

August 2016

Hawkinge Hurricanes RC



Well finally the sunshine has arrived, how long for I can't promise but let's enjoy it while we can. Much research has been put into sunscreen in sport over recent years as many athletes felt over heated when using sunscreen. The importance of sun protection however is increasingly prominent as 14,509 new reported cases of malignant melanoma were reported in 2013 (40 new cases per day).

The British Skin Foundation (2015) recommends that in the UK we should be using SPF 30 to guard against the damage caused by UV and UVA radiation.

Sunscreen uses has historically been reported for clogging pores and increasing body heat, this in turn can reduce speed and reduce distance your able to run. Several studies undertaken in America reported that using SPF8 or above does not impact on heart rate, O2 consumption and sweat loss but may marginally increase skin temperature in dry and hot conditions (Wells *et al*).

Timings: consider running early in the morning (Monday August runs will be 0800) or late in the day – *your skin needs time to absorb sunscreen so apply 20/30minutes before you head out.*

Lips: are common causes of skin cancer along with noses and the tops of ears – wear a hat with a visor.

Clothing: if you hold up your clothing and can't see light through the garment then it will offer some degree of protection.

Sleeves: cooling sleeves are becoming more popular and offer not only UV protection but also compression. The sleeves claim to wick away sweat and moisture from the body.

AVOID: running in strong sunlight between 11am – 3pm

Do not use child specific sunscreen as the preparation does not allow for the adult body to sweat and cool correctly leading to illness and potentially life threatening heat stroke!



Well after a brilliant response to our [Hawkinge Hurricanes Parkrun Take Over](#) bid I can confirm we are officially in charge on **Saturday 24th September 2016.**

Thanks for all the confirmed support to volunteer on the day and for offers of cake making. I have secured a gazebo for the day so if nothing else the cakes will stay dry ☺

There are plenty of jobs so feel free to let me know if you have a preference on your task

Run Director – Maggi & Elizabeth

Timekeeper x2 – *volunteers needed*

Marshal x4 – *volunteers needed*

Barcode Scanner X2 – *volunteers needed*

Finish Tokens X2 – *volunteers needed*

Tail Runner – Kate Clipstone

SHEPWAY SPORT TRUSTS AWARDS



Well the second annual Shepway Sports Trust Awards took place on Wednesday 20th July at The Leas Cliff Hall.

I was honoured to have been invited with my husband Shaun and supported by Sarah and Adam.

We were nominated in the 'Club of the Year' category and although this year we didn't walk away with an award this year it was a great evening to see all the amazing sporting opportunities we have within Shepway (who's up for paddle boarding with me???)

We have only been up and running (pardon the pun) for 6 months and to have been nominated really made me feel proud in what we have all achieved so far and I hope you agree we are doing things right as a club.

Fingers crossed for 2017.



I think everyone enjoyed the latest Julie Rose Stadium track session (even Mr Miller gave it a go ☺). Running on the track gives me as a coach a great opportunity to watch all the athletes individually and hopefully you all took the opportunity to reflect on those basic skills of form and motion.

We even had our juniors along and they all showed great enthusiasm, and super well behaved – made me very proud to have you all along.

Don't worry if you missed out our next track session will be planned for September – great opportunity to tweak your performance before the Half Marathon session begins.

AUGUST 2016 SCHEDULE

Monday 1st – 0800 – Lidl TRAIL (Suitable for all)

Tuesday 2nd – 1830 – Lidl

Thursday 4th – 1830 – Group Runs – o/s Hythe Swimming Pool, South Road, Hythe

Monday 8th – 1830 – Lidl – Group Runs

Tuesday 16th – 1830 – The Leas, meeting by the café

Thursday 18th – 1830 – Lidl - TRAIL RUN

Monday 22nd – 0800 – Lidl

Tuesday 23rd – 1830 – meeting near East Cliff Pavilion, Wear Bay Rd, Folkestone

Thursday 25th – 1830 – Lidl

Saturday 27th – Team GB Day – free event, details TBC (probably morning)

Tuesday 30th – 1830 – Lidl

Thursday 1st September – 1830 - Lidl

New FUNdamental Course

Can you think of anyone who would be keen to join our Hawkinge Hurricane Team?

A BEGINNERS group will be starting in September 2016 and the mailing list is now open.

Any club member who introduces a friend will be entitled to a free club gift



Just pass on our club email

sam@hawkingehurricanes.com