



Welcome to the January edition of the DH Runners newsletter which includes some race and run reports, dates for your diaries and more. As ever, if there's an event you've taken part in - a new parkrun, a race or you've volunteered for something - we'd love to hear from you to include it in a future newsletter, information can be sent to newsletter@dhrunners.org

RUN/RACE REPORTS:



SOME OVERSEAS TOURISM

At the start of December, I had a week-long trip to Atlanta, Georgia for work, and as always, the first thing I checked when planning the trip was whether there was a local parkrun. While parkrun is nowhere near as big in the US as it is here, my luck was in and Northside Beltline parkrun was scheduled in for my Saturday morning!

Ahead of the day I had a poke around in the previous results and to see what sort of course I'd be facing, with only around 20 runners/walkers per week on average and a flat looking course, it looked like I could be in with a chance of a pretty high finish - maybe even grab that elusive first finishers token for the first time...?

When I arrived on the Saturday morning (thankfully, during winter it starts at 9, if it had been summer, it has an 8am start and I'd have still been in bed and missed it!), I made my way to where Google maps suggested the start was, wearing my apricot Carlisle parkrun t-shirt hoping that someone would spot the lost looking parkrunner and point me in the right direction, fortunately they did and I was at the start in plenty of time! So, in time in fact, that I even had chance to rescue a finish token from a passing walker who'd picked it up - the event team were very grateful to be reunited with it 😊

During the run brief I had my moment of fame (20 people counts as fame, right?) as the run director asked whether anyone had done more than 50 parkruns, my 210 were enough to make me stand out - there'd have been a lot of travelling involved for anyone in the US to have done that many! And we were away...

I settled into the run on the opening downhill and quickly found myself moving to the front, a bit nervous about going the wrong way (the one marshal they had on the course could only do so much directing!) so I was relieved when someone else came by me. We then settled into a good rhythm round the park, a great location for the run on the edge of a golf course and with a detour into a nice little woodland area.

For about around 2 miles I still thought that the first finishers token might be within my grasp, but it wasn't to be, the runner I'd been following put a spurt on and after all my travel out there and a week in the office I didn't have the energy to respond, we were a long way ahead of anyone else by that point so I settled in took 2nd (and 1st tourist!) - still my highest ever finish in a parkrun!

Overall, it was a great little event, and I hope it survives so I can visit again next time I'm out there!

Matt Charlton

THE NORTH LAKES HALF

The 2nd January - I'm freezing cold, standing in an endless queue for a race number, and I could have been at home eating Christmas chocolate. Instead, I'm at The North Lakes Half, wondering how on earth I went from "I only want to be able to run 5k, I'm not doing a half marathon EVER" just a year ago, to this.



Well, back in October, fuelled by chips, and inspired by all the Great Cumbrian Run medals at the DH pattie party, I was convinced it would be a great idea - what better way to start a new year!?! (thanks, Emma Taylor!)

Now the day had arrived, and all around me people kept talking about THE hill at mile 6 - and not in a way that made me want to experience it! Luckily there were plenty of other DH Runners there to distract me with team photos and chat (thank you all!).

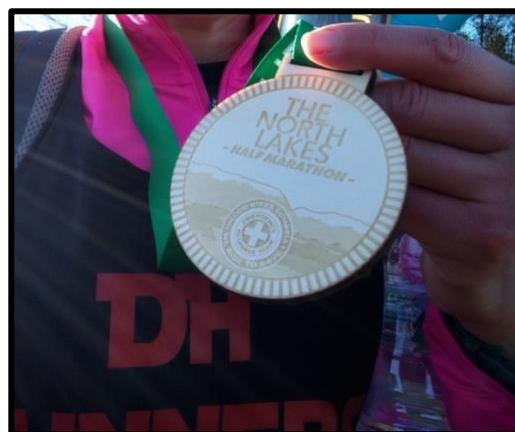
Then we were off. Sort of... we immediately hit ice and walked/ran/skated the first few miles. As the ice cleared and we could start running properly, we reached more hills (important lesson: when runners say 'undulating' they really mean lots and lots of hills). At this point the ice had done me a favour, it stopped me setting off too fast so when I got to 'THE hill' I could run up it! The dreaded mile 6 hill wasn't that bad...

