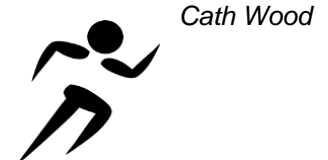




The sun may have been shining these last few days, but autumn is in the air. Soon the dark nights will be here, which means the hats, gloves and high vis comes back out again. We still have lots to look forward to – Sunday socials, our last few club championship races, Great Cumbrian Run event village (we will see you there with snacks!), AGM, Christmas party and of course of Christmas Handicap. The days may be getting shorter, but we are not slowing down. If there is a goal you set for yourself this year and you haven't completed it yet, you still have time! The hardest part of any run is putting your shoes on and getting out the door. Once you are out and moving that is the real win – any distance and speed after that is a bonus. You are out and doing it! I look forward to seeing you all in the coming weeks.



CLUB INFO

AGM

The AGM will be held on Saturday 23 November 2024. Further details will be sent out beforehand.

2025 Committee

The end of the DH year is rapidly approaching which means the AGM is just round the corner. Every year at our AGM the whole committee step down from their roles and we elect our new committee for the year. It is a great chance to get involved further in club, to bring your ideas and make them happen.

I have been on the committee for three years and I have enjoyed my time making the club the great place it is. What a busy few years it has been!

This year we have several long-standing committee members who will not be standing for re-election. Below is a list of all the committee roles available and those we will actively be looking to fill. If you have any questions about what it is like being on the committee or would like to attend the next committee meeting with the view of standing for next year then please speak to us.

Further information on how to put yourself forward for a committee role will be sent out with the AGM invite soon.

Cath Wood

Committee Roles

| Role | Responsibility |
|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Chair Actively looking</p> | <ul style="list-style-type: none"> To provide overall leadership of the club. Ensure the club's Committee is effective in fulfilling its role and responsibilities on behalf of the club Chair Committee meetings Ensure all aspects of the club and club life are represented and have a voice Advise and support Committee members and Officers helping them to fulfil their roles Act as a spokesperson for the club and Committee Act as an ambassador for the club Arranging handover for succession for this position |
| <p>Vice Chair</p> | <ul style="list-style-type: none"> To support the Chair in providing overall leadership of the club and all aspects listed above. |
| <p>Secretary</p> | <ul style="list-style-type: none"> To provide business, communication and administrative support to the club. Prepare and circulate Committee meeting agendas Prepare and circulate the minutes of committee meetings, including assigning action points Prepare AGM Agenda and subsequent minutes Maintaining up to date records re Club Standards on England Athletics Portal |

| | |
|-------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> • Ensure the club applies for and receives its London Marathon club places entitlement • Arranging handover for succession for this position |
| Membership Secretary Actively looking | <ul style="list-style-type: none"> • To process membership applications and respond to enquiries regarding membership. • Manage EA membership; • Register club members who require EA membership on the EA portal • Authorise EA transfers for members who wish to transfer to a new club • Administer annual renewal of EA membership • Raise EA invoices and submit to Treasurer for payment • Arranging handover for succession for this position |
| Welfare Officers | <ul style="list-style-type: none"> • To provide safeguarding support to the club in line with current legislation and to verify DBS checks for run leaders • Being the point of contact and managing welfare issues along with other members of the committee to resolve issues and reporting serious safeguarding concerns to UK Athletics. • Ensuring that UK Athletics and England Athletics welfare policies and guidance are implemented. |
| Finance Officer Actively looking | <ul style="list-style-type: none"> • To provide financial support to the club including managing the bank account, online payments and reporting at the AGM. • Maintain the club's books and accounts • Issue cheques and payments • Issue the club's invoices • Bank cheques and receipts when necessary • Act on subscriptions, affiliations and other registrations as necessary • Keep accounts for the club's races and events • Make payments to charity beneficiaries • Maintain the club's bank accounts and bank relationship • Produce annual accounts • Promote good financial wellbeing for the club • Act as the financial representative on the Club's Committee • Arranging handover for succession for this position |
| Run Leader Co-ordinator Actively looking | <ul style="list-style-type: none"> • To co-ordinate and support run leaders • Arranging handover for succession for this position |
| Club Championship Co-ordinator | <ul style="list-style-type: none"> • To select and coordinate championship races, results and announcements |
| Cross Country Coordinator Actively looking | <ul style="list-style-type: none"> • Coordinating cross country season by sharing information on events, signing up process, being a point of contact for queries from members, coordinating teams • Arranging handover for succession for this position |
| Kit Manager Actively looking | <ul style="list-style-type: none"> • To place, collect, sort and distribute all kit orders • Arranging handover for succession for this position |
| Social Secretary Actively looking | <ul style="list-style-type: none"> • To arrange club social events • To arrange and promote club social events • To help with promoting social events organised by other members • Arranging handover for succession for this position |

