



September 2021 Newsletter

The Aylesham Hawks News

When Sam asked me to write something for the newsletter, I honestly did not know where to start!

So, I'll start at the beginning!

On a cold dark Wednesday evening in October Keith and I sat in the Welfare Centre full of absolute dread.....

Just Kidding! It was cold and dark and in October but we were excited and nervous and hopeful that someone, anyone would walk through the doors. It was our first club night with us taking the reins. Thankfully, there was nothing to worry about and we had new runners arrive through the door. The lovely Hawkinge Runners also joined us for support.

Well, the nights stayed cold and dark, but the club grew and soon we were ready to take on a set of beginners, couch to 5k over 12 weeks. However, we needed another day so with Sam's support we added a Monday to the Rota. The first group went well and before we knew the sun was out and we were hitting the trails, adding Sunday 10k's with dogs (at the time) to our week.

We continued to run and grow as a team and achieved a great number of things, a few listed below.

- Raising hundreds of pounds for charities close to our hearts
- Run first 5k's, 10k's half Marathons and Marathons
- Smashed PB's
- Taught over 40 runners to begin from scratch
- Made friends and supported local businesses
- Explored where we live safely and enjoyed wonderful countryside and wildlife
- Ran in sideways rain on tarmac in head torches whilst hunting for Christmas lights and in the snow
- Supported each other through good times and unimaginable times



I have lost count of how many miles we have run together and the number of bizarre things that we have come across on our runs! Honestly if you saw it in a soap opera, you would not believe it ☺

Therefore, Keith and I are not going to say goodbye or end this on a sad note. You are strong, you are capable and you can achieve the impossible. So go on, keep giving it a try, and if you need some words of encouragement, as I have said almost every week.....

Relax, breathe, you got this x



FUNDamental Beginners Running Course

8-week fully supported, fully insured

Relaxed, friendly atmosphere

Launching Tuesday 7th September

Recommend a friend and receive a FREE session for yourself

Club Schedules

Don't forget as a Hawkinge Hurricanes Member you are more than welcome at any session at any site!

Aylesham Branch Schedule

September 2021

Date and time	Location	Session	Notes
Wed 1 st 1830	AWLC	Club Session	
Wed 8 th 1830	AWLC	Club Session	
Sat 11 th 1100	Hawkinge Community	Centre, Hall - PENALTY BOX	£3 cash on day
Wed 15 th 1830	AWLC	Club Session	
Wed 22 nd 1830	AWLC	Club Session	
Mon 27 th 1830	AWLC	Club Session and Finale	

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Mon 6 th 0900	HCC	Club Session	Two distances
Tues 7 th 1830	HCC	Club Session plus FUNdamental	Week one (1800)
Sat 11 th 1100	HCC Hall	PENALTY BOX FITNESS	£3 cash on day
Mon 13 th 0900	HCC	Club Session	
Tue 14 th 1830	HCC	Club Session plus FUNdamental	Week two
Mon 20 th 0900	HCC	Club Session	Two Distances
Tue 21 st 1830	HCC	Club Session plus FUNdamental	Week three
Mon 27 th 0900	HCC	Club Session	Two distances
Tue 28 th 1830	HCC	Club Session plus FUNdamental	Week four

Session cancellations due to weather conditions will be posted on FACEBOOK

Join our closed Facebook group – ‘Hawkinge Hurricanes’



Penalty Box Fitness is BACK 😊

For those who don't know Penalty Box is HIIT training working on balance, cardio, speed, agility and used for weight loss. Great tunes will power you through this hardcore work out, don't worry however as every athlete's train with their own box to their own ability. Full demos given at training. Mix it up and have a blast. Penalty box training will be monthly and dates already secured into 2022.

Hawkinge Community Centre, Community Hall - £3 cash per person, **all welcome**

SATURDAY 11TH SEPTEMBER 11AM

COLOURING COMPETITION WINNERS



WELL DONE LADIES

