Session	
Monday 20 th 1830	AWLC	Club Session	
Wednesday 22nd	Duke of York School	TRACK Session prompt 1830	start
Monday 27 th 1830	AWLC	Club Session	
Wednesday 29 th 1830	AWLC	Club Session	

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Saturday 4th 0900	Hawkinge Village Hall	Penalty Box Fitness	All Welcome 17space
Monday 6 th 0900	HCC	Club Session	Two distances
Tuesday 7 th 1830	HCC	Club Session	
Monday 13 th 0900	HCC	Club Session - TRAIL	Two Distances
Tuesday 14 th 1930	HCC	Club Session	
Monday 20 th 0900	The Grand, The Leas, Folkestone	Club Session	Two Distances
Wednesday 22nd	Duke of York School	TRACK Session = prompt 1830	start
Monday 27 th 0900	HCC	Club Session	5mile only
Tuesday 28 th 1830	HCC	Club Session	

What's your New Year Resolution?

Fill in below, return to Sam and in a few months you will receive a prize if you have stuck to or achieved it (just a bit of fun)

Name

Resolution

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