DH Car Sticker Raffle

The raffle to win a vintage DH car sticker is still running and the winners will be drawn at the AGM. We still have numbers available, so please speak to Emma Taylor if you would like to purchase one. Each entry costs £2 and all money goes to our charity of the year Hospice at Home Carlisle and North Lakeland. We have 20 car stickers to give away so grab your number now to be in with a chance to win one!



DH Sunday Socials

These continue to happen once a month; we are always pleased to see members from other local running groups join us. If you are unable to run at the moment, come a long and join us for the chat part which happens afterwards. See Calendar below for the dates of when these are happening.



Run Groups:

Hi Viz – please remember that if you are attending Tuesday or Thursday groups from now onwards, during these darker nights, that we ask all attendees to wear high visibility clothing. High Visibility includes fluorescent running tops/jackets and reflective wear. We want all members to be safe when running in our groups, so please be mindful of this and try to dress as brightly as possible. Thank you.

Run Leaders:

Our Run Leaders have a meeting this coming Monday and we'd like to invite along people who are interested in becoming a RL in the near future. If you're serious about helping out and would like to become qualified please let Mark Drummond know so that he can invite you along. Please note that at the moment it's just an expression of interest as we tend to recruit when needed.

DH Track Nights:

We continue to have our Track Nights. These take place on a Wednesday evening, meeting in the Sheepmount Reception at 6.15pm for a 6.30pm start. The sessions are free to those with a Better Membership, otherwise it is £4.50 payable by card only.

The team tries to rotate sessions with some being fun based partner/group work and others being more challenging. Forthcoming dates are 9th October, 13th November and 11th December. Hope to see you there!

TRACK NIGHT!

- 13th March
- 10th April
- 15th May
- 12th June
- 17th July
- 7th August
- 18th September
- 9th October
- 13th November
- 11th December



Club Championship:

Gateshead Trail 10k – Saturday 24 August

Congratulations to those of you who took part in this Championship Race. We have 2 write ups for this popular race, thank you goes to Suzanne Forster and Lindsay Brown. For the latest standings in the Championship click [here](#).



Gateshead Trail 10K – 10th Edition!:

24th August saw 35 of us hardy DH souls and loyal supporters make the trip 'over east' for what's becoming our regular trip to the Gateshead Trail 10K. This was my 5th time here, and it's always a great atmosphere. This year, as a Club we were able to support the cost of a coach for this Championship Race to the Blaydon Rugby ground. The weather was kind and although overcast didn't really convert to rain, so we were able to enjoy the gathering together both before and after the race. There was an opportunity to collect the event t-shirt, various food and coffee stalls, and a chance to try Scott trail shoes (one of the main sponsors).

It's always a popular race supported by lots of clubs, but I think we held our own with our DH colours out in force! There's always a photo session on the stage, and a musical warm-up before the mass start.

The course starts by taking a route up around the rugby pitch then takes a steady path up, up, up, then UUUPPPPPP again, onto the old railway viaduct and back, then down under a bridge then UUUPPPPPP again before a fantastical final glorious downhill for almost 2 miles!

The finish comes back into the rugby ground and through the big archway to plenty of cheers before the medal, water, banana and snacks!

