



March 2018 Newsletter

Want to improve your race times? Hit the Sunday Club trails

For both new and experienced runners, trail running offers a huge amount of benefits that can help you enjoy your running more, protect yourself from injuries, and even improve your race times on the roads and on the track. Don't believe me?

Here's what a Sunday trail run can offer!

Fewer injuries- softer surfaces give those muscles and bones a well-deserved rest from pounding the streets, it improves strength around joints and for those prone to take a little fall every now again....helps with balance!

Improved technique- uneven terrain means that you take shorter, quicker strides and land on your forefoot rather than heel. This all requires less energy and on flatter surfaces allows for quicker acceleration.

Being in the country air and beautiful surroundings.....need we say more.

Trail running can make you faster!!! That's because there are hills, strength training and increased resistance all rolled into one. It the best thing you can do for your running.

SUGGESTED LOCAL RACES IN MARCH 2018

1. Dartford ½ Marathon 11 March 2018
2. Lydd ½ and 20 mile 11 March 2018- Niceworks
3. West Worthing 5k and 10k 11 March 2018- Sportingevents
4. The Lullingstone Challenge 25 March 2018- Sporting events
5. Folkestone 10 Mile 30 March 2018

These are just a few races taking place in March in Kent. There are lots more slightly further afield so don't forget to have a good search!



MARCH 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 March Schedule | | | |
|--------------------------------|----------------------|----------------------------------|---------------------------------------------|
| Date and time | Location | Session | Notes |
| March 4, 10.00am | AWLC | Trail/rural road run, around 10k | Routes are subject to change due to weather |
| March 7, 6.30pm | AWLC | Club Run | |
| March 14, 6.30pm | AWLC | Club Run | |
| March 18, 10.00am | AWLC | Trail/rural road run, around 10k | Routes are subject to change due to weather |
| March 21, 6.30pm | AWLC | Club Run | |
| March 28, 6.30pm | AWLC | Club run | |
| Hawkinge Branch March Schedule | | | |
| Thursday 1 st 1830 | HCC | Club Session | |
| Monday 5 th 0900 | HCC | Club Session | Two distances |
| Monday 5 th 1830 | The Leas, Folkestone | Club Session | Meeting nr Leas Cliff Cafe |
| Monday 12 th 0900 | HCC | Club Session (Hybrid Run) | Two distances |
| Monday 12 th 1830 | HCC | Club Session | |
| Monday 19 th 0900 | HCC | Club Session | EM to lead |
| Tuesday 20 th 1830 | HCC | Club Session | |
| Monday 26 th 0900 | HCC | Club Session | Two distances |
| Tuesday 27 th 1830 | HCC | Club Session | |



Don't forget clocks
change on 25th March
2018



Our Club Sports
Physio **Miles Standen**
will be popping in to do
a session on
conditioning and injury
prevention keep an
eye on FB for updates.
If you need Miles
contact him on:

07526684939

milesstanden@aol.com

The Humble Banana

Ok so you see hundreds of runners lined up before a race, chomping on Bananas, but what is the science behind the natural energy source?

Potassium from bananas is the electrolyte that permits the movement of fluids across our cells. The Banana helps with cramps in muscles, the stomach and side stitches.

Vitamin B6 helps convert that giant, carb full load of pasta you ate the night before the race into usable energy.

Magnesium crucial for energy production, muscle function, protein synthesis and insulin metabolism. Magnesium helps prevent lactic acid build up.

General advice is to eat a banana roughly 30 minutes before you run. This gives your body the chance to start to digest the food and enough fuel to get you started.

Don't Forget That Post Run Banana

Bananas are great pre-run snacks for runners, but there are also benefits to eating a banana after a run.

A banana can quickly replenish the Carbohydrates, Potassium and Magnesium that you have used up during your run.

If that hasn't convinced you, banana's cost a fraction of energy gels and supplements. They have a biodegradable package and are easy to get hold of. So, providing you like bananas give one a go!



**RUN
EVERY
DAY
JANUARY**



A huge **Thank you** to you all for helping us raise £181.00 for Mind as part of R.E.D January.



It was great to see a sea of purple at the Pegwell Bay Parkrun on 17th of Feb, Hawkinge Hurricanes Birthday month has really gone off with a blast!



England Athletics fees increase to £15.00 per annum. Affiliation runs from April to April and gives you a small discount on race entries and other great benefits.

One of our Fabulous AYLESHAM RUNNERS Neil Hornsey is co-directing a performance of Ghost Train at the Gulbenkian, Canterbury. So if you fancy a night off running to help raise some money for Stroke, grab a ticket!

THE UNIVERSITY OF KENT PLAYERS PRESENT
ARNOLD RIDLEY'S

THE GHOST TRAIN

12TH - 14TH
APRIL 2018
7.30PM

TICKETS £10
£8 CONC.

GULBENKIAN, CANTERBURY
WWW.THEGULBENKIAN.CO.UK

SUPPORTING

Stroke



DIRECTED BY NEIL HORNSEY & SOPHIE TAYLOR-GAMMON

THIS AMATEUR PRODUCTION OF "THE GHOST TRAIN" IS PRESENTED BY SPECIAL ARRANGEMENT WITH SAMUEL FRENCH, LTD.