Unfortunately, I was now too confident, I thought the worst part was done...

I settled in and enjoyed the Lake District views, picking up the pace, and ignoring the man who kept telling me it was the easiest half marathon in Cumbria. I was merrily trotting along thinking 'a park run or a Thursday run route to go now, not too bad...' when the route started to go up hill, and kept going up hill, and kept going up hill... it was worse than Richardson Street!

Although it felt like it would never end, it did, and spotting a friend cheering me on got me over the finish line. So that's my first half done! Thanks to everyone for the company, encouragement, and getting me there - I'm still never EVER doing a marathon though!

Jody Ferguson



BRAMPTON TRAIL RACE

Back for its second year, Fellside Events' fantastic Brampton Trail Run race returned in all its wet and muddy glory early in January. Comprising an 'undulating' 7k course, taking in The Ridge and surrounding fields and woodland in Brampton, 185 runners from across Cumbria and South West Scotland duly turned up on a soggy Sunday to take part. There was a strong turn out from DH Runners, both taking part and supporting, with several members also acting as all-important course marshals. We saw fantastic runs from all, with several club members cutting many

minutes off their previous time for the course, but of particular note was race winner and club member Mike Holliday storming in with an overall first place win - and a new course record! - in a time of 29:51. Well done to all!
Clare Ferguson



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.



CLUB INFO

DH Runners Christmas Party and Awards Night 2022:

The weather outside was frightful, but on Saturday 16th December the party inside was delightful.

This year we returned to the freshly painted Denton Holme Conservative Club for our annual Christmas knees-up. I still find seeing the DH family in non-lycra clothing baffling, as I am so used to seeing us all sweaty, but everyone looked gorgeous in their party gear! We do all scrub up well.

After some drinks and nattering, the buffet was opened; we fuelled ourselves on delicious pies and sandwiches ready for all the dancing that was to come.

The DH Christmas Party would not be the DH Christmas Party without our much loved and coveted awards. A big thank you to Lindsay and Simon for organising and presenting this year's awards. Here are this year's winners:

Cath Wood



DH Beginner of the Year – Jody Ferguson



DH Member's Member of the Year – Emma Taylor

DH Runner of the Year – Mike Shaw

Club Championship



1st Male – Alan Roberts
2nd Male – Toby Harling
3rd Male – Martin Grey



1st Female – Kerrie Fiddler
2nd Female – Suzanne Forster
3rd Female – Jo Billet

DH Cross Country

1st Male – Mark Moore, 1st Female – Sarah Lord

Other Awards:

DH True Grit Award – Clare Ferguson

Fastest Kudos 2022: Alison Pescod

DNF of the Year Award 2022: John Billet

Making It Happen and Getting It Done Award 2022: Wayne Stevens

Strava W..... 2022: Gary Chandler

DH PA Award: Niki Iveson

DH Bromance Award: Gary Dodd and Pete Fell

Ray of Sunshine 2022: Ray Redoble

DH Navigator of the Year 2022: Gary Thomas

Better The Nettle You Know Award: Steve Claringbold

Best Supporter: Gail Rajjayabun



DH Runners Membership Rates 2023 – 2024:

The cost of living is on everyone's minds and the Committee is looking at the membership fees to reflect the current financial climate. The Committee would like to let you know that Membership fees for 2023 will be lowered as much as we can. Membership fees for 2023 will be finalised and announced soon.

Run Groups:

Run groups continue take place on Tuesday and Thursdays.

We welcomed a new group taking part in the You Can Run Course last Thursday. We look forward to seeing their progress.

Sunday Social Run and Chat:

This is next scheduled for Sunday 19 February. Meeting at the Sands at 9.00am, with an aim to be back at the Sands for around 10.00 am. Remember this is for everyone to run at their own pace, going as slow or as fast as they want. This is a social run with no run leaders running as a run leader. If you need to go out for a longer timed run on that morning why not time your run to finish at 10.00 am to join everyone for the chat part. It's also a great opportunity of those who can't run at the moment to come along and join in the chat part too.