Brian and I had to make a sharp departure to head to other commitments, so we had already left when the winner of the raffle was announced, we found out from several friends excitedly messaging and calling (thank you!) – I'd won a pair of brand new Scott trail shoes! I visited the Northern Runner shop the day before the GNR to collect my shiny shoes, since only worn once and so far still very clean (not for long!). I'm really pleased with them, not tried them before but they are soft but supportive, comparing extremely well to my favourite HOKAs, and I'm not just saying that because I got them for nowt...

Who's already looking forward to next year's GT10?

Suzanne Forster

Gateshead 10K Trail Race Saturday 24th August 2024:

The Gateshead Trail 10K promotes itself as being scenic, fast and fun – but how would it shape up for this newbie?

It was my first 'DH Bus' too! Which was kind of exciting, and made it easier to enjoy the day and look forward to the race without worrying about traffic, getting lost, parking and being late (my specialty). I think everyone appreciated Emma's time and effort in getting us organized and safely there in plenty of time.

The start/finish village area at Blaydon Rugby Club was buzzing with anticipation when we arrived – an early morning festival vibe, with all the essentials on hand (coffee, music and plenty of loos). As 1100 runners plus supporters waited at the start the atmosphere was buoyant, friendly and good humored. We did the warm-up, went to the loo again and then wondered if the second shot of coffee had been a good idea. But soon we were off...

The route winds away from the start, along the scenic paths and trails of the Derwent Walk Country Park through beautiful woodland and open meadows. Beautiful! The loop at the far end means you pass the runners ahead of you shouting encouragement, recognition and support. We were lucky to have a beautiful, late August morning with some decent weather for running – it felt like rain at the start, but this held off and we got some clear skies and sunshine post-race.

Afterwards there was plenty of time to recover, the pain of that second hill soon forgotten, a time to catch up with friends old and new. Straw bales, food stalls, raffle tickets – did someone say "the bar's open"? Much fun was had at this well-organized event where everything seemed to have been thought of.

It was a brilliant turnout for DH Runners, with 35 competitors and a great support team. Special mention to John Billet who came top in his age category – well done John. And congratulations to Sara Milburn, sixth in her age category. Malcom Dixon was first back for DH and fourth in his age category in a superb time (42:52) and Julie Dodd, fourth in her age category, another great time (47:59) just incredible! But perhaps the best thing was seeing all 35 club runners out there, each one doing their best, giving their all and completing the course in a way that reflected their own individual goals, fitness levels and running demons – and all being cheered home by family, friends and supporters. That's pretty inspiring, and I think it's what will stay with me most.

So...was the 2024 GT10K as scenic, fast and fun as it promised? Yes, it pretty much was (well it was two of those things for me) and I would definitely recommend it for a great day out. Next year, anyone?



Lindsay Brown

Sport in Action 10k – Sunday 22 September

A great turnout for this Championship Race. Congratulations to everyone especially those who got a PB. A brilliant run by everyone and a special thanks to everyone who supported, you guys are the heroes who make the difference.



Cross Country Championship

Hope you're all getting psyched for the 2024 XC league and DH XC Championship. Below is some information to tantalise your TRAIL TRAINERS. As stated, dates have been booked, but they are waiting for certain venue availabilities to be confirmed before the entries open. This allows you to get the dates saved in your diaries early! Once I get updates, I will share them with you so you can SPRINT to the online entry page. Can't wait to see some new faces as well as our yearly club members in the RUNNING for a place on the scoresheet. ✎ #DHRunners

** The dates are confirmed, but the venues could change:

28/09/24 Cockermouth
26/10/24 Workington
16/11/24 Keswick
30/11/24 Carlisle Rickerby Park
14/12/24 Netherhall School (tbc) (Reserve Keswick)

Entries will be on Sportsoft as in previous years.

