



CLUB INFO

It is getting close to that time of year when we can pack away our hi vis as the light nights draw nearer. It has been a busy few months for the club and I know a lot of you have started preparing and training for the targets you have set yourself for this year – whether that is a race, a PB or just to get back out again. The lighter nights for me give me that excitement that spring and summer is on the way, and with it a sense that anything is possible. We hope that this newsletter finds you are happy and healthy.

Cath Wood

Membership fees 2024/2025:

The fees for this year have been decided by the committee as £30 for affiliated (including £19 England Athletics fee) and £20 for non-affiliated. These are an early bird offer and will rise to £33 and £23 on the 1st May.

Last year we made the decision to keep the fees as low as possible due to the cost-of-living crisis. As a result of this the club lost around £3,000. We have bills to pay like everyone and without the river run membership was our only income. This was never going to be a sustainable solution, so this year we have made the decision to increase our fees in line with previous years and rising club costs.

This year we are encouraging affiliated membership. There are lots of benefits to being an affiliated member including £2 off UKA approved road race entry, discount at sportshoes.com and other changing offers, and reduced rates on training courses. Our club is allocated London Marathon places depending on the number of affiliated members we have, and 190 affiliated members would allow us to have two places to ballot to members.

Since 2016 our fees have been around £30 for affiliated and £20 for non-affiliated, which is highly competitive within the area, and we are one of the few who offer a non-affiliated option. For non-members each club run costs £1, so would cost almost £100 a year for attendance at every club night.

Year	Affiliated	Non-Affiliated	Comments
2016	£33	£20	
2017	£34	£20	
2018	£30	£15	Club 'cash rich'
2019	£30	£15	Club 'cash rich'
2020	£31	£15	All members refunded due to COVID
2021	£25	£10	COVID
2022	£30	£15	COVID
2023	£20	£3	Cost of Living
2024	£30	£20	£33/£23 after April

We use your fees to pay for new and renewing training, storage costs, website fees, England Athletics fees (separate to those for affiliated members), bank charges and for social events to name a few.

As a club we want to make both memberships affordable for our members while being able to pay the bills.

If anyone has any concerns regarding the membership fees for 2024/2025 you can contact myself, your welfare officers or your club captains.

Survey Results:

Thank you to everyone who took the time to complete the recent survey. We had a total of 59 responses, and it was useful feedback and comments on what we do well and what you would like to see in future from the club.

There were a few common themes from the comments and the actions for these can be seen below.

Trail running

England Athletics now offer a trail running module to add on to existing run leading training and we are looking at offering this to some of our Run Leaders.

The Run Leaders at their last meeting discussed and decided that trail running sessions were something we would plan to do come the better weather.

Run Backs

Due to the size of the club and the number of attendees we now have on a Thursday it would be unsuitable to reintroduce these due to the amount of people it would involve blocking pavements. We always have a back marker, and the Run Leaders have introduced the idea of 'party pace' which is a casual pace set for the back of the group which anyone is welcome to join in with.

YCR+

This has been planned to start in May and for the course to finish in time for our Club Championship 10k event in June. More details will follow.

Training

The Run Leaders are looking at ensuring that a variety of sessions are included monthly in our club nights including hill reps and interval training. Track nights have been reintroduced once a month and tend to focus on speed work and are led by a Coach. We will be hosting a Magic Mile event this year and details will follow once we have confirmed a date with the Sheepmount. We are also looking and planning some new routes to include on club nights.

Social

The first DH Social of the year has been planned for 5th May at the Griffin. The 24-hour relay has been set for 20th July. We are also looking at putting on a bus to the Gateshead Trail run in August. Other ideas for social events are being discussed and planned and more information will follow.

Kit

Our new Kit Manager has been hard at work and is looking to get items available in the store again along with some new items.

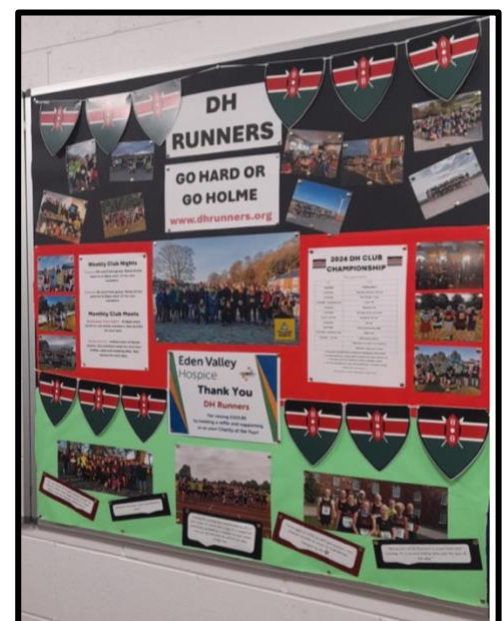
Committee Update:

We have been busy working away behind the scenes these past few months. If you have been to the Sheepmount you may have seen our new notice board that we have filled with photos and info and old river run medals. We hope that this showcases what a great club we are.

