



## June 2018 Newsletter

### Club update

Well what another fantastic month for Hawkinge Hurricanes athletes. We have seen people completing their first walk/run beginner session to Martin Salmon completing his 100<sup>th</sup> Marathon and counting. And we're not done yet with Katrina and Helen from the Aylesham branch completing the Canterbury 10k and Keith and Travus taking on triathlon challenges in May and June.

Everyone's achievements are super special and as leaders we would like to congratulate all that have achieved or exceeded their running goals!

You may have seen that the Aylesham branch are going two days a week starting on 4<sup>th</sup> of June with a 10-week FUNDamental course. If all goes well Mondays will be open to all. Of course, please do come along and encourage those new runners on a Monday if you wish!

### SUGGESTED LOCAL RACES IN JUNE 2018

Tenterden 10k and 5k – Sunday 10<sup>th</sup> June

Saxon Shore Half Marathon – Herne Bay – Sun 17<sup>th</sup> June

Hawkinge Hurricane Race Night – Hythe – Tue 19<sup>th</sup> June

Bedgebury Cannicross 5K – Wed 20<sup>th</sup> June

Podplus Ashford Summer 10k – Fri 22<sup>nd</sup> June

50-mile Challenge – Herne Bay – Sat 23<sup>rd</sup> June



And don't forget the Shepway Sports Trust Awards are now open for voting. We are eligible for two categories Club of the year or Coach of the year. It's a great cause so if you get a few spare mins between hill reps, pop online and give us a vote. [Shepwaysportstrust.org/about/awards/](http://Shepwaysportstrust.org/about/awards/)

# June 2018 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

Date and time	Location	Session	Notes
4 <sup>th</sup> June 2018, 6.30pm	AWLC	FUNDamental Week 1 (beginners)	
6 <sup>th</sup> June 2018, 6.30pm	AWLC	Club session	
10 June 2018, 10am	Wingham Recreational Ground	Sunday run, around 10k	Mixed terrain
11 <sup>th</sup> June 2018, 6.30pm	AWLC	FUNDamental week 2	
13 <sup>th</sup> June 2018, 6.30pm	AWLC	Club Session	
18 <sup>th</sup> June 2018, 6.30pm	AWLC	FUNDamental week 3	
20 <sup>th</sup> June 2018, 6.30pm	AWLC	Club Session	
24 <sup>th</sup> June 2018, 10am	Bekesbourne Train station	Sunday Run, around 10k	Mixed terrain, parking charges at train station...maybe some zoo wildlife!
25 <sup>th</sup> June 2018, 6.30pm	AWLC	FUNDamental Week 4	
27 <sup>th</sup> June 2018, 6.30pm	AWLC	Club Session	

## Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Mon 4 <sup>th</sup> June - 0900	HCC	Club Session	Two distance options
Mon 4 <sup>th</sup> - 1830	HCC	FUNDamental week 8	
Tues 5 <sup>th</sup> - 1830	HCC	Club Session	
Mon 11 <sup>th</sup> - 0900	HCC	Club Session	Two distance options
Mon 11 <sup>th</sup> - 1830	HCC	FUNDamental week 9	
Tues 12 <sup>th</sup> - 1830	Radnor Park, Folkestone nr Kids Play area. Cheriton Rd juc Radnor Park Ave	Club Session	
Mon 18 <sup>th</sup> - 0900	HCC	Club Session	
Tue 19 <sup>th</sup> - 1830	Marine Parade nr Hythe Sailing Club CT21 6AW (street parking)	Club FUN RACE NIGHT inc FUNDamental week 10	£5 race fee
Mon 25 <sup>th</sup> - 0900	Folkestone Garden Centre A260	Club Session	Two Distances inc cuppa post run
Tues 26 <sup>th</sup> - 1830	HCC	Club Session (ALL GROUPS)	Hybrid (road n trail)

## Injury focus

As runners we try our best to avoid injuries and stay strong and healthy. Sometimes you may have something going on that you're not quite sure about. **We would always recommend seeking professional advice whatever injury you have**, however, we thought you might like to know a bit about some of the injuries that can be sustained. If you would like particular information on an injury or want to share an injury story and recovery, please do let us know.

## This month's focus is on Achilles tendon injuries

Achilles tendon injuries have the advantage of being relatively easy to diagnose: the Achilles tendon hurts. The most common Achilles tendon injuries are Achilles tendinosis (also known as Achilles tendinopathy) and Achilles tendon rupture. Achilles tendinosis is a soreness and stiffness, which can be increasingly severe. An Achilles tendon rupture, also known as an Achilles tendon tear, is the snapping or pulling apart of the Achilles tendon into two pieces. Achilles tendon ruptures can be full ruptures or partial ruptures.

Achilles injuries are pretty common in runners and can heal quickly if treated properly one of the most common injuries is Achilles tendinosis. This can vary in severity from one to four.

Stage 1. No pain during exercise, but there is some discomfort in the morning when first getting out of bed. The stiffness and creaking go away after a few minutes and are fine the rest of the day. Lightly pinching the Achilles tendon with the forefinger and thumb in the morning or after exercise will probably indicate soreness.

Stage 2. Pain during exercise or running, but performance is not affected. The stiffness and creaking continue to appear when first getting out of bed and continue to disappear shortly afterward. Lightly pinching the Achilles tendon with the forefinger and thumb in the morning or after exercise will indicate soreness.

Stage 3. Pain during exercise or running that is detrimental to performance. The stiffness and creaking continue to appear when first getting out of bed but may continue for some time and reappear at other points during the day. Lightly pinching the Achilles tendon with the forefinger and thumb in the morning or after exercise will indicate soreness.

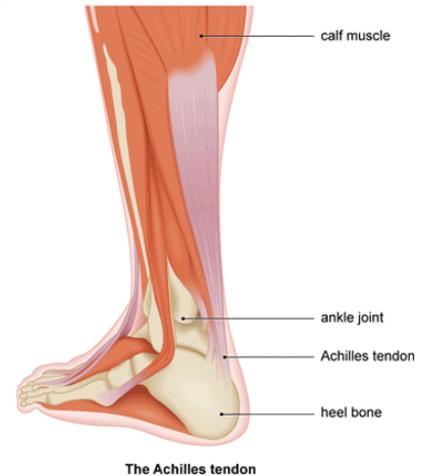
Stage 4. Hurts too much to exercise or run. The stiffness and creaking continue to appear when first getting out of bed but may continue for most of the day. Lightly pinching the Achilles tendon with the forefinger and thumb at almost any time of day will indicate soreness.

**Don't confuse this with Achilles tendonitis which is an inflammation: the Achilles tendon becomes filled with inflamed cells.**



## The cure

Achilles tendinosis is not an excuse to get out of shape: relative rest is the treatment, not total rest. During the relative rest period do alternate sports that are easy on the Achilles tendon, such as swimming, moderate cycling, upper body weight lifting, etc. let the thing heal and if it hurts still to run stop and rest some more!



## Kate our new LiRF



## Welcome to the Team

Hawkinge Hurricanes are pleased to welcome Kate to the leadership team. Kate completed her Leadership in Running Fitness (LiRF) on Saturday 19<sup>th</sup> May at the Julie Rose Stadium in Ashford

Kate brings plenty of running experience to the club with numerous races under her belt, she even completed 12 marathons in 12 months. Kate is presently training for her second Ultra Marathon on June.

Kate juggles a busy job and family life but always manages to fit in her running and luckily for us Hawkinge Hurricanes RC.

Kate will be leading at both sites.