**Link for entries

https://www.race-results.co.uk/results/2024/?fbclid=IwY2xjawFUDDZleHRuA2FibQlxMQABHVVe-KYCJJjbuwuDI3RvPov4ptLI0L5xRNFNc4G0X7in6eYx2V4FMT_dmg_aem_PTeVUGh-SLNFGLfs4fTwtg#8

Alongside the races and inter-club competitions, we will again be running the DH Cross Country Club Championship just for club members, which will work in a way very similar to the normal Club Champs:

- The five races that make up the Cumbria XC league are the only races that count.
- As with the regular club championships, this will be based on WAVA age grading scores and there will be a male and a female prize. Because cross country courses are not accurately measured, but usually fall somewhere between 5 and 6 miles in length, for the purposes of the age grading calculation we will treat each race as 5.5 miles.
- Each runner's top 3 scores will make up their final score.
- We need volunteers for the Carlisle event, as that is hosted by DH. Anyone who volunteers and so is unable to run at that event will score 65 points for it, this will then be included in their final score if it is one of their top three scores.
- Winners will be awarded their prizes at the Christmas Party.

Kev Iveson

Cross Country - A Volunteers Perspective:

I volunteered to help at the cross country after hearing several people from the year before had had a great time, but having never done it before, I had no idea what to expect.

We first set up the course, which was simple enough. We had a route map and as many arrows and orange tape as we could carry and off we went. It was quite self-explanatory and we had it set up pretty quickly. Then it was just a case of grabbing a brew and waiting for the crowds to arrive.

The beauty of cross country is how accessible it is. People of all ages and abilities take part. There are some very serious looking folks, who do several laps of the course before the event to plan out their strategy, and then there's the ones who have just rocked up for a morning of fun and mud.

We were then given a marshal spot, and off we went. I had brought along a thermos flask of coffee and some rechargeable hand warmers so I was fully prepared for an autumn morning of supporting. The enthusiasm of the runners, even the ones at the back of the pack, was infectious, and it was fun watching the same competitors run past several times, looking progressively more muddy each time they passed.



Once all the races had been completed our job was done, and then it was off to Greggs for a well-earned breakfast, more coffee and a debrief and natter.

I would highly recommend everyone to either take part themselves or volunteer to marshal, it was a thoroughly enjoyable morning and the team spirit was inspiring.

Laura Farmer

Under the Head Torch:

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



Ray Redoble

When did you join DH? According to the receipt; 2017-03-29 – order DHR154 on DH Runners.

Why did you start running? I am no runner from home, I play baseball and basketball. When my second boy was diagnosed with ASD with severe learning difficulty, things changed. Our friend Mary Messenger told me “Go for a run... put your earphones in and favourite music” – stress reliever and me time.

Which DH night do you take part in? Thursday group if my shift and family schedule don't clash.

Favourite distance? 10k I think, and a little bit of half marathon before but not much now (getting old).

Least favourite distance? Marathon – although I haven't done it yet, the training plan to do it is already exhausting as I mentioned I'm not a runner so I don't want to be stressed to do the thing to de-stress me.

Do you have any pre run/race superstitions? If so, what? Routines I may say – Filipino powered by Rice (carbo) for the whole week together with nutritious home cooked food by my wife. A day before; kit ready and a bag of “just in case” stuff. Race day; shower to harvest clean energy, toilet to discharged bad energy, black coffee with a teaspoon of sugar, bagel with peanut butter and honey and banana and a bottle of water to take to starting area and of course a wee and wee before

What is your favourite post-race food/drink? Beer and something sweet – or anything available right after I cross the finish line. Then excited to go home as my wife will cook something mouth-watering to feed my tired body and soul.

Middle of race, if you felt like giving up – what would keep you going? This song Lyrics : Hoy, Pinoy ako Buo aking loob May agimat ang dugo ko Hoy, oh, Pinoy ako May agimat ang dugo. Translation: Hey, I'm Filipino My whole heart has amulets in my blood Hey, oh, I'm Filipino My blood has amulets. That pain is only temporary and think of how far I've accomplished/completed already. I will rest when I reached the finish line.

Favourite route? Gateshead trail, X-Border, DH River Run not favourite but preference maybe.

