



Welcome to the July edition of the DH Newsletter. For some of you it has been a busy few months building to events you have completed or challenges that are yet to come. Others may be having some down time recovering from injury or simply in a running slump. It happens to us all – the days every mile feels like a marathon. But the road/trail will wait for you; you will put your trainers back on again. The hardest bit, as ever, is the first steps outside the door. No matter what challenge you find yourself up against, an ultra, a race, striding towards a PB, or just putting your trainers on – YOU CAN DO IT! Go out there and take it!

CLUB INFO



DH Sunday Socials

Our Sunday Socials have continued to be popular with members - and we've now extended the invitation to our friends in Border Reivers and Carlisle Tri. A perfect opportunity, in addition to parkruns, to catch up with running friends and make new ones.

As always, our Sunday Socials are a relaxed group run with the focus on chat and good times! Roughly every third Sunday of the month (with some exceptions!), we meet at 9am outside the Sands for a 1 hour run at whatever pace you fancy - the route is either an out and back, or has an out and back option. Walkers also welcome, as are friends, family and four-legged companions. Meet back at the start for coffee, cake and more chat - join us even if you can only make this part!

Feel free to suggest routes to Clare Ferguson, or either of our Club Captains, Fiona Moore and Kev Iveson.

Future Socials and Walks on Club Nights

For August, as we want to see as many people at our charity challenge as possible, the **DH 24 Hour Relay** will be that month's 'Sunday Social' (open to DH members only). This is the August bank holiday weekend, and we'll need not only people to take part but also people to volunteer over the weekend to help the event go smoothly. **Please** get in touch if you'd like to help as without you the event won't be a success!

In September, with lots of big races going on including the Great North Run and our September championship race, there'll be no Sands Sunday Social - instead, we want to encourage you to sign up for the Watchtree 100mph Challenge. It's the same weekend as the Acorn Bank championship race, but we realise not everyone will want to take part in that and the 100mph Challenge is always great fun. More details here: <https://watchtree.co.uk/events/100mph-challenge-h4-17th-18th-september-david-allen-sponsorship/>

We've also had a couple of walking groups on club nights, for members who wanted a catch up with friends but didn't want to join that evening's run - these went down well and more are coming. These aren't official, just informal and social. Details will come through the members' Facebook group and may also be shared on the DH Strava group by the person making the suggestion. All members welcome to join if they fancy it!

Team Tea at The Turf

Several members have enjoyed getting together after some of the Sport in Action races for tea at The Turf, kindly organised by Niki Iveson.

Our August club championship race is the Castle 5k on 9 August and we'd like to get another meal organised for all who'd like to join us — RSVP to Niki Iveson or Clare Ferguson by Friday 28 July. Booking details will be confirmed but we'd aim for a table at around 8pm at The Turf.

We hope to see many of you then!



DH 24 Hour Relay:

This is happening on Saturday 26th/Sunday 27th August. More details will follow soon about the event and how to sign up and take part. We are looking for some members to help out to make the event run smoothly, if you can help in any way, please let Clare know.

Run Leaders:

Monday 17th July the run leaders met at Cornerstone in Denton Holme to discuss ideas for improvements and new club nights. The evening was very successfully with loads of great ideas. As a result, some ideas are being passed to the committee and some actions are ready to be in place. Watch this space for exciting news!

Kit:

Recently we have had the delivery of the new vests. We will let you know when the next window is available for ordering club vests. New merchandise will be available soon.



Club Championship:

Since the last newsletter we have had two championship events.

Watchtree 10k Run – 22 June



A great turnout of competitors, where the run started and finished on the nature reserve after venturing out on the local roads. Thank you to those of you who volunteered or came along to support.

SIA Festival of Running – Kirkbride 10k and Half Marathon

Well done to those of you who took part in this event. Also thank you those members who were out volunteering and supporting.



The latest standings in the championship can be found [here](#).

London Marathon 2024

Congratulations to those of you who got a place in the ballot.

*Remember those of you who didn't, keep a copy of your 'Not this time' email. These can be submitted later in the year and can go into the 'draw' at the AGM on Saturday 25 November for the DH place. We will send out details when you need to send the emails in, we don't need them at the moment.

Under the Head Torch:

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

Dave McGinn



When did you join DH? In October 2019. Kept seeing this noisy group at loads of races and decided to come down one night and join them. Never looked back!

