



Happy New Year! I hope whatever you did over the festive break you feel refreshed and ready to tackle 2024. Despite the slippery start to January this year is turning out to be a busy one already, with lots of you planning and training for events you have your sights set on. No matter how big or small your goals are this year, we hope you know that your DH Family is behind you all the way for support, encouragement, and a kick up the bum if you need it. Go Hard or Go Holme.

Cath Wood

CLUB INFO

DH Club Night Etiquette:



The new year is here and club nights are beginning again after our Christmas break. As a reminder, please consider the following when attending a club night –

- We are a collective and we welcome and respect every runner regardless of speed, but it is your responsibility to decide whether you are fit and able to run.
- If you have any medical conditions that could affect you, it's your responsibility to make the club aware of these and carry with you any medication that you may require during the session.
- Wear appropriate clothing. This includes hi vis, reflective or white clothing on dark nights – a head torch alone is not sufficient.
- Listen to your run leaders as they are there for your safety and enjoyment.
- Follow the planned route. If you need to deviate from the route for any reason; please let a run leader know.
- If you choose to run ahead of the lead run leader you do so at your own risk.
- Listen to the run brief at the start of sessions.
- If you want to warm up/cool down, please feel free to do before we start.
- Dogs and headphones are not permitted at any of our club sessions.

Taking Part in Races:

Reminder - Please follow this rule, item 11, as set out in our Code of Conduct:

11. Play by race rules, whether it's a UKA, FRA, Club Championship or an independent race, you must abide by the organiser's rules. If you break the rules, you could lead the club and yourself into disrepute. **DON'T SWAP RACE NUMBERS** without the organiser's permission.

To read the rest of our Code of Conduct click [here](#).

24 Hour Relay:

After trying to short-list a selection of dates for the 24 hour relay, and realising the running calendar is packed for 2024, the committee decided to set the dates of 20th/21st July 2024. This event falls on the same weekend we held a very successful relay in 2019 and avoids all major running events and school holidays.

For those who have never taken part, the 24hour relay consists of the baton moving for 24 hours. Continuously around a 3 mile (approx.) loop. You can sign up for as many loops as you like, with a group loop starting and finishing the event at midday on the Saturday and Sunday. Night-time loops are a two person minimum for safety and fancy dress is highly encouraged. More details on how to sign up and volunteer will be circulated soon.



DH Sunday Socials:

Our Sunday Socials continue to be popular. It's been great to have other local clubs come along and join us. The dates of the Sunday Socials can be found on the calendars at the end of this newsletter. It's also a chance for our members who are unable to run at the moment, to allow them to come along and join in the coffee part and have a catch up.

DH Christmas Party and Awards Night:

On 16th December we had our annual Christmas Party and Awards Night at the Con Club in Denton Holme. It was a fantastic night and we celebrated all of your successes from 2023. Well done to all of our award winners. You can find the full list of your winners below.

Runner of the Year – Gail Rajjayabun
DH Member's Choice – Kev Iveson
Beginner of the Year – Rob Bell
Outstanding Contribution – Christine Southam

Club Championship

1st Male – Martin Grey
2nd Male – Malcolm Dixon
3rd Male – Alan Roberts
Full male standings - [DH Runners :: Club Championship 2023 - Male Standings](#)

1st Female – Julie Dodd
2nd Female – Kerrie Fiddler
3rd Female – Gill Harding
Full female standings - [DH Runners :: Club Championship 2023 - Female Standings](#)

Cross Country Championship

1st Male – Malcolm Dixon
1st Female – Gill Harding
Full results - [DH Runners :: 2023 DH Cross Country Championship Standings](#)

Your Male and Female Captains for 2024 are Pete and Julie Fell



You Can Run:



You Can Run starts again on the 22nd February. The six week course is designed to help build strength and confidence to complete a 5k. Full details can be found here - [DH Runners :: You Can Run](#)

Tell your friends!

Club Championship:

The club championship races have been sent out to all members. Thanks goes to our club captains, Julie Fell and Pete Fell, getting together with Suzanne Forster our club championship coordinator to select the various events and to get them out to you so promptly. Club Championship races can be found [here](#).