What is your running shoe of choice? Brooks mostly, on trail for Hoka now.

Best running memory/What is your favourite/best event you have taken part-in? Liverpool Rock n Roll – A PB that time and my Uncle had just passed away that week who loves song of Beatles Band. Manchester Half – (fastest so far and maybe the only) cried at the finish line when I called my wife to tell her the news.

What is your top tip(s) for going for a run or taking part in a race? Plan and enjoy training before the big day, don't be afraid to try new regime and routes – that is the fun part. Know the ins and outs of the race as little tiny details will help keep your mind at ease during the day and you know in yourself that you are well prepared, harvest the energy from the crowd to keep you going, wave and smile to the camera even though you are in pain or struggling – oh **SMILE** = this very important specially if it's going tough, try to smile and think of good memories or things and this will push you to move and power on.

What do you see in your running future? Maybe to run a marathon one day as bucket list to tick, to try new races and continue to have my stress reliever runs around.

Tell us something we don't know about you? I used to be a local celebrity back home in a band with my cousins (recording artist- album under Polycosmic Records) using a saxophone and a microphone thus my talent is passed on to my kids now those who've seen his drum covers (like and subscribe to the YouTube channel = UR-drum).



Zoe Ferguson

When did you join DH? I joined in 2018 after doing the 5 - 10k course.

Why did you start running? I started after deciding to do a Race for Life as I could fit it in with work and children, then one thing led to another! I decided I could do more training and do a half marathon before I was 50 - the Cumbrian Run Half 2008, which then led to me try and do a marathon before I was 60 - Kielder marathon 2017!

Which DH night do you take part in? I am generally there on a Thursday night.

Favourite distance? No one distance is my favourite, as I like some of the trail races which are not precise distances.

Least favourite distance? Again, no least favourite distance for the reasons above but depends on the time I have for training for longer events!

Do you have any pre run/race superstitions? If so, what? No nothing that comes to mind.

What is your favourite post-race food/drink? A nice cold drink - could just be water. As for food, chips go down very nicely!

Middle of race, if you felt like giving up – what would keep you going? I rarely feel like that as I like to finish what I've started! If I do have a lull mid race, I tend to chat to people around me that are at a similar pace which encourages me or I admire the views especially on the trails.

Favourite route? No particular favourite as I tend to like trying different routes, though some races like the Gateshead Trail race I have returned to several times! I prefer running a large loop rather than multiple laps or an out and back.

What is your running shoe of choice? I am running in Brooks Ghost for the road, with Brooks Divide as a trail shoe.

Best running memory/What is your favourite/best event you have taken part-in? Oh, this is difficult! Many running memories for different reasons. The Kielder Marathon probably was one achievement that I remember well, training had not gone particularly well, but my daughter Rhona was also running it (she was more disciplined with her training!) so I decided to go and try - I could have ducked out at the half marathon distance if I really felt I couldn't keep going however I did finish. I kept thinking I was going to be timed out, but no - got encouragement from Steve Cram along the route, came to the finish with Run for Home by Lindisfarne playing and half a pint of cold Guinness

waiting on a tray as I crossed the line in last place! Rhona also finished, it was her first marathon too, finishing in just over 4 hours.

What is your top tip(s) for going for a run or taking part in a race? Go to enjoy it whether it be a race or a run and try not to let it become a chore or something you have to do!

What do you see in your running future? Much the same as now and having run for many years on my own it is motivating to meet up with like-minded folk, have a chat and run the occasional race irrespective of the distance.

Tell us something we don't know about you? I have run the Great North Run twice in identical times! I am a level 2 Mountain bike leader and I am often found on the bridleways around Cumbria (and elsewhere!).



OUT AND ABOUT AT VARIOUS RACES/RUNS/EVENTS:

Lakeland 50 - 2024

I'd been keen to do this race for a while but it always clashed with Kendal Calling. There's a group of friends I usually go with and we'd decided to give it a miss in 2024, one couple wanted to try for a baby, one friend wanted to save money for home improvements and I wanted to run my first ultra! (It actually ended up being on different weekends and I went to the festival for the Sunday).

