



# March 2020 Newsletter

Welcome  
our new  
COACHES



Alison  
n  
Elizabeth  
PIC•COLLAGE

Club 5k, 10k n Kids -; Spring Fun Run

Sunday 29<sup>th</sup> March 2020

0930 start

£5 entry fee

Medals to all competitors



## Marshalls wanted for our club fun run

your safety is paramount on these events and without willing volunteers I can not safely run events please rope in those friends, families and partners.

This year a percentage of monies raised will go to **WAY** - a charity that's helps people who are widowed under the age of 50. WAY offer peer support and guidance on helping talk to children and hope to cope with challenging situations.

Spring  
20<sup>th</sup> March



*Welcoming to the Team*

*Claire Olsen.*

*Claire will start volunteering with group sessions and hopefully if she likes her new role head off in November with Jacqui on the Leadership in Running Fitness course 😊*

## 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

**2020**

Date and time	Location	Session	Notes
Mon 2 <sup>nd</sup> 1830	AWLC	Club Session	
Wed 4 <sup>th</sup> 1830	AWLC	Club Session	
Sat 7 <sup>th</sup> 0900	Hawkinge Village	Hall - Penalty Box Fitness	£3pp
Mon 9 <sup>th</sup> 1830	AWLC	Club Session	
Wed 11 <sup>th</sup> 1830	Duke of York sch	Track Session	FREE
Mon 16 <sup>th</sup> 1830	AWLC	Club Session	
Wed 18 <sup>th</sup> 1830	AWLC	Club Session	
Mon 23 <sup>rd</sup> 1830	AWLC	Club Session	
Wed 25 <sup>th</sup> 1830	AWLC	Club Session	
Sun 29 <sup>th</sup> 1000	Hawkinge Community	Centre, Club Fun Race, £5pp	5k, 10k, kids race
Mon 30 <sup>th</sup> 1830	AWLC	Club Session	

### Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Mon 2 <sup>nd</sup> 0900	HCC	Club Session	Two Distances
Tue 3 <sup>rd</sup> 1830	HCC	Club Session	
Sat 7 <sup>th</sup> 0900	Hawkinge Village	Hall - Penalty Box Fitness	
Mon 9 <sup>th</sup> 0900	HCC	Club Session	One distance
Tue 10 <sup>th</sup> 1830	HCC	Club Session	
Wed 11 <sup>th</sup> 1830	Duke of York Sch	Track Session	FREE
Mon 16 <sup>th</sup> 0900	HCC	Club Session	Two Distances
Tue 17 <sup>th</sup> 0830	HCC	Club Session	
Mon 23 <sup>rd</sup> 0900	HCC	Club Session	Two Distances
Tue 24 <sup>th</sup> 1830	HCC	Club Session	
Sun 29 <sup>th</sup> 1000	HCC	Club Fun 5k, 10k n kids race	£5pp
Mon 30 <sup>th</sup> 0900	HCC	Club Session	Two Distances
Tue 31 <sup>st</sup> 1830	HCC	Club Session	

Session cancellations due to weather conditions (ice) will be posted on FACEBOOK

# FUNdamental Running Course



*More information Email:  
sam@hawkingehurricanes.com*

- Launches Hawkinge Tuesday 7<sup>th</sup> 1800
- Launches Aylesham Wednesday 8<sup>th</sup> 1830

Eight-week course  
Fully insured  
Fully supported  
Qualified Coaches and Leaders  
Club T-shirt  
£30pp payment required week one

Recommend a friend and receive session credits when they start!