It was amazing that I found out after I joined, that some fellow DH Runners, like Christine, Ashley, Simon etc used to work alongside my late Dad and my Mam! Some kind words and memories really helped cement that DH family vibe.

Why did you start running? Used to hate running unless with a rugby ball and when they introduced a new hard fitness test for a role I did at work, had to train for it. I started off running/walking between lampposts, then did a couch to 5k programme, then parkrun and then got addicted to it and entered loads of races building up to 10k, half and then a full marathon. Now it's just a massive part of my life.

Which DH night do you take part in? Both Tuesdays and Thursdays whenever I can. I still miss the Monday Movers group though.

Favourite distance? Probably 10k. It's far enough and can push yourself on without training too much

Least favourite distance? Marathon. It's a fantastic achievement for anyone but hard going and training for one takes over your life for a few months.

Do you have any pre run/race superstitions? If so, what? Check if the medal is made of wood or metal!

What is your favourite post-race food/drink? Pint of Moretti

Middle of race, if you felt like giving up – what would keep you going? I am too stubborn to quit mostly but I just think of getting over that finish line and collecting a well-earned non-wooden medal.

Favourite route? I have a few. My favourite race is probably Gateshead Trail 10k as it has everything, river path, meadows, tunnel, viaducts, wooded trail and a brilliant event village and Atmosphere. My favourite local route is along the river Eden. I love that you can run from the western bypass right across the city along the river to Tesco's without going on roads.

What is your running shoe of choice? Best ever ones were Brooks Ghosts but have a lot of Asics.

Best running memory/What is your favourite/best event you have taken part-in? There are so many to choose from, but love the Atmosphere at the Lakesman.

What is your top tip(s) for going for a run or taking part in a race? Just go and enter. Choose a race with a nice medal and sign up.

What do you see in your running future? Sadly, more wooden race medals.

Tell us something we don't know about you? I have a twin brother. We are mirror twins. I am right-handed, he is left handed etc. he often gets mistaken for me so if you say hello and get no acknowledgement it could be him, or maybe me just being unsociable!



Race briefing at Whitehaven Harbour just clocking the secret photographer

Finishing the Lakesman Half



Grizdale Half Marathon. Sums up DH Runners. Even in a hard, hilly race, pals stick together and have a laugh along the way

Suzanne Forster

When did you join DH? I think it was 2016 - I just searched my emails and found a "You Can Run" application form from that February but I remember turning up to the first session in March to be advised that since I had been able to manage parkrun I should already consider myself a runner!

I joined DH because I already knew someone who at the time was in the club (Kate Whalen, thanks!) and knew how much she loved it. I was also a bit scared running on my own in the dark and needed others to run with. I soon got to know other people by chatting as we ran along.

Why did you start running? I just fancied trying it. I did a little C25K in secret in 2015 before I told anyone... then my first parkrun was March 19th 2016 but I didn't do another until April 2018! I managed to develop plantar fasciitis in between and I didn't really get going until 2019 when Brian started running too, having done loads of walking to lose weight.

I believe it's something that I was "meant to do" – I'm just a late bloomer! I used to be one of those people whose dreams featured walking through treacle or perhaps flying high like a bird. I now run in my dreams, because I know how, and running sometimes feels like flying to me (even though it might not look like it!).

Which DH night do you take part in? I am more likely to be seen at Thursday for the 5 km / 5 mile - but occasionally I'll come to the Tuesday session if I like the look of the route!

Favourite distance? I don't really have a favourite. I tend to do whatever I fancy, unless it's an event I've booked. I do lots of 5ks, 10ks and sometimes a half marathon; I'm trying to do at least one HM a month in 2023 but a couple of them have been mostly walking!

Least favourite distance? I won't go out for anything less than 5k, but I don't like the sound of anything upwards of 25k because I know I would just get bored.

Do you have any pre run/race superstitions? If so, what? This is where we talk about toilets and shoelaces, yeah?

What is your favourite post-race food/drink? If we're measuring this on what I'm most delighted to see in a goody bag, an iced salted caramel flapjack is the dream, or Cheese XL how amazing would that be!? I love Sport in Action's post-race snacks; I head for the mini cheddars first then maybe the jaffa cakes then caramel shortbread. I think there should be a mixture of savoury and sweet but you can keep your fruit. For drink I'd keep it simple with some plain water. Then home for pizza.