I know that the 50 wasn't something I could just wing, I would need to train and actually put some effort in to the training. I signed up with Paul Wilson from Summit Ultra coaching in January and got straight to work, structure to my training and working on fuelling and getting the kit right.

Fast forward 7 months and I stood on the start line for The Lakeland 50. I knew I'd trained enough to get me round. I definitely could have trained more but I felt ready. I set off with Laura and Dave, we hadn't fully agreed to run the 50 miles together, we were seeing how the race went. We met up with Julie at Mardale Head checkpoint and stuck together for the rest of the way. It was nice to run the race with friends, helping you to reach something in your pack you couldn't quite get to, the words of encouragement on the climbs and hours spent playing the game of 'Guess the DH member'.

The conditions on the day were brilliant, it had started off with a little bit of rain but that didn't last more than the first few miles. Unfortunately, there had been a lot of rain in the days leading to the event so there was plenty of mud, heading down to Haweswater was horrendous, I've never seen the paths like that, it was like a mud slide! This really held us up as you couldn't move fast at all.

The feed stations along the route were great, sandwiches, pasta, custard, tea and biscuits, everything you needed to keep you moving and getting closer to the finish line.

It was amazing to have so much support during the race, whether it was seeing people at Pooley Bridge and Ambleside, the messages coming through during the race, best of all was the crowd in the finishers tent, it was so hard not to cry at this point. I was (and still am) so proud of myself for doing it, glad it was over but also sad that it was done!

If anyone is thinking about it for the future, then go for it! There's plenty of the club who've taken part and happy to answer questions.

Bring on 2025!

Emma Taylor

Lakeland 100 – 2024

For this write up please see the attached document by *Bev Armstrong*.

Cross Border Sportive - Sunday 1st September 2024

I'd been signed up to do this in both 2022 and 23, and sadly had to miss both due to illness 2 years recurring. Thankfully I was able to defer and was in fine fettle for 2024. This would be my second ever time participating in the Cross Border Sportive, a cycling event that begins at Lancercost Priory and throws you straight into a gruelling climb up to Banks, and continues north via Bewcastle and Kershope forest then loops round to Newcastleton, Langholm and gradually back over the English border, eventually finishing back at the Priory. Participants can opt for 3 distances – 30 miles (The Recce), 50 miles (The Raid) or – my choice this time – 80 miles (The Invasion). Riders are discouraged from racing although with the vast openness of the course it's pretty fair to say going flat out isn't likely to cause upset to anyone.

80 miles would be my furthest ride to date, so I put in a good few training rides over summer, tackling some steep ascents while staying with my parents near Bristol and here at home in Cumbria with the likes of Warnell on our doorstep. The weather forecast looked alright and it did indeed stay dry, but the strong wind made for a battle with the pedals. Unfortunately, the overcast heavy clouds made everything feel a bit grey, dulling the beautiful scenery that I love on this circuit.

At the beginning riders are briefed and set off in groups of about 20, staggered every 10 minutes or so. The organisation of the day is just so good, with the entire course marked with arrows just in case the provision of the

GPS and 9-page document sent out beforehand weren't enough. It's made clear that riders are responsible themselves for knowing the route however in reality it would be difficult to go wrong. Riders are also treated to feed stations fit for royalty – cakes, sandwiches, fruit and lots more, and plenty of it to go around.

10 miles after my first visit to the feed station, at what my watch marked as exactly halfway through the route, I got a puncture – the worst kind – a back wheel puncture. With freezing cold hands and I must admit, not a lot of practice at changing tubes lately, this took me considerably longer than my PB for changing an inner tube (PB about 7 minutes). All set to go, rear wheel back on and then a bigger problem – something appears to be wrong with my derailleur (the device that transfers the chain from large ring to small ring and vice versa) as I am stuck on my small ring! For any non-cyclists, this basically means I have lost an incredible amount of the bike's power – imagine being stuck driving in a 40 mph zone having no more than your second gear.

