

Hawkinge Hurricanes RC

Schedule May 2017

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Venue</u>	<u>Notes</u>
Monday	1st	BANK	HOLIDAY	NO RUN
Wednesday	3rd	1830	Wear Bay Rd	Promise No Hills 😊
Monday	8th	0900	HCC	
Wednesday	10th	1830	HCC	FUNdamental week 4
Sunday	14th	0900 <i>Park on side roads as not open till 10am</i>	Folkestone Garden Centre, A260 CT15 7HX	Followed by coffee, Tea or cooked breakfast
Monday	15th	0900	HCC	
Tuesday	16th	1830	The Leas (DB 2 Lead)	FUNdamental week 5
Monday	22nd	0900	HCC	
Tuesday	23rd	1830	HCC	FUNdamental week 6
Saturday	27th	1000	HCC - BOOTCMP	£5pp to Functional Fitness
Monday	29th	0910	Folkestone Garden Centre A260	
Tuesday	30th	1830 FUNdamental week 7	From The Cat & Custard Pot, Paddlesworth	Curry & Chips £6pp – let Sam know if your staying for food!

RACE DATES

14 th May	Sittingbourne Invicta 10K www.invictarotary.org
14 th May	Stelling Minnis 10K (SE)
19 th May	Race 1 ok 5K and 10K series Podplus Ashford R2 16 th June, R3 21 st July, R4 18 th August
21 st May	University of Kent 10K (crab and winkle way) (SE)
26 th May	Samphire Hoe 5k race series (SE) Race 1 R2 30 th June, R3 3 rd August, R4 25 th August
28 th May	Folkestone Coastal 10K (NW) East Kent 10 miler (Aylesham) (SE)
11 th June	Tenterden 5K and 10K (SE)
18 th June	Folkestone Seafront 5 miler (SE)
25 th June	Sandwich 10K (SE)
23 rd July	Deal Dinosaur 10K (NW)
6 th August	East Kent 5K and 10K Aylesham (SE)
26 th August	Cy Half Marathon (NW)
10 th September	Wingham 5K and 10K (SE)
8 th October	Givaudan Ashford 10K (SE)
5 th November	Deal 5 miler (NW)

WWW.SPORTINGEVENTS.COM (SE) WWW.NICE-WORK.ORG.UK (NW)

RACE DATES

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May 2017



CONGRATULATIONS

BRIGHTON

10k

Dave Clipstone
Claire Coombes

MARATHON

Cate Clipstone
Marie Brazier
Greg Dixon
Jason Coombes
Martin Salmon
Dan Newman

VIRGIN LONDON MARATHON

Martin Salmon
Dave Burton
Cate Clipstone
Dave Clipstone



Method or Madness

The Foam Roller – A common issue is that athletes roll over bruises mistaking them for muscle knots. Further research is needed to understand the benefits for recovery

Ice Baths – The jury is still out! Ice is good to restrict blood flow and lessen pressure within the muscle but it does reduce the body's natural ability to aid anti-inflammatory properties. Some athletes report relief from warm bath post training.

Compression Wear – there is plenty of science behind compression clothing and it has been proven to reduce swelling and bleeding within tissue. Ideally worn post training

Stretching – just taking muscle groups to their normal lengths has been shown to restore normal range, better than doing nothing.