Middle of race, if you felt like giving up – what would keep you going? I never really feel like giving up on a race (and walking for a bit definitely isn't giving up, it's just a change of pace). I have wanted to turn around and go home a few times on longer training runs, but I just change what I'm listening to on the headphones and mix it up. Running with friends always helps to keep me going but sometimes a good podcast helps pass the time. I have felt very emotional on some events when raising money for charities I care about, but not for long or it affects my breathing, ha!

Favourite route? I don't have a specific favourite but I enjoy running on closed roads during races, especially ones I'm normally driving on, like up Warwick Road, or down Botchergate, or down the A167(M) and over the Tyne Bridge in Newcastle. Anything iconic like that is just amazing. London Landmarks was epic. I like cities but I love forest trails too, proved by how many times I'm at Watchtree! It's known by some that I have a least favourite: the bit of the Caldew river path between Cummersdale to Dalston. I just find it incredibly drab and boring (except when there's a train coming).

What is your running shoe of choice? Today, I'd choose the rhubarb-coloured ones because the orange ones are a bit worn out now. I've got some black ones for if it's really dirty rainy. My current favourite trail shoes are blue/purple but I have some amazing bright orange ones for if it's likely to be really muddy. I also have two pairs of pale green ones the same (the first so good I bought a second), two pale blue (mostly clean and casual occasions, not running to be fair) and a particularly jazzy black & gold pair for dancing in. Oh! and some grey ones with orthotics in for walking.

Best running memory/What is your favourite/best event you have taken part-in? I have so many great memories and they all involve feeling excited before the start, buzzing during the first half then getting into a steady pace in the second half. I love an out-and-back / switchback course when you can cheer each other on, see your mates and perhaps get a cheeky high-five.

A good finish line experience to me should feel like "welcome home, we've missed you!", so it is always good to see other runners or supporters I know at the end.

I enjoy the GNR once it gets going but not the epic hanging around at the start; the Great Manchester Half was a much better for that, it got away really promptly.

One of my first "I love running" memories is a simple one – turning the corner into the top of Richardson Street beside the cemetery wall, returning from a DH Thursday run – not sure what route we had been on, but it was the first light spring evening and I had a big grin on my face, I wasn't dying and I just thought "this moment is why I wanted to run - I've done it!"

When I got my trophy for second place in the DH championship last year it felt amazing, I really treasure it and can honestly say it's one of my proudest moments, I was so chuffed.

What is your top tip(s) for going for a run or taking part in a race? Only do it if you enjoy it. If you don't, what's the point? You chose to do this! Do it well and have fun!

Also – be nice! Support each other, encourage strangers! Spread the joy! [There are some proper bullies at some races. I'd trip them up but they're usually too fast. You know the type.]

Oh! and remember to smile at the photographers!

What do you see in your running future? I've always said I'll run while I can. *Fingers-crossed* I haven't had any major injuries. I think running helps me feel young, so yes I'd like to keep it up as long as possible! No daft challenges though, a half marathon is my happy limit. Surprise PBs are always a bonus! I would love to be still running in my 70s, entering all the races and getting all the category prizes.

Tell us something we don't know about you? I'm running around with a metal frame in my back. I had major reconstructive surgery in my early 20s and had to learn to walk again. For a very long time (another 20 years!) I didn't have enough confidence to do any physical exercise. I'm so pleased I took up running as it helps with my core strength and for the most part, I forget the metal is there.

If you ask nicely, I show you my scars...!



OUT AND ABOUT AT VARIOUS RACES/RUNS:

Grand Trail Est Alsace by UTMB 50km – 19 May

To read Mike Holliday's report see attached document, it gives an excellent account of his experience and offers some great advice for everyone. Congratulation Mike on completing the event.

SIA Castle 5k Race 1 – 31 May

Well done to those of you who took part in this event on an extremely hot evening. Also thank you to those of you who were out supporting or volunteering. It's always great to see members out supporting one another.



Ullswater Way Trail 10 and 20 – June 3

Lots of members took part in this event for this event.



Jody Ferguson's account - On a lovely sunny morning in June I'm starting the day bright and early, queuing with hundreds of other people for a race number for the Ullswater 20. (Yes, the Ullswater 20 I spent months refusing to sign up for).

I had a plan, Kate and I were going to stick together, and once we reached the Pooley Bridge check point, I'd stop worrying. Obviously, I didn't think this through properly, as after Pooley Bridge comes Gowbarrow, and I'm not very good at running down hills on trails, never mind up them!

