

## May 2018 Newsletter

### A Fantastic April

What a absolutely superb April the club and runners has had. We have seen marathon PB's, first time marathons, 10 mile races, 5k races and many many more personal and club achievements throughout the month. We've put April's achievements in pictures on page 5!



To top it all off the club has received a fabulous Pitman Training 'Super Achievers' Award.

### SUGGESTED LOCAL RACES IN MAY 2018

1. 2<sup>nd</sup> May The Bedgebury Pinetum Summer 10k/5k series
2. 5<sup>th</sup> May East Grinstead 10 Mile
3. 6<sup>th</sup> May The Island Run 10/5k
4. 18<sup>th</sup> May Podpus Ashford Summer 10/5k series
5. 25<sup>TH</sup> May Samphire Hoe 5k series
6. 27 May Fokstone Coastal 10k
7. 27 May Rye 10 mile

### Things are heating up!

Well it seems that we have truly left the snow behind us, well at least when i'm writing this newsletter, so this means that you should think about staying hydrated throughout the day before you run and whilst running if necessary.

However, Greg is always on hand to assist with hydration if required!



Welcome to our new  
FuNdamental Group at Hawkinge!



## MAY 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
Wed 2 <sup>nd</sup> - 1830	AWLC	Club Session	
Wed 9 <sup>th</sup> - 1830	Wingham recreational Ground	Club Session	
Sun 13 <sup>th</sup> - 10am	AWLC	Around 10k rural road route	
Wed 16 <sup>th</sup> - 1830	AWLC	Club Session	
Wed 23 <sup>rd</sup> - 1830	Adisham Village Hall	Trail run two distance options	
Sat 26 <sup>th</sup> - 0930	Hawkinge Community Centre	Club – Physical Prep session	£5pp paid to independent instructor
Sun 27 <sup>th</sup> May	AWLC	Around 10k trail route	Run with your hound or run without a hound!
Hawkinge Branch Schedule			
Date and time	Location	Session	Notes
Tues 1 <sup>st</sup> - 1830	HCC	Club Session	
Mon 7 <sup>th</sup> - 0800	HCC	Club Session	10k route
Mon 7 <sup>th</sup> - 1830	HCC	FUNDamental Course only	Week 4
Tues 8 <sup>th</sup> - 1830	HCC	Club Session	
Mon 14 <sup>th</sup> - 0900	HCC	Club Session	Elizabeth to lead
Mon 14 <sup>th</sup> - 1830	HCC	FUNDamental Course only	Week 5
Tues 15 <sup>th</sup> - 1830	HCC	Club Session	
Mon 21 <sup>st</sup> - 0900	HCC	Club Session	Two Distances
Mon 21 <sup>st</sup> - 1830	HCC	FUNDamental Course only	Week 6
Tue 22 <sup>nd</sup> - 1830	HCC	Club Session	
Sat 26 <sup>th</sup> - 0930	HCC	Club Physical Prep Session	£5pp paid to independent instructor (no pre-payments accepted)
Mon 28 <sup>th</sup> - 0800	HCC	Club Session	Trail Run
Mon 28 <sup>th</sup> - 1830	HCC	FUNDamental Course only	Week 7
Tues 29 <sup>th</sup> - 1830	Cat n Custard Pot	Club Session plus Curry Night (all athletes welcome)	£10 inc curry and club fees  <i>Please let Sam know if you are coming for numbers 😊</i>



### Virgin London Marathon 2018

Our Club Ballot Place went to Janet Ward. Janet has trained hard over recent months and although set back with bronchitis and a niggling foot pain I was super proud to have cheered Janet (and Dave) in London. Janet ran for Mind Folkestone a charity close to her heart following the sad loss of her dear friend. Dave ran an awesome time in brutal conditions and raised money for PTSD. Both their charity pages are still open if you would like to donate 😊



## 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 Compartment Syndrome

**Compartment syndrome** is a serious condition that occurs when there's a large amount of pressure inside a muscle compartment. Compartments are groups of muscle tissue, blood vessels, and nerves in your arms and legs surrounded by a very strong membrane called the fascia.



Compartment syndrome can develop when there's bleeding or swelling within a compartment. This can cause pressure to build up inside the compartment, which can prevent blood flow. It can be very serious and in extreme conditions if left untreated can result in life changing complications.

## **There are two types of Compartment syndrome- Acute and Chronic**

**Acute-** This type of compartment syndrome typically occurs after you experience a major injury. In rare cases, it can also develop after a minor injury. For example, you may develop acute compartment syndrome following a fracture or after an injury that crushes your arm or leg. Acute is a medical emergency and you should seek treatment immediately.

**Chronic-** This can be caused by exercise, especially when it involves repetitive motion. It occurs most frequently in people under 40, but you can develop it at any age. You're more at risk for developing chronic compartment syndrome if you do activities such as swimming, playing tennis, or running. Intense or frequent workouts can also increase your risk.

**Let's focus on Chronic** -Recognising compartment syndrome early on really increases a quicker and fuller recovery. Pain or cramping when you exercise is the most common symptom of chronic compartment syndrome. After you stop exercising, the pain or cramping usually goes away within 30 minutes. If you continue to do the activity that's causing this condition, the pain may start to last for longer periods. Other symptoms may include having trouble moving your foot, arm, or affected area, numbness, a noticeable bulge in the affected muscle.

### **Recovery**

If you're suffering from chronic compartment syndrome your doctor may recommend nonsurgical treatment methods first, including:

- physical therapy to stretch the muscle
- anti-inflammatory medication
- changing the type of surface, you exercise on
- performing low-impact activities as part of your exercise routine
- elevating the extremity
- resting after activity or modifying the activity
- icing the extremity after activity



If these methods don't work, you may need surgery. Surgery is generally more effective than nonsurgical methods for treating chronic compartment syndrome.



I'M RUNNING

GREATER MANCHESTER MARATHON

