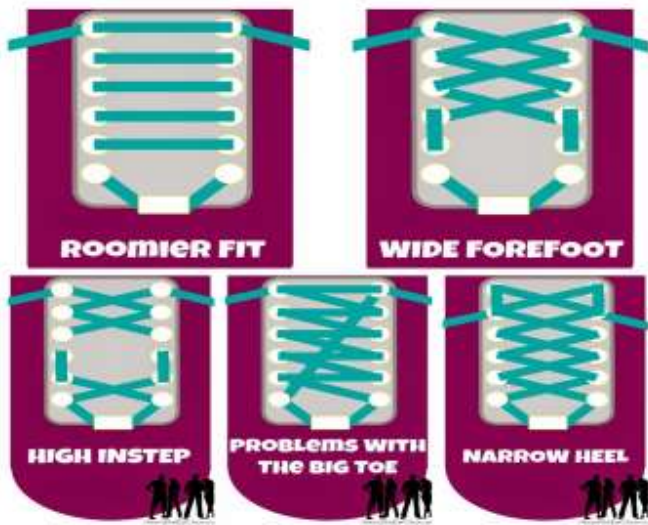


August 2021 Newsletter

Lacing Patterns for **ATHLETIC SHOES**



THIS IS WHAT HAPPENS WHEN YOU DRINK A GLASS OF RED WINE

WARM UP

Blood vessels dilate, causing warm blood to move closer to the skin's surface.

HEART HEALTH

Red-wine tannins protect against heart disease and lower your risk of heart attacks.

LOOK GOOD

Facial muscles loosen and cheeks flush with color, causing you to look more relaxed, and thus more attractive.

BETTER SLEEP

You enjoy better sleep even compared to people who drank only water.

BURN FAT

Ellagic acid dramatically slows the growth of fat cells and lowers your risk of developing type 2 diabetes.

FIGHT SICKNESS

Ellagic acid dramatically slows the growth of fat cells and lowers your risk of developing type 2 diabetes.



CLUB FUN 5K RUN

TUESDAY 31ST AUGUST

1830 FROM THE PROMONADE Near to Hythe sailing and Yacht Club

£5 cash per athletes, friends and children welcome, medals to all finishers

Volunteer's, pacers, timers required 😊



RETURN TO RUNNING

Hawkinge will be offering a supported 8-week program R2R, this group will be on a Tuesday evening and will be a gentle walk/jog programme. This is to support anyone coming back from injury, building fitness, feeling a little nervous or just wanting to take things easy. The bubbly Charlotte will be leading this group. Standard club fees apply and sessions will be aiming to build confidence and time on feet in a relaxed environment.



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 nd 1830	Duke of Cumberland	Barham (street parking not	Pub carpark)
Wed 4 th 1830	Duke of Cumberland	Barham	
W/C 9 th	NO CLUB	FEEL FREE TO COME TO	HAWKINGE
Mon 16 th 1830	Preston Village Hall		
Wed 18 th 1830	Preston Village Hall		
Mon 23 rd 1830	Royal Oak Pub	Nonnington	
Wed 25 th 1830	Royal Oak Pub	Nonnington	
Mon 30 th 1830	Fitzwater Arms	Goodnestone	
Tue 31 st	Hythe Promenade	Meeting nr Sailing Club	5K Fun Run, £5 cash
Wed 1 st Sept 1830	Fitzwater Arms	Goodnestone	

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Mon 2 nd 0800	HCC	Club Session	
Tue 3 rd 1830	HCC	Club Session inc R2R	
Mon 9 th 0800	HCC	Club Session	
Wed 11 th 1830	Hawkinge Cricket Club	Club Session inc R2R	Drinks in bar to follow
Mon 16 th 0800	HCC	Club Session	
Tue 17 th 1830	Radnor Park	Meeting near café n kids park	Free street parking
Mon 23 rd 0800	HCC	Club Session	
Tue 24 th 1830	HCC	Club Session - inc R2R	
Mon 30 th 0800	HCC	Club Session inc 5K Fun Run	£5 cash inc medal
Tue 31 st 1830	Hythe Promenade	Meeting near sailing club	5k Fun Run £5 cash

Session cancellations due to weather conditions will be posted on FACEBOOK