Alongside this we have been speaking to web designers to look at improving the website and looking at our accounts to see where we can cut costs. We recently cleared and cleaned out our storage unit in Wigton and moved locally to save us £40 a month that we can put to better use.

A huge thanks to the committee, run leaders and other volunteers who give up their time to make all these things happen for us.

Minutes of recent committee meetings can be found [here](#).





DH Sunday Socials:

These continue to happen once a month; we are always pleased to see members from other local running groups join us.



The next Sunday Social is on 24 March. Due a Duathlon taking place that day, we will meet at Watchtree to start at 9.30. (If you want extra distance, you can start earlier or do another lap then meet us at Kirkbampton.)

We will then head to Kirkbampton to watch the duathlon; where we have members taking part and it would be great to support them.

There are refreshments available at the race for a small cost so bring some change!

Run Groups

Tuesday Nights: has recently seen the introduction of new routes which have been enjoyed by members. Please note on Tuesday 30 April there will be no club night due to the Lowca 10k which is a club championship race.

Thursday Nights: A You Can Run course began recently. Their graduation will be on Thursday 28 March. They will be encouraged to go to Carlisle parkrun on Saturday 30 March to undertake the 5k course.

Track Nights: Continue to take place monthly and have been very popular.



Club Championship:

DH Championship first event – Penrith parkrun, 10th February

It was a foggy but calm morning for the first event of the 2024 DH Championship calendar, providing excellent cool running conditions for the 46 DH Runners who ventured down the M6 for the occasion.

As it was the 10th birthday of Penrith's parkrun, we knew it would be busy and most of us were there in plenty of time to meet up and pose for our group photo. There were also lots of Eden Runners and Border Reivers in attendance, so it was a very sociable morning, with cakes and drinks enjoyed afterwards.

Altogether there were 374 people took part, so more than 12% of participants were from DH!

Congratulations to the 13 DHers who achieved course PBs and well done to the 9 runners who were visiting the Penrith event for the first time.

After the results were processed, the highest WAVA scores were earned by Julie Dodd and Malcom Dixon who took the lead in our championship, prior to the addition of three Joker submissions from the XBorder 10K. Current standings are on the website and can viewed [here](#).

The next event on our calendar is the Wild Deer Grasmere 10K on 23rd March, which is now sold out. We're looking forward to seeing everyone there, whether running, volunteering, or supporting!



PS Just a quick reminder to book onto events as soon as they become available to ensure you don't miss out.

Suzanne Forster, Club Championship Coordinator

Club Newsletter:

Please note we have over 200 members in DH Runners. Everyone is welcome to send any content to be included in the newsletter. It's impossible for us to know of everyone's achievements and successes. So, if you want to celebrate your success or a fellow member; **please** send in the information and we will be pleased to put it into the newsletter. Information can be sent [here](#).



Under the Head Torch:

This is an opportunity to find out more about some of our members –

Dave Wood:

When did you join DH? Just after moving up to Cumbria, so it must have been about 2017.

Why did you start running? My parents are very athletic, and my mum used to encourage me to go out round the block with her when I was young. I was always taught that exercise and keeping healthy are really important.

Which DH night do you take part in? I love Tuesdays but can't usually make it as I tend to work later. So usually Thursdays for me, I really like the 5 mile option.

Favourite distance? I don't have one really... I've run half marathons that have been a breeze and 5ks that have pushed me to the limit!

Least favourite distance? No least favourite, but I can find a 10k a bit gruelling because in my head it sounds short but then never feels like it.

Do you have any pre run/race superstitions? If so, what? No, I'm not superstitious at all! Just as long as I feel ready for it, common sense things like no bad food and enough sleep!

What is your favourite post-race food/drink? A banana is great a few minutes after, but then fish and chips half an hour or so later is perfect.

Middle of race, if you felt like giving up – what would keep you going? The right song coming on my headphones! Usually something loud, fast and heavy!

Favourite route? I might go for the Kielder dark skies which is in two days at time of writing. I prefer forest tracks to trail because I like the feeling of being amongst trees and woodland. I also had a great route on the Downs in Bristol which goes near the suspension bridge and would run that when I had weekdays off. And of course, the London Marathon but that's more for the atmosphere than the route!