We made the checkpoint in good time, despite a delayed start, and thanks to good company, snacks, and a scenic route the first half was quite enjoyable. The second half less so... I found Gowbarrow really difficult, and then struggled to get running again when the terrain improved. However, thanks to support and encouragement from Kate, Cath and Dave, (and the knowledge that it was further to go back that it was to carry on) I made it to the end where there was a brilliant welcome from the rest of team DH!

Oh, and it's not 20 miles...



Grasmere Gallop – 3 June

A few of our members took part in the events over in Grasmere.

Congratulations goes to Craig Holliday who was winner of the 10k Nordic Walking at the Grasmere Gallop.



The Wall – 17/18 June



Congratulations goes to Steve Claringbold, Kev Iveson and Cath Wood on taking part in The Wall and completing the event.

Kev Iveson's account - It all started in 2017, when a friend took on the challenge of The Wall for a local charity. I got my first glimpse of the iconic run and thought "that is definitely not for me!". Come 2021 and 2022 I was back on the supporter role for others I knew attempting The Wall. By this time FOMO was creeping in. Feeling inspired by the competitors and atmosphere generated at each event, I decided 2023 was going to be my year.

My family gave me The Wall entry as a joint birthday and Christmas gift. So, I had 12 months to prepare, plan, think, over think, watch YouTube videos, overthink some more and train.

On 17th June 2023 at 06:30 myself and Niki made our way to Carlisle Castle for a 07:00 kick off. Feeling slightly nervous, but overly excited that the day had finally come around.

When we arrived at the Castle I was blown away by the amount of support from friends and family that had made it down so early on a Saturday morning to cheer us on our way. I met up with friends and fellow runners, Cath and Steve. We had a quick cuddle, debrief, photo shoot and chat with our pals before we were called into the starting area. The count-down began, and at 07:00 on the dot 600+ runners were off on their adventure.

Steadily making our way from the Castle to Bitts Park I was met by Mrs Iveson, my PA and number 1 supporter, who ran a short distance to send me on my journey. The pack slowly thinned out as we got into Linstock and made our way to Pit Stop 1, Lanercost Priory. I had to be mindful here as there was so much delightful food, this was not a time to overindulge. Quick refuel and back enroute.

At this point I could give you a detailed guide along Hadrian's Wall, but it's only a newsletter and not a novel.

As I continued along the route passing through Pit Stops and Check Points, I felt really good about the progress I was making, meeting new people along the way and enjoying the experience. Around the 26 mile mark I was unexpectedly greeted by my friend and club runner, Malcolm. He travelled with me to the next pit stop at The Sill, where family members were waiting for me. We arrived to cheers and applause and more food. I became a baton in a relay as Malcolm passed over the running support role to my cousin, Heather. She encouraged me through my most difficult section, that ended at Hexham.

The 2 miles before the Hexham Pit Stop (42 miles in) had me feeling slightly weary, a little tired and in need of a coffee and some fruit. Arriving at Hexham was a welcoming sight as I knew I could have a short break, and got to spend time with the friends and family who were waiting there for me. Unknowingly friends, Pete and Julie Fell (more club runners), were amongst my family providing me with support, and offering food and drink. After a quick bag check, I was feeling 100% and ready to get back on it. Only 26 miles to go at this point! Luckily, I did not need to make any changes to my running kit; shoes or socks, as they had served me well for the first 44 miles.

It was fantastic to leave Hexham to astounding support from everyone cheering me on my way. I did also gain another running partner in the form of Pete, who accompanied me until Corbridge. From this point on the field had thinned out, leaving me to my own thoughts. One of which was something Heather had said earlier "you're going to run 26.2 miles for fun, because you can" So I did!