Club Championship:

The club championship races have been sent out to all members. Thanks goes to our club captains, Fiona Moore and Kev Iveson, getting together with Matt Charlton 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](#).

Cross Border entries can be made [here](#).

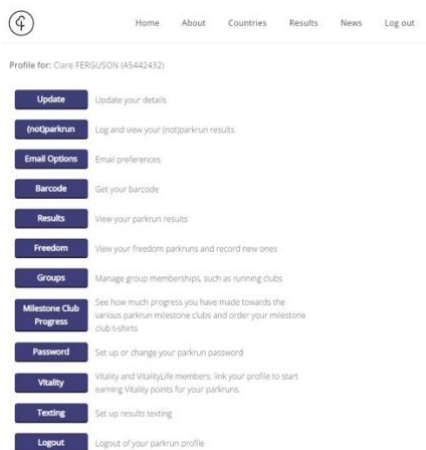
If you do decide to do the Watch Tree Trail 5k, places are limited and quite popular so sign up as soon as you can. They also advise you should have a head torch for this event. You can sign up [here](#)

Don't forget to add DH Runners ...!

Make sure when entering races you list DH Runners as your run club, especially if it's a race you're entering for the championship - it helps the Championship Coordinator find your race times to calculate your results for those all-important points.

Do you have DH Runners listed as your running club on parkrun? As at least one of our Championship races is a parkrun event (and you could pick another as your wildcard entry - see the rules for more on this!) having your club listed as DH Runners will again help the Coordinator find your event time to include in the results. Not sure how to do it? Follow this step by step guide ...

1. Sign in to your parkrun profile using your parkrun ID and your password from the 'Sign in' section on <https://www.parkrun.com/>
2. Once logged in, you should see these options



Click on the 'Groups' button.

3. Start typing DH Runners into the text box on the page, and our running club will appear below as an option to select.

Groups

[← Back to your parkrun profile](#)

From here you can manage group memberships, such as running clubs.

You're not yet a member of any groups.

- DH Runners (UK)
- Riyadh Road Runners (UK)

Once selected, press 'Join'.

4. That's it! You'll now see DH Runners listed as your running club under 'Group Memberships'

Group Memberships

Group Name	Details	Actions
DH Runners	Running Club (UK)	Leave

You can join up to 5 groups, one of which can be your primary group.

Your primary group – DH Runners – is always shown at the top of the table above and is highlighted.

As you'll see, you can have up to 5 group memberships ... but as you're a member of *the* best running club going, why would you want or need to ...? 😊

Under the Head Torch:

This gives us an opportunity to find out some more about some of our members, this time it is Clare Ferguson our new Social Secretary, Kev Iveson and Fiona Moore our new club captains....



Clare Ferguson

When did you join DH? I first came along to DH Thursday in late 2019; it was a truly wet and wild night with a storm raging, so I remember it well! I came along to several further Thursday nights, and a couple of Monday nights, before happily committing to membership in early 2020.

Why did you start running? Sob story time! - quite simply, to help me deal with the heartbreak of my marriage ending. I'd long thought about getting started on the Couch to 5k programme but had always found an excuse: my ex-husband was very athletic, and had competed in triathlons. Compared to him, I didn't feel running was something I was built for or likely to be any good at, so why bother? But here, now, was an opportunity to do something positive for me and challenge myself in a new way. I downloaded the C25k app and took myself out most mornings before work (thank you, insomnia!). It was slow going, but I found having something to focus on was really therapeutic for the incessant chatter in my brain and nagging self-doubt; and it was helping me sleep better, too. The first time I ran for 25 minutes without stopping was an incredible rush of 'WOW! I just did that!' and that feeling saw me through to finish the programme. That was 2018, and here I am now in 2023 with many hundreds of miles now undertaken: the 'me' back then would likely have never thought this possible - the 'me' now still finds it incredible at times!

Which DH night do you take part in? I mostly attend on a Thursday night; but I started attending a Tuesday night in 2021 when I was training for Lakeland 50. I'm a bit of a fair-weather runner so these cold, dark winter nights mean I've not been going as much recently but this will change!