What is your running shoe of choice? I don't have any brand loyalties but I think Brooks Ghosts were probably the comfiest for me. My previous three have been Saucony but I might go back to Brooks.

Best running memory/What is your favourite/best event you have taken part-in? It was really special seeing Cath do her first parkrun (Carlisle) with me and get into running from that. Best event London Marathon for sure!

What is your top tip(s) for going for a run or taking part in a race? Practise your running and find out what pace is easy/hard for you over that distance. Find out what makes you comfortable - do you need to take food/drink with you? Music? You might hate getting wet or it might not bother you at all, so try and get enough practise in different conditions, and if you're anxious, plan a small loop around where you live so that you can stop whenever you like. Listen to other people's advice but don't assume it'll apply to you.

What do you see in your running future? Doing events and routes that I enjoy, a bit more parkrun tourism and I'd love to do an event abroad.

Tell us something we don't know about you? I suppose most people probably do know this but people who know me less well are usually a bit shocked when they discover my other love is screaming and smashing guitars in rock 'n roll bands!



Faye Stubbs

When did you join DH? About 2 years ago.

Why did you start running? My mum signed up for the GNR in 2006. I started running to train with her. I went to see her run the GNR and I was so jealous! We signed up together for the following year and started doing lots of other running events together. I was hooked!

Which DH night do you take part in? I haven't been doing much of either recently! I do both, but mainly Thursdays.

Favourite distance? Urm.. Dunno.. 10K I guess?? Not too long and not too short??

Least favourite distance? I've never ran over 13.1 miles and that's a stretch, so I guess that. I'm normally hobbling by the end.

Do you have any pre run/race superstitions? If so, what? No superstitions...

What is your favourite post-race food/drink? Energy drink. Any junk food like burger and chips! Sweeties.

Middle of race, if you felt like giving up – what would keep you going? Pure stubbornness. I hate giving up. I always tell myself that it's OK to hurt and it's just temporary (Although this is how I've made injuries worse, and then they've not been so temporary!)... Music helps too.

Favourite route? Club route- I like the bypass 10K. My route- I like Great Orton loop past Watchtree. Nice 10K distance.

What is your running shoe of choice? I've got Brooks Glycerin at the mo. It's usually Brooks or ASICS.

Best running memory/What is your favourite/best event you have taken part-in? GNR with my mum in 2007. We ran in memory of my grandma; it was our first half marathon race together and was really memorable. It's an amazing event.

I ran Kyiv half marathon in Ukraine, think it was 2019. That was amazing. Especially thinking back that I got to do that now.

What is your top tip(s) for going for a run or taking part in a race? Make sure you're rested, have eaten, and you're hydrated (although hangover super running powers is a thing!)

Don't wear anything you haven't worn before, and you don't know is going to ride up and annoy you for the whole of a race!

What do you see in your running future? London Marathon. I have a ballot place, but I will need to defer this year unfortunately.



OUT AND ABOUT AT VARIOUS RACES/RUNS:

X Border – Sunday 4 February

There was a fantastic turnout for the X Border. Well done to John Messenger, 1st DH male to finish and Samantha Foster for 1st female. There were some great PB's which was great to see especially in that wind.



Mad Dog 10k – Sunday 4 February

On Sunday 4th February I had a horrendously early alarm to set off to Southport for the annual Mad Dog 10k, this year's theme was Barbie, so the race was named "Barkbie". This would be my first part taking part, I had previously entered in 2020 but the race was cancelled the night before due to the storm. After a relatively easy drive down we arrived at the park and ride, jumped on the free bus and made our way to HQ. Here we queued for our numbers and t-shirts and had the opportunity to buy previous years merch at a cheaper rate, I picked up a top from the Harry Potter themed event (Hairy Potter and the Half Bred pup!) for £2.00 and a gym towel for £3.00. We met up with Suzanne, Brian, Mark and Gail and got the obligatory pre race photo then headed down for the start line.

The main appeals for this race seem to be the goodie bag and a flat, fast course. I can confirm both are appealing, however the wind does affect how fast you can run, sometimes it felt like you were barely moving.

It is a very popular race, lots of running clubs travel from all over to stand on the start line. The race can't begin until we've all sang the classic hit "Who Let the Dogs Out" by Baha Men, this did make me cringe but everyone else seemed to enjoy it.

The course is an out and back, along the front and through some of the town, the wind was a lot kinder on the way back to the start. There is good support on the course, many families stood cheering people on, even a few singers and a choir.