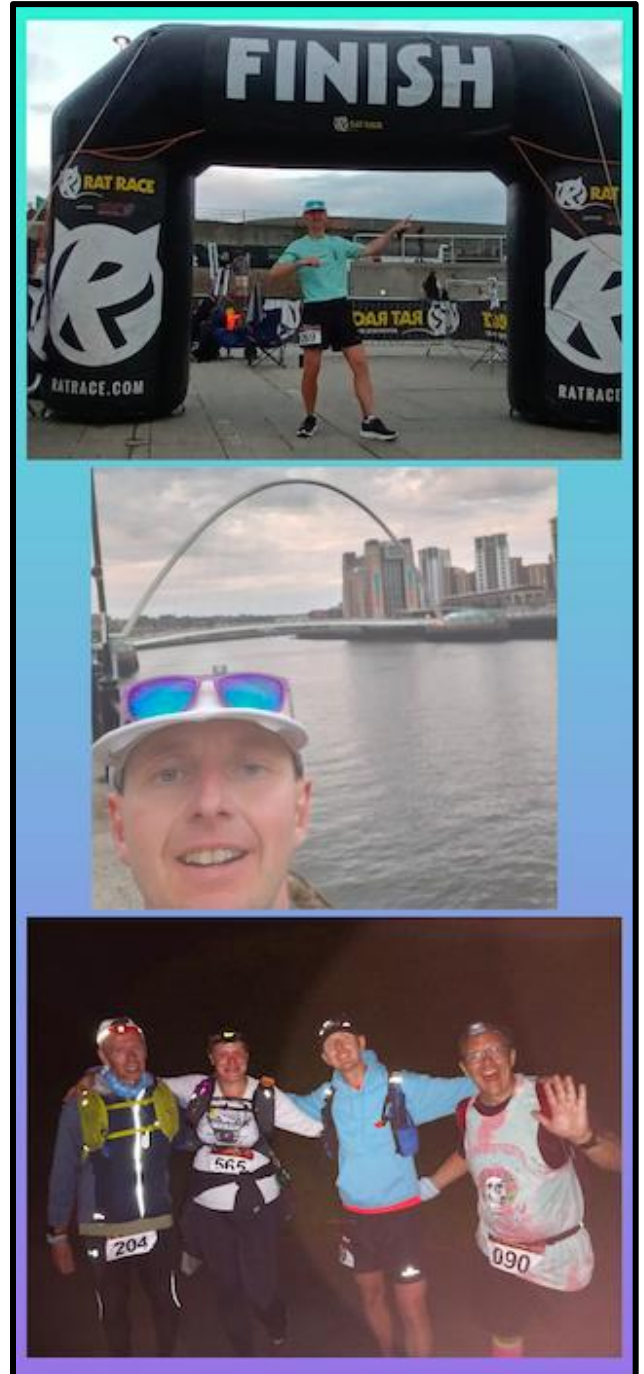
Time was ticking on and although my aim was just to finish the event, in my mind I had always wanted to finish in daylight. A further 19 miles in and getting a bit tired, the next Pit Stop arrived. I was greeted by the marshals, invited in for some refreshments and a chat. But I didn't hang around I grabbed some fruit and a Soreen bar, refilled my water bottles and set off with 7 miles left to the finish.

This was a tough 7 miles, all I wanted was to see the bridges come into view on the river Tyne, and that I soon did. Running along the Quayside at 9 'o' clock at night you can imagine people out on the Toon having a good time. They cheered me on for the final stint which gave me a huge boost as I knew I was nearing the finish. As I arrived at the Millennium Bridge, I could hear the support and cheers coming from the other side of the river at the finish line, but I was stopping for a quick selfie. One thing I remembered here was something my pal Malcolm had said, "make sure you run over the bridge and into the finish". So, onto the final part of the journey, crossing the iconic Millennium Bridge over the River Tyne was amazing knowing that I was about to complete my challenge. All I could hear was cheering, applause and whoops coming from the finish area. Running in to a commentary and seeing my wife, children and cousins made the hairs on the back of my neck stand on end, giving me a final push to get over the finish line.

Thank you to all those who trained with me (some unwittingly), wished me well and those who were able to join me on my adventure. Support from friends and family was fantastic.

I found this a true challenge. I had my ups and downs, some sections I had to walk. But the overall experience, benefits and memories that I gained were absolutely worth it. I gave this challenge the respect it deserved.

Out for a good time not always a gun time. Captain Kev @ The Wall 2023



The Lakesman - 18 June

Congratulations goes to our members who took part in this event: Toby Harling, Emily Jackson and Dave McGinn in the Half event, and Julie Dodd, Helen Cupac and Lucy Jackson taking part in some of the relay teams. We are very proud to see your success after all the training you've been doing.

A note to say a massive THANK YOU SO MUCH to all our Lakesman volunteers. It is because of people like you that these events can take place, and your help and support to athletes is invaluable. We hope that you all had rewarding and great days. We look forward to doing it all again next year!