Club Newsletter:

Can you help please? We are looking for some new members to help out with the newsletter. If you can or want some more information, have a chat with Christine Southam or email her at secretary@dhrunners.org



DH Member's Survey:

Our new committee is brimming with ideas and enthusiasm around what we can do for you, but we would like to hear from you about what we do well and what you would like to see more of. A short survey will be coming out soon and it is your chance to give us some feedback. Keep an eye out!

Under the Head Torch:

This is an opportunity to find out more about our new club captains –

Peter Fell:



When did you join DH? October 2021 and I became a run leader in January 2023.

Why did you start running? I ran my first half marathon in 1985 when I was 16 years old. It was the Cumbrian run. It was the days when you had to enter by filling a form out in the News and Star and got your results printed on Monday in the news and star. Then I started playing football, golf and squash so didn't run again for 29 years.

In 2013 our 9 year-old son Lewis was diagnosed with type 1 diabetes after a virus attacked his pancreas. This was the wake-up call I needed to get fit again, so when Julie entered the Great North Run I didn't want to be left out and entered too, and I've never looked back.

Which DH night do you take part in? I run on a Tuesday and Thursday nights.

Favourite distance? I like 10k and half marathons. I've already entered 4 halves for this year and I'm running London Landmarks half in April to raise money for Eden Valley Hospice.

Least favourite distance? I don't really have a least favourite distance. I'll run anything from 5k to marathon distance. Can't seem to get my head around running further than a marathon but never say never.

Do you have any pre run/race superstitions? If so, what? I'm partial to a handful of tangtastic haribos before a run.

What is your favourite post-race food/drink? The night before a race I always have pizza and after a race either a milkshake or full fat coke.

Middle of race, if you felt like giving up – what would keep you going? 3 years ago a consultant told me to stop running that day and that I'd never run again. Well, I'm too stubborn or determined, I'll let you decide which so I got a second opinion and had a full hip replacement a year later. I remember the feeling of dread at not being able to run again so that spurs me on when things get tough in a race. Don't let anyone tell you that you can't do something, prove them wrong.

Favourite route? For a local run I like the 5 mile Houghton loop. My favourite race is Manchester half marathon, great route and fantastic crowd.

What is your running shoe of choice? Brooks Hyperion max

Best running memory/What is your favourite/best event you have taken part-in? I ran London Marathon in 2019. Running over Tower Bridge and seeing Julie and my 2 sons Lewis and Jake was an unbelievable feeling.

What is your top tip(s) for going for a run or taking part in a race? People get really nervous on race days. I love the buzz at the start and the sense of achievement at the finish. Even if it's not the best run you'll do, just enjoy it, you'll never regret it.

What do you see in your running future? I'd like to break sub 1.50 half marathon, I'm 50 seconds off it and possibly 3.50 marathon to prove it wasn't a fluke last year.

Tell us something we don't know about you? I have size 13 feet which makes finding running shoes I like difficult at times.



Julie Fell:

Why did you start running? Eleven years ago my son got diagnosed with type 1 diabetes. It totally shook our family, but with the help and support of the wonderful staff at the Cumberland Infirmary we got used to it. Peter and I decided that we wanted to help other families and children with type 1 diabetes and signed up for the Great North Run in 2014 to raise money for Diabetes UK. I had never ran before! I found a couch to 5k app. I would never run in daylight as I didn't want anyone to see me running. We used to also go to Talkin Tarn in the early mornings to run when no one was around. I just felt so embarrassed about it all. But the more I ran, my body changed and my mindset too. It took me 3 hours 23 minutes to complete my first ever half marathon and we raised over £500 pounds for Diabetes UK. I kept running and then got to know Julie and Gary Dodd from Houghton. Julie really encouraged me to keep my running going and persuaded me to join DH. Since then, I have never looked back. It's more than just running for me it's a family and a community.

Which DH night do you take part in? Both nights. Tuesdays you can find me having fun and giggles at the party at the back. Thursdays, normally in the middle of the pack chatting to whoever will listen to me!

Favourite distance? I like both 5k and half marathon. 5k because it's over fast and half marathon because you can split it up into sections. Start slow and get the feel of the race, speed up in the middle and then let it rip at the end.

Least favourite distance? Road marathons just find them monotonous.

Do you have any pre run/race superstitions? If so, what? I go to the toilet about 100 times!! And then again just to make sure.