When you finish you get your goodie bag and your medal, there's also lots of bottles of water and fruit you can help yourself to (pink lady apples!!!!). In the goodie bag there was a buff, a set of bib clips, pic n mix, a keyring, a couple of Chai latte samples, a foldable backpack, a voucher for a percentage off food at a local pub (we went here for lunch, and it was great value with the voucher), bone health supplements and a stick of rock!

We stayed over after the race to enjoy a bit of time in the area, we went to a nice restaurant that Suzanne and Brian had been to the evening before, Korean Kitchen if you're ever in the area.

I'd definitely recommend doing this race at least once, it's very well organised and has a fantastic atmosphere.



Emma Taylor

Grizedale Marathon – Sunday 4 February

After missing out on a place last year in 2023, completing Grizedale full marathon was always on the cards for 2024.

Hearing mixed reports of the route and seeing friends complete the year before I was keen and excited but nervous as it was unknown territory, and I definitely was underprepared going into my first big event of the year.

What always helps is having supportive, positive people around you and it's always great to have Laura come with me and stay over in the van the night before and get me ready mentally.

It was a nice chilled morning of the event, you could definitely tell everyone had been up early but there was an aura of excitement circulating through the forest, but there was 100% some early morning February chills!

The first half marathon was steady away and not push too hard, the track was nice and followed old forest roads so nothing too technical, jelly babies and flapjack at the checkpoints were more than welcome!

Finishing the first loop and arriving back at the visitor centre I felt amazing, ready to go, half way down, let's do this. I stopped for 5 at the checkpoint to move snacks and gels forward in my pack, gave Laura a squeeze and off we went to finish this.

Straight away I realised the second half wasn't going to be as forgiving compared to the first half. The course took us into a steep, moderately technical climb into a little bit quicker downhill section and for the next maybe 6 miles the course was up and down, and up and down with a little bit more up and down for good measure. Mile 19 was a long downhill section which was an absolute delight after the last few miles, then came the last checkpoint at mile 20. I felt good here, 6 miles to go, a 10k, done these many a time. Big big climb again. The biggest so far, this knocked me down a bit but knowing the end wasn't too far off there was only 1 direction to go. The next few miles were a chore, counting them down and ticking them off a quarter mile at a time as and when, they were slower than I would've liked but one leg in front of the other was the minimum.

I remember looking at my watch at 25.5 miles and thinking 'right, time to run and finish strong' but having no idea where I was and thinking 'bloody hell, I'm just over half a mile off, where the hell is this finish line!'

It wasn't until around 26.5 miles that I was at the same tricky uphill path a few hours earlier but coming down this time that I knew I was just about finishing, hearing the announcers and a few cheers was a little kick I needed to run the last remainder. The extra 0.8 miles was rough and unexpected but alas the finish line was here. I always try to finish strong and run over the line but this one was hard.

I was so glad to compete and finish Grizedale marathon (+.8 miles) and get the year off to a good kickstart but there was also lessons to take, I need to prepare better, I need to do more hill work.

I'm so grateful for the club and friends around me to support and push me at these things, I never thought I'd be able to do events like this and it's thanks to the club and the people associated that I am. This is the first of my plans for 2024 with Kielder dark skies marathon, Howgills 26, Ullswater ultra, and Lakeland 50 2.0 to tick off this year. It's going to be a good one!





James Taylor

Pets of DH

Woody is ready to get out and hit the trails – trainers laced and ready to go!



Important dates for your diaries:

April


2024

DH RUNNERS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Tuesday Group	3	4 Thursday Group	5	6 Parkrun
7 Club Championship SIA 3 Village 5 SIA 3 Village 10	8	9 Tuesday Group	10 Track Night	11 Thursday Group	12	13 Parkrun
14 Sunday Social	15	16 Tuesday Group	17	18 Thursday Group	19	20 Parkrun
21	22	23 Tuesday Group	24	25 Thursday Group	26	27 Parkrun
28	29	30 Club Championship Lower 10k				

May


2024

DH RUNNERS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Thursday Group	3	4 Parkrun
5 Bank Holiday Social	6	7 Tuesday Group	8 Carlisle Urban Trail	9 Thursday Group YCR+ Starts!	10	11 Parkrun
12	13	14 Tuesday Group	15 Track Night	16 Thursday Group	17 Fellside Infinity24	18 Parkrun Fellside Infinity24
19 Sunday Social Fellside Infinity24	20	21 Tuesday Group	22	23 Thursday Group	24	25 Parkrun
26	27	28 Tuesday Group	29	30 Thursday Group	31	

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 - Christine Southam and Cath Wood