A quick phone call to the mechanic (yes there is a bike mechanic on the day for this kind of thing) and we arrange to meet in Langholm – luckily, it's mostly uphill so best of all the places to get stuck with half my gears! The mechanic – Levi – flags me down from his van and works his magic in about 5 minutes. It's enough to get me back on the road, but by this point the frustration of things going wrong sets in, and I'm heading straight for 5 miles of battering wind and harsh Scottish scenery. This is the toughest part of the ride by far. I force myself to stay positive, start talking to myself (yes out loud) and remind myself that Cath would never let anything like this get in her way, despite me wanting so badly to stop.

Fortunately, things improve when I get to Newcastleton, my momentum returns and I enjoy the rest of the ride. I absolutely recommend this event to anybody who loves road cycling. The ethos is really inclusive, none of that too-cool-for-school stuff you get in some cycling circles, everyone's looked after from start to finish. Despite doing this on my own I really felt part of something special on the day and I will absolutely be doing it again next year... but maybe the 50 miles instead!



Dave Wood

SIA Castle 5k Series – Wednesday 11 September

Well done to those of you competing in this popular local race. Many thanks to those of you who were out supporting and volunteering.



Important dates for your diaries:

| October | | | | | | |
|-----------------------------------------------------------|--------|------------------|---------------|-------------------|----------|---------------------------------------------|
| DH RUNNERS CALENDAR | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | Tuesday Group 1 | Wednesday 2 | Thursday Group 3 | Friday 4 | Parkrun 5 |
| Club Championship Great Cumbrian Run half and 10k 6 | 7 | Tuesday Group 8 | Track Night 9 | Thursday Group 10 | 11 | Parkrun Lakes in a day 12 |
| 13 | 14 | Tuesday Group 15 | 16 | Thursday Group 17 | 18 | Parkrun Langdale half and marathon 19 |
| 20 | 21 | Tuesday Group 22 | 23 | Thursday Group 24 | 25 | Parkrun Cross Country Workington 26 |
| Sunday Social 27 | 28 | Tuesday Group 29 | 30 | Thursday Group 31 | | |

| November | | | | | | |
|----------------------------------------------|--------|------------------|----------------|-------------------|--------|-----------------------------------------|
| DH RUNNERS CALENDAR | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | | 1 | Parkrun Allithwaite 8 2 |
| 3 | 4 | Tuesday Group 5 | 6 | Thursday Group 7 | 8 | Parkrun 9 |
| 10 | 11 | Tuesday Group 12 | Track Night 13 | Thursday Group 14 | 15 | Parkrun Cross Country Keswick 16 |
| Brampton to Carlisle Watchtree Half 17 | 18 | Tuesday Group 19 | 20 | Thursday Group 21 | 22 | Club Championship Parkrun & AGM 23 |
| Sunday Social 24 | 25 | Tuesday Group 26 | 27 | Thursday Group 28 | 29 | Parkrun Cross Country Carlisle 30 |

CHRISTMAS PARTY – 14TH December at DH Con Club. Tickets available very soon.




 Raising money for
CROHN'S & COLITIS UK

WIGTON ROAD RUNNERS
CHARITY 10K
Entries will close at 6pm on Saturday 19th October or when sold out

SUNDAY 20TH OCTOBER 2024
Race starts at 10am, race briefing at 9:45am.
 Race numbers can be collected from 8:45am.

BARTON LAWS, WIGTON CA7 9QY
The run will start close to Barton Laws and finish in Phoenix Park.

AFFILIATED: £16
UNAFFILIATED: £18

Further information
 All runners will receive a medal
 Refreshments available at Barton Laws
 Chipped live results from Timing Up North
 No refunds given

Kindly supported by




BOOK HERE!

THANK YOU SO MUCH TO THOSE OF YOU WHO SENT IN RACE REPORTS, IT WAS GREAT TO HEAR ABOUT HOW YOU GOT ON!

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, Julie Dodd and Cath Wood