

# Race Night Fun



Congratulations to our amazing FUNdamental athletes on completion of their 10-week course. Some super times at our sunny 5K Race night and a well deserved cold and treats to finish. We have had lovely feedback from the Blister Sister runners who joined us too 😊



## SUGGESTED LOCAL RACES IN JULY 2018

Sun 1<sup>st</sup> – Run or Dye – Penshurst Place

Sun 1<sup>st</sup> - Herne Bay 10K

Sun 8<sup>th</sup> - Cliffe wood 5 Miler – Rochester

Sat 14<sup>th</sup> / 15<sup>th</sup> Race to The Stones

Sun 15<sup>th</sup> – Cranbrook 10K & 5K

Fri 21<sup>st</sup> – Ashford Summer 10k & 5K series  
(Race 3)

Sun 23<sup>rd</sup> – Deal Dinosaur 10K

Fri 27<sup>th</sup> – Sapphire Hoe 5K series

Sun 29<sup>th</sup> – Chislehurst Marathon & ½

Hawkinge Hurricanes now have four Qualified Guide Runners to support blind and visually impaired athletes. Let us know if you know anyone we might be able to support 😊

# July 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
Mon 2 <sup>nd</sup> - 1830	AWLC	FUNDamental week 5	
Wed 4 <sup>th</sup> - 1830	AWLC	Club Session	
Mon 9 <sup>th</sup> - 1830	AWLC	FUNDamental week 6	
Wed 11 <sup>th</sup> - 1830	AWLC	Club Session	
Mon 16 <sup>th</sup> - 1830	AWLC	FUNDamental week 7	
Wed 18 <sup>th</sup> - 1830	AWLC	Club Session	
Mon 23 <sup>rd</sup> - 1830	AWLC	FUNDamental week 8	
<b>Wed 25<sup>th</sup> - 1815</b>	<b>Duke of York School, Dover CT15 5EQ</b>	<b>Club Session</b>	<b>Track Session – suitable for all</b>
<b>Sat 28<sup>th</sup> - 0930</b>	<b>Hawkinge Community Centre</b>	<b>Physical Prep Session</b>	<b>Kelly Ovenden £5pp</b>
<b>Sun 29<sup>th</sup> - 1000</b>	<b>AWLC</b>	<b>Club Session</b>	<b>10k Road Route</b>
Mon 30 <sup>th</sup> - 1830	AWLC	FUNDamental week 9	

## Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Mon 2 <sup>nd</sup> - 0900	HCC	Club Session	4mile & 6Mile+ option
Tue 3 <sup>rd</sup> - 1830	HCC	Club session	
Mon 9 <sup>th</sup> - 0900	Hythe Light Railway Station	Club Session	4mile & 6Mile+ option
Mon 9 <sup>th</sup> - 1830	HCC	Club session	
Mon 16 <sup>th</sup> - 0900	HCC	Club Session	4mile & 6Mile+ option
Mon 16 <sup>th</sup> - 1830	HCC	Club Session	
Mon 23 <sup>rd</sup> - 0800	HCC	Club Session	4mile & 6Mile+ option
<b>Wed 25<sup>th</sup> – 1815</b>	<b>Duke of York School, Dover CT15 5EQ</b>	<b>Club Session</b>	<b>Track Session</b>
<b>Sat 28<sup>th</sup> – 0930</b>	<b>HCC</b>	<b>Club Circuit Training with</b>	<b>Kelly Ovenden £5pp</b>
<b>Sun 29<sup>th</sup> – 1000</b>	<b>Aylesham Welfare Leisure Centre</b>	<b>Club Session</b>	<b>10k Road Route</b>
Mon 30 <sup>th</sup> - 0800	HCC	Club Session	4mile & 6Mile+ option
Tues 31 <sup>st</sup> - 1830	HCC	Club Session	Two Distances

# Shin Pain

Shin splints (which is a common term used for shin pain) affects between 5-35% of runners. It most commonly occurs in those who suddenly increase their running mileage. New runners, are particularly prone to shin splints as they may not have developed the strength in the shin muscles to withstand the cumulative load involved in distance running.



One of the issues in treating shin splints is that the pathology of the condition is unclear. Studies have attempted to determine the structures involved but have concluded no visible changes in the tendons or bone of those suffering from shin splints (Winters et al. 2017). Despite the lack of visible structural changes, there are certain physical characteristics that have been shown to correlate with shin splints:

- Increased body mass
- Excessive ankle pronation
- Prior use of orthotics
- Fewer years running experience
- Prior history of shin splints



There has been a considerable focus on running technique modifications in recent years as a means of decreasing injury risk. Much of the focus has been on decreasing step length and increasing step rate as a means of reducing impact forces through the lower limb.

Training volume is a key consideration when trying to avoid shin pain. It is wise to avoid any rapid increase in mileage or running speed. Most guidelines recommend adding no more than 10% to your mileage per week to minimise injury risk. The tendons of the lower limb take time to adapt and develop the tensile strength required to cope with an increase in load.

“Can I continue running if it is sore?” As I say to most of my patients in this scenario, it is very difficult to eradicate pain by inducing pain. In other words, pushing yourself to the point of pain is going to slow down your recovery. In many cases an athlete has an upcoming event that they are determined to complete. After this there may be a window of time during which rehab can be emphasised. In a case such as this, then a plan needs to be agreed with your physiotherapist, where training is adapted to get through the event, after which a period of rest or adapted training may be required.



**Written by Miles Standen**  
**Registered Physiotherapist**

[www.standenphysio.co.uk](http://www.standenphysio.co.uk)

**STANDEN**  

---

**PHYSIOTHERAPY**

*Miles is our club accredited Physio and offers a fantastic discount to  
HHRC members –*