Dave McGinn's account - On Sunday 18th of June I took part in the Lakesman Half triathlon. I wasn't particularly looking forward to it as did my usual thing of doing zero training for it! The Lakesman weekend was opened on the Saturday night with the infamous Budgie Smuggler race, which is a comedy run lead by Captain Budgie and Captain Kazoo from the lake to the rugby club finish line. It was entertaining and fun way to open the weekend.

On the Sunday it was race day and an early start at 6am. The water was really warm after the recent heat wave. I am not a good swimmer and it is a bit like being in a washing machine at the mass start and when getting overtaken by faster swimmers. I did my own thing and survived the 1.2 mile swim.

It was good to get back on land and see some DH supporters on the run back to transition. The bike leg was next and was a 56 mile route out to west Cumbria and back, with a few hills on the course and some nice views over the fells.

Once back off the bike it was the half marathon run which was the best bit. You did three laps of a course around Keswick, with again some nice views and the support is just amazing all the way round, with loads of spectators on the course and the rugby club event HQ is just buzzing with a brilliant atmosphere. DH supporters were doing the feed station at the rugby club so it was good to see friendly faces twice on each lap giving you drinks, food and a spray of water in the heat.

The support was amazing and it was brilliant to cross the finish line with a finish tape, cheerleaders and the MC shouting your name out and "you are a Lakesman" as you finished. It is a unique event and would encourage anyone to come and watch, support or take part. Next year there are options to just do the bike/run part or relay teams option so anyone can do it. Have a go! The after party at event HQ is even more fun than the event itself.





M Sport 5k – 18 June

M Sport 5K was in memory of baby Jack Howe. A charity race around the M-Soort test track (two laps) raising money for the James Cook University Hospital. Well done Team DH, it was another warm one! Shout out to Paul Mcknespiey who was running on home turf and came 1st in his age category! 🙌 Also Paul Teague who missed the pre-race team photo! 🇬🇧 🇮🇪 🇮🇪 KE



Great North 10k – 2 July

While some members were running at Kirkbride, some members ventured over to the north east and took part in the Great North 10k. Well done everyone, looks like you had a great day.





SIA Castle 5k Race 2 – 12 July

Another great turn out for this race. Remember the next one in the series is a Championship Race.



Important dates for your diaries:

july 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 PARKRUN
2	3	4 CLUB CHAMPIONSHIP KIRKBRIDE 10K	5	6 THURSDAY GROUP	7	8 PARKRUN
9	10	11 TUESDAY GROUP	12 SIA CASTLE 5K SERIES	13 THURSDAY GROUP	14	15 PARKRUN TOURIST PARKRUN
16 SUNDAY SOCIAL	17	18 TUESDAY GROUP	19	20 THURSDAY GROUP	21	22 PARKRUN
23	24	25 TUESDAY GROUP	26	27 THURSDAY GROUP	28	29 PARKRUN LAKELAND 50 & 100
30 LAKELAND 50 & 100	31 LAKELAND 50 & 100					

www.parkrun.co.uk

august 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1 TUESDAY GROUP	2	3 THURSDAY GROUP	4	5 PARKRUN TOURIST PARKRUN
6	7	8 TUESDAY GROUP	9 CLUB CHAMPIONSHIP CASTLE 5K RACE 3	10 THURSDAY GROUP	11	12 PARKRUN
13	14	15 TUESDAY GROUP	16	17 THURSDAY GROUP	18	19 PARKRUN
20	21	22 TUESDAY GROUP	23	24 THURSDAY GROUP	25	26 PARKRUN 24HR RELAY
27 24HR RELAY	28	29 TUESDAY GROUP	30	31 THURSDAY GROUP		

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**WATCHTREE
100MPH
CHALLENGE**

**16TH - 17TH
SEPTEMBER 2023**

MORE INFO COMING SOON !!

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Event Date:
September 16, 2023 11:00 am

Event End Date:
17/09/2023 11:00 am

Price:
£6 Watchtree Members, £8 Non-members

<https://watchtree.co.uk/events/100mph-challenge-h4-17th-18th-september-david-allen-sponsorship/>



Raising money for
mnda
motor neurone disease
association

WIGTON ROAD RUNNERS

CHARITY 10K

Entries will close at 6pm on Friday 13th October or when sold out

**SUNDAY 15TH
OCTOBER 2023**

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
Live results from Timing Up North
No refunds given

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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)