I'm also a regular at Carlisle parkrun, either as a volunteer or a runner, and I volunteer at Carlisle junior parkrun most Sundays; I'm really proud to be on the core team for both of these parkruns.

Favourite distance? I'm not a fast enough runner to compete across distances like 5 and 10k, but at least a 5k is done quite quickly. I've really enjoyed going to parkrun more regularly, and have especially enjoyed visiting more parkrun locations too. I've enjoyed taking on the challenge of longer distances more recently - building up stamina and having the ability to "just keep going" has been very rewarding. Each distance has its own charm, really!

Least favourite distance? If we're talking in terms of competing, then anything short because I've no chance of being up there with the fast people. While I've completed distances longer than a marathon, I think perhaps a road marathon is the least likely thing you'll ever see me taking part in so let's say that!

Do you have any pre run/race superstitions? If so, what? Not so much superstitions, more actions that have - so far - always seen me right. I'll have the same breakfast each time ahead of a run/race (an overnight oats recipe, made with mashed banana and peanut butter) and stick to tried and tested kit, like the same socks and reliable trainers. The latter has so far worked well, and to date I have never lost any toenails and only ever suffered one or two blisters.

What is your favourite post-race food/drink? Chips (with salt & vinegar), a pint of Coke and a pint of cider. Or a good scone, with jam and cream (jam first, cream second FYI).

Middle of race, if you felt like giving up – what would keep you going? I remind myself of what I've done to get there in the first place; for example, the hard work I'll have put into training and the (likely) early starts I've had to fit the training around work. I've usually had someone wish me well beforehand too - my best friend, Amelia, for example - so I'll keep in mind how I want to be able to tell her I've done it and see her "well done, I'm proud of you" message in reply.

Favourite route? Looking back through photos and Strava activities from 2022, it seems I spent a lot of time out along the Cumbria Way, so that has to rank in the top routes. There's a nice loop from where I live in Stanwix that goes out to Tarraby and back which I really enjoy for a nice run before or after work - long enough that you feel you've achieved something but not too far that it takes too long, and I really enjoy the quiet road through Tarraby.

What is your running shoe of choice? Brooks for road - I currently have Ghost 13s and Launch 8s, both of which I love. My trail shoes are HOKA Mafate Speed 3s; my first pair saw me through all my training for Lakeland 50 2022 and got me round the race itself; they're now retired, but as a reward to myself for completing it I bought myself another two pairs. They're really good!

Best running memory/What is your favourite/best event you have taken part-in? Best running memory, to date - simply because it was something I never thought I'd sign up for, let alone complete or complete in the time I managed, but running down the road in Coniston to the finish line of the Lakeland 50 in July 2022; and then heading in to the Legends' tent to an absolute uproar of noise from friends who were there supporting me (and who'd stayed awake all night or waited for me after their own race had finished - you know who you are!). Many happy tears were shed!

Favourite/best event - I loved the Gateshead Trail, 2021. It was the first race event I'd headed to with DHR and as well as really enjoying the run/event itself, the thing I loved the most was being there with others from DH and feeling like I really was part of a club/team. Another top event was the Greener Miles Running Moon Runner event at Hamsterley Forest in late 2021. This was my first experience of properly running at night/in the dark and I was absolutely buzzing by the end of it!

What is your top tip(s) for going for a run or taking part in a race? I'm someone who benefits from having a plan/structure in place: runs get planned into my diary, which helps me stick to a schedule. Sorting my kit the night before, for an early run also means I have one less thing to think about before getting out; I'll also try to plan my route the night before so I can just get out there. I like to 'treat' myself to going somewhere different to go for a run sometimes - around a lake in the Lake District for example - as the change in scenery is a motivation in and of itself.

