

September 2022 Newsletter



A big welcome to our FUNdamental athletes who started their 8-week introduction to running 😊

Naomi, Ray, Alison, Caren, Joanne, Claire, Gillian, Nikki & Kerry



Pay £30 into the club account
and receive

11 club sessions for the price
of 10.

Cash is now accepted at club.

Session fees need to be paid prior to
attending.

Heads Up

Well, what a fantastic summer we have all enjoyed, the weather has been amazing if not a little too hot at times.

We have seen club athletes compete and hit super PB's. One athlete completed her first Marathon in Milton Keynes.

We have welcomed Karen Middlemiss to the team as our club Welfare Officer and Claire Tetlow (Teapot) as a new Associate Leader, and Kevin Colby as our very own PT.

I have given out plenty of 50 and 100 T-shirts and love seeing people wear them.

I hate to say but we will be moving into darker evenings and you will see a slight change in training structure. We will always offer ability matched groups however. Darker evening also mean Hi-Viz so dig out that jacket or lights in preparation (club has vests to borrow).

The good thing about darker evenings is we return to track training so make sure I have an up-to-date car registration for site entry.

#bringonautumn

Club Schedules

HAWKINGE SHEDULE OF TRAINING AUGUST

DATE	VENUE	SESSION	NOTES
Monday 5 th 0900	NO SESSION		
Wednesday 7 th 1830	HCC	All Groups	FUNdamental week 3
Monday 12 th 0900	HCC	3m & 6M	
Wednesday 14 th 1830	HCC	All Groups	FUNdamental Week 4
Monday 19 th 0900	HCC	3m & 6m	
Tuesday 20 th 1830	HCC	All Groups	FUNdamental week 5
Monday 26 th 1830	HCC	3m & 6m	
Wednesday 28 th 1830	HCC	All Groups	FUNdamental week 6

FUNdamental Group please note slight changes above – apologies I have had duty changes at work. Any questions just ask 😊