



June/July Newsletter



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 22 nd 1830	Aylesham Train Stn	Club session	Pre book / pre pay
Wed 24 th 1830	Aylesham Train Stn	Club Session	Pre book / pre pay
Mon 29 th 1830	Aylesham Train Stn	Club Session	Pre book / pre pay
Wed 1 st July 1830	Aylesham Train Stn	Club Session	Pre book / pre pay
Mon 6 th 1830	Aylesham Train Stn	Club Session	Pre book / pre pay
Wed 8 th 1830	Aylesham Train Stn	Club Session	Pre book / pre pay
Mon 13 th 1830	Aylesham Train Stn	Club Session	Pre book / pre pay
Wed 15 th 1930	Aylesham Train Stn	Club Session	Pre book / pre pay
Mon 20 th 1830	Aylesham Train Stn	Club Session	Pre book / pre pay
Wed 22 nd 1830	Aylesham Train Stn	Club Session	Pre book / pre pay
Mon 27 th 1830	Aylesham Train Stn	Club Session	Pre book / pre pay
Wed 29 th 1830	Aylesham Train Stn	Club Session	Pre book / pre pay

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Mon 22 nd 0900	The Green @ HCC	Club Session	Pre book / pre pay
Tue 23 rd 1830	The Green @ HCC	Club Session	Pre book / pre pay
Mon 29 th 0900	The Green @ HCC	Club Session	Pre book / pre pay
Tue 30 th 1830	The Green @ HCC	Club Session	Pre book / pre pay
Mon 6 th July 0900	The Green @ HCC	Club Session	Pre book / pre pay
Wed 8 th 1830	The Green @ HCC	Club Session	Pre book / pre pay
Mon 13 th 0900	The Green @ HCC	Club Session	Pre book / pre pay
Tue 14 th 1830	The Green @ HCC	Club Session	Pre book / pre pay
Mon 20 th 0900	The Green @ HCC	Club Session	Pre book / pre pay
Tue 21 st 1830	The Green @ HCC	Club Session	Pre book / pre pay
Mon 27 th 0900	The Green @ HCC	Club Session	Pre book / pre pay
Tue 28 th 1830	The Green @ HCC	Club Session	Pre book / pre pay



COVID 19 POLICY FOR COACHES, LEADERS, VOLUNTEERS AND ATHLETES

- If you have a temperature, feel unwell, have a cough, loss of taste sensation or have been with anyone that is unwell or felt unwell in the last 14 days please **do not attend**. If you live with or are taking care of anyone that is on the high-risk list, attendance is at your own discretion.
- **Arrive on time** to your session. Go straight to the starting area where your leader will be waiting. The meeting point is on the green at Hawkinge Community Centre or the field at Aylesham Train station. Please note that changing facilities will not currently be available.
- **Payment-** payment for sessions can only be made via bank transfer (Lloyds Bank Acc: 22515268 Sort Code: 30-91-91) and will be due at time of booking your running slot. No cash will be taken by the leaders. Hawkinge only, has a chip n pin reader for contactless payments. No credit will be given.
- **Personal Items** - the leaders will not be able to handle personal items such as keys, jackets etc and no items will be left in the leader's cars. You are responsible for carrying your own items.
- **During the session** you must adhere to the minimum 2m apart rule, leaders will ensure our stops are at appropriate places so we can fan out and remain 2m apart if required. These rules must be adhered to or the sessions will be stopped.
- **In the case of an emergency** where the leader has to assist, a mask and gloves will be donned. Feel free to bring your own hand sanitizer.
- Do not be tempted to run closer than two meters apart. This is to minimise trips and falls on trail routes. Please follow the leader's directions at all times and do not run ahead.
- It will not be possible to borrow running kit such as high viz jackets at this time. Please ensure that you have your own high viz jacket and that you bring it to every session.

- No phone use whilst running.
- **At the end of sessions**, we will stop for a cool down. This will be a shorter session working on the areas used. Do NOT stand next to each other and adhere to 2 metre rules.

More information : www.Englandathletics.org/athletics-and-running/news/guidance-update-step-2/



Nothing Holds a HURRICANE down

Its been a crazy few month for our little running family but I just wanted to thank everyone for continuing to support the club, keeping each other motivated and taking part in the Weekly Challenges.

The goodie bags are now full to brimming for those that have taken part with pictures, speed drills, selfies, treasure hunts and personal goals.

Things may be a little logistical for our leaders and coaches as we move forward to please try and understand we will be as fair as we can to all in an attempt to facilitate everyone's needs. Any concerns contact me!

Sessions need to be pre booked and pre-paid - failure to attend can lead to another athlete losing out so only book if you can make a commitment to attend.

Three missed sessions will result in reserve list only for one month.

Any athlete who would like to become or continue as an England Athletics Affiliated athlete should ideally consider paying the £15 (April 2 April) annual fee. This not only gives athletes additional EA benefits and discounts but allows HHRC to ballot for a VLM place - gotta be in it to win it 😊

A massive thank you to my amazing leadership Team. Elizabeth, Alison, Keith, Claire, Jacqui & Julie who have vlogged, blogged and given their time to keeping everyone going during the pandemic.

A warm welcome to Sarah Harris who is joining our team, Sarah is a qualified LiRF and will be supporting our Hawkinge Return 2 Running group.

Lastly - welcome back, I'm here if you need anything and Happy Running 😊

Sam (Lead Coach)

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