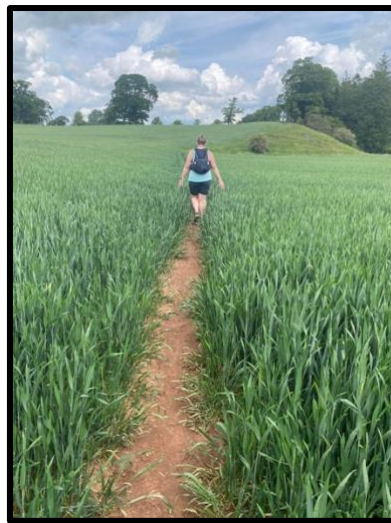
What do you see in your running future? 2023 will be focussing on two things: working on developing a bit of speed and then training for the Lakeland 50 2023. I'd like to achieve some PBs for 5k and 10k in the first few months of the year before I switch my focus to the training needed for the ultra. Longer term, I'd simply like to think I can carry on enjoying running for many years to come - having people around me, many of whom are some of my closest friends, who are older than me and are brilliant runners is seriously inspiring stuff.

I'm also hoping to soon complete my training to become a DH Run Leader, so hopefully you'll see me on a club night in an orange t-shirt in the not-too-distant future!

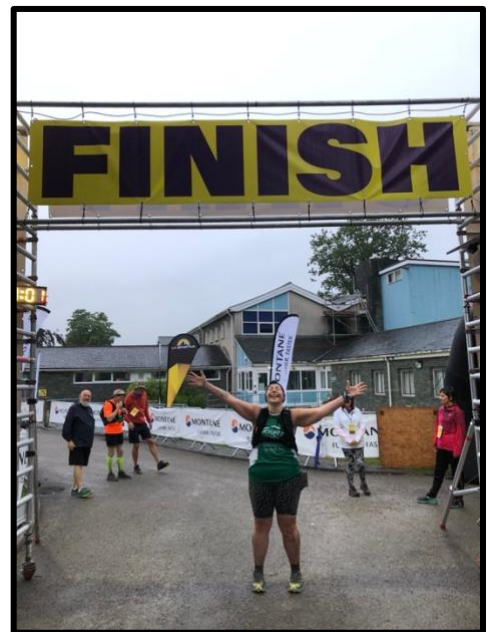
Tell us something we don't know about you? It seems I often surprise people when I tell them my paternal grandparents were post-WW2 refugees from Poland/Ukraine; they met in the refugee camp they were brought to in Devon. Not sure if that's particularly interesting, but I also feel I probably share a lot about myself quite happily with everyone so there's not much people may not know about me :)



I said I liked chips after a race :)



Enjoying the Cumbria Way, being naughty and running through a field of wheat



At the finish line of the Montane Lakeland 50 Ultra



Volunteering at junior parkrun



parkrun tourism, visit to Tyne Green, Hexham with some of my amazing friends

Kev Iveson

Why did you start running? As a non-runner and growing up in Carlisle, the Cumbrian run was always a big event held in the city.

In 2011 I decided to fundraise for Eden Vally Hospice, so at Easter I set out on my first training run. From the cricket pitch into Rickerby Park I completed my first 5k run.

After six months of training and support from family and friends I found myself on the start line at Carlisle Castle to run my first ever event, the Cumbrian Run.

Which DH night do you take part in? I especially like the Tuesday run due to the longer distances but really enjoy the social side of both nights.

Favourite distance? The marathon distance is a favourite as it focuses my mind to plan my training a little better and gives me the time out to do my own thing, either running solo or with friends.

I'm pretty easy going when it comes to distances and races, I do tend to adjust my training plan when I have events coming up and sometimes just go out and run.

But you can't beat just getting out for an hour to run a 10k!

Least favourite distance? Don't have one, I haven't ventured into ultra-distance running yet but watch this space.

Do you have any pre run/race superstitions? If so, what? Double knot my laces and eat my banana or porridge before a race for breakfast.

What is your favourite post-race food/drink? I do like to eat. After a race or long run I'll be looking for anything, breakfast bars, cereal or a bacon butty and a latte from the Greggs.