What is your favourite post-race food/drink? I love a nesquik milk shake after a long run and pizza the night before a race.

Middle of race, if you felt like giving up – what would keep you going? I use mantras a lot to keep me going. I use 'I do tough things' and if I'm coming to a hill 'whatever goes up must go down'. I repeat these a few times to myself and it generally works for me. Also seeing people that you know on the course or knowing that they are at the end, gets me through that hard part of the race.

Favourite route? I love a Houghton loop! It's up and down and brings me back home in an hour or so.

What is your running shoe of choice? I have always had Brooks Ghosts. They feel like slippers on my feet.

Best running memory/What is your favourite/best event you have taken part-in? Completing the Lakeland 50 in 2023. I had only signed up for it because Gary Dodd said it was a race where you run up a hill and down a hill and then have a buffet and just do that a few times!!

My best running memory was training. I got to know Helen Taylor (I thought she was married to James!!), Gail, Laura and I already knew Julie Dodd. We were lucky enough to all get places in the ballot and we did lots of recces together. Clare Ferguson also gave me some great advice and loaned me some of her gear for the race. The race was brutal. We had all the weather that you can think of thrown at us. My mindset was to think of it check point to check point not running 50 miles in 24 hours. Another great memory was seeing all my DH Runners family at Ambleside. I cried but I loved it. The support, love, care and attention everyone showed me was unbelievable. Then finally finishing. My emotions were uncontrollable. Seeing Peter and everyone else was amazing.

What is your top tip(s) for going for a run or taking part in a race? Get your kit ready the night before so you don't forget anything. Look at the route so you know what to expect and where the toilets are. Have a bag ready for the end of the race, so you've got some dry clothes, food and drink. But most of all try to enjoy the experience. Many would love to do what you do.

What do you see in your running future? Completing the Lakeland 50 a bit faster than last year. Then for my 50th birthday I would like to complete 'The wall'.

Tell us something we don't know about you? I have a Bachelor of Arts degree in fashion design and had a runway show in London fashion week.



DH Runners Making a difference in the wider running community:

At DH Runners, we all know and love Carlisle parkrun with many members part of the core team, volunteering regularly and supporting the event through our club championship.

One of our members, Sarah Hamilton, has been an event ambassador of parkrun for many years- supporting a number of local events, including Carlisle and Carlisle juniors to run smoothly.

Last month Sarah was promoted to Regional Event Support Ambassador and we could not be prouder! Sarah has widened her role from north Cumbria to Cumbria and North Lancashire!

Congratulation Sarah - we know you will be brilliant in your new role!



OUT AND ABOUT AT VARIOUS RACES/RUNS:

BRAMPTON TRAIL RACE

We saw lots of members competing in the third 'Fellside Events Brampton Trail Run'. This year they experienced a cold frosty sunny day, a bit different from the mud and wet of last year. Lots of members were marshalling too. Well done to everyone!



THE RESOLUTION 5K AND 10K

Well done to everyone who took part in the Resolution races, a good turn-out for both the 5k and 10k event. Also, a thank you goes out to our members who were out marshalling and those who came along to support the events. Congratulations to Julie Dodd who was first female in the 5k race.



Important dates for your diaries:

February						
DH RUNNERS CALENDAR						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Thursday Group		Parkrun
X Border 10k		Tuesday Group	Track Night	Thursday Group		Penrith Parkrun Club Championship
		Tuesday Group		Thursday Group		Parkrun
Sunday Social		Tuesday Group		Thursday Group YCR starts!		Parkrun
		Tuesday Group		Thursday Group		

March						
DH RUNNERS CALENDAR						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Parkrun
		Tuesday Group		Thursday Group		Parkrun
		Tuesday Group	Track Night	Thursday Group		Parkrun
		Tuesday Group		Thursday Group		Parkrun Club Championship Grasmere 10k trail
Sunday Social		Tuesday Group		Thursday Group YCR Graduation		Parkrun



That's all for now folks.... please remember all members are welcome to contribute to our club newsletter including race reports and running stories, or suggest content, please send in any information [here](#), or catch one of the Newsletter Team. Thank you to those of you who took the time to contribute to this edition.

Happy Running!
Best Wishes
Newsletter Team (The Three Cs - Christine Southam, Clare Ferguson and Cath Wood)