My favourite post run drink is a nice pint of ice cold milk. 🍺

One of the best finish line foods I've ever had was at the London Marathon. I was greeted by my lovely lady wife with a pack of 4 Greggs sausages rolls, she must have read my mind as that's just what I wanted and was thinking about when running, needless to say they didn't last very long 😊

I'm sure my strava run map zig zags along the road as I pick up sweets and fruits along the route from very kind spectators, I'm a very greedy and hungry runner. 🍪🍌🍩🍫🍷

Middle of race, if you felt like giving up – what would keep you going? I think about that finish line. I mentally prepare before I set off and visualise crossing that line to collect my medal and T shirt, so during the run if times get tough, I think about that finish line.

Favourite route? One of my favourite routes is along the River Eden and through the parks in Carlisle. It must be the terrain and scenery of the river paths I enjoy.

The Houghton loop also has good memories for me from my early running days on those long Sunday runs.

What is your running shoe of choice? For the last 10 years the shoe of choice is Saucony.

Best running memory/What is your favourite/best event you have taken part-in? Over the years I've had some fabulous experiences and I enjoys most of my runs.

My favourite event I have taken part in was a trail run series based around Brampton. My daughters sports club arranged the event and due to it being an unofficial club run parents were able to take part in the event too. There were 5 races and each run was a 5k distance, that was my best event to date.

What is your top tip(s) for going for a run or taking part in a race? Pre and post preparation is important, warm up, cool down and stretch after your run.

Go out there and enjoy your running, "out for a good time not always a gun time".

What do you see in your running future? Well, I didn't see the DH Club Captain role coming but I'm honoured and find it a privilege to have been offered the role.

I want to take part in the championship races and the club cross county events this year and maybe a slightly longer race distance later on in the year.

If I was asked this question last year my answer would be completely different, I had 5 runs planned and no more, my role was to support my wife in her half marathon adventures for 2023.

I'm still supporting Mrs Iveson but I've got a thumbs up for my plans too from my PA 👍

Tell us something we don't know about you? In 2019 for my 40th Birthday I got to take part in something I've wanted to do for over 20 years, LEJOG (Lands End to John O Groats) cycle ride. My adventure took 9 days and covered 980 miles from one end of the UK to the other. I had some tough days, met some wonderful people, cycled through some beautiful countryside and had an amazing time, these memories will stay with me forever.



Fiona Moore our other club captain has answered these questions before, if you want to read her answers have a look here <https://www.dhrunners.org/newsletters/november-2019> (They might need an update at some point!!)

Dates for Your Diary:

24 Hour Relay

It's back for 2023, but to make it a success we need you to get involved - either by taking part in the relay, by helping out, or both. We've pencilled in the weekend of 26-27 August for this event so pop it in your diaries/calendars now. If you'd like to help out, please get in touch with Clare Ferguson at social@dhrunners.org

Lakesman Feed Station

All those in the know, know that the DH feed station at the Lakesman is *the* best on the course, but making it so amazing needs you guys getting involved on the day. We've been asked to be there again this year, so make a note to be free Sunday 18 June to help out. It's a great day and the more help we can get throughout the day, the better. Further details coming soon!

february 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 THURSDAY GROUP	3	4 PARKRUN TOURISM
5 CLUB CHAMPIONSHIP X-BORDER 10K	6	7 TUESDAY GROUP	8	9 THURSDAY GROUP	10	11 PARKRUN
12	13	14 TUESDAY GROUP	15	16 THURSDAY GROUP	17	18 PARKRUN
19 SUNDAY SOCIAL	20	21 TUESDAY GROUP	22	23 THURSDAY GROUP	24	25 PARKRUN
26 3 VILLAGE 5	27	28 TUESDAY GROUP				

march 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 THURSDAY GROUP	3	4 PARKRUN PARKRUN TOURISM
5	6	7 TUESDAY GROUP	8	9 THURSDAY GROUP	10	11 PARKRUN
12 CARLISLE HALF MARATHON AND 10K	13	14 TUESDAY GROUP	15	16 THURSDAY GROUP	17	18 PARKRUN
19 SUNDAY SOCIAL	20	21 TUESDAY GROUP	22 CLUB CHAMPIONSHIP WATCHTREE 5K	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 (The Three Cs - Christine Southam, Clare Ferguson and Cath Wood)