



The light evenings are finally here and the high vis has been packed away until the autumn. Lots of you will now be in the full swing of your training plans, whether your goal is a new personal best or you are pushing yourself to a new distance; I know many of you have set big goals for yourselves. Many of you will smash your targets, but inevitably some things do not go to plan, but don't take it to heart. Regardless of what you achieve this summer please remember how far you have come, how amazing you are and what incredible things you are capable of. You are all absolute inspirations. When you stand on those start lines this summer remember how proud of you all I am.

*Cath Wood*

## CLUB INFO

### Club Championship:

#### Grasmere March 23rd

A new race in the championship this year was the Wild Deer Grasmere 10k trail run. A brilliant turnout on a cold, damp Saturday morning. This was a demanding course with a mixture of roads and hilly trails skirting around the lake and clambering down rocks beside Rydal caves. The finish line was a welcome sight with a fantastic range of freebies for the runners awaiting them. An enjoyable race for everyone with some competing in their first trail run. Well done all.



## Lowca 30th April

A great turnout for Lowca 10k, the fourth race in this year's championship. It was a fairly warm but cloudy evening so almost perfect conditions on this undulating course. We were outnumbered by Cumberland AC but still managed some very impressive PB's and strong runs from everyone. It was great to see a couple of DH runners who'd ran Howgills marathon 2 days earlier compete too. More impressive was Ken McGarva who ran his first 10k race since his horrific accident a year earlier in an amazing time of 52 minutes 16 seconds. Although we didn't win any prizes this year it was still a great evening rounded off with a Buffett supplied by Cumberland AC.



**The next Club Championship race will be Watchtree 10k on 19<sup>th</sup> June.**

You can find current male standings here - [DH Runners :: Club Championship 2024 - Male Standings](#)  
And current female standings here - [DH Runners :: Club Championship 2024 - Female Standings](#)

## Lakesman Feed Station:

It's that time of year where we start planning our feed station at The Lakesman triathlon on Sunday 16th June in Keswick. Things are a little bit different this year as there's no full distance taking place, so we expect to be finished by 3pm.

We need around 15 volunteers per shift, 8.30-12.00 and 11.30-15.30. It does get quite busy so prepare to be on your feet supporting, handing out drinks, offering support and cheering loudly! The competitors really appreciate our support and encouragement.

Please fill in the two forms below if you can help:  
<https://www.dhrunners.org/events/lakesman-2024>  
<https://www.resultsbase.net/event/6849>

It's really important you do both as then you can claim your volunteer top and bag! Please see photos below for how to select DH Runners feed station and also fun times from years gone by.



14:16

No

Required

Which areas are you interested in volunteering at Lakesman 2024?

- Registration
- Build
- Transition
- Powerbar
- Swim
- Run
- Bike aid station

Required

Run availability

- Sunday - 8:30am - 12pm
- Sunday - 11:30am - 3pm

Required

Run volunteering: Is there a specific area you would prefer to volunteer on the run route, if available?  
*Select all that apply*

- Athlete bags
- Run route
- Feed Station (Highway to Hell)
- Feed Station (Rugby Club)
- Lay-by
- Cumbria Way
- Rugby Club

Required

Have you previously volunteered at The Lakesman?

Total 0.00 GBP

NEXT

resultsbase.net



## Being an Older Runner:

When did it all begin? I was around 14 years old and a pupil at Carlisle Grammar school. That would be 62 years ago! We had a wonderful teacher, Tim Holt, who gave up an incredible amount of time to look after our running team. We did mostly cross country and road running with the occasional track meeting. In those days there were grammar schools all around the county, Cumberland as it was then. We would compete regularly with the other grammar schools which would take turns in hosting the events. A lot of travelling was involved, and a huge debt of gratitude is owed to my parents who would taxi me (and other team members) all over the county. We would also race against the young soldiers from the Army Apprentices College on the old Brampton Road. Some of the highlights include the following.

- taking part in a 5 person relay around Derwentwater and each runner would do around 2.5 miles. If it was windy I had to do the leg against the wind as I was the smallest! If it wasn't windy I had to do the uphill section as I has shorter legs!
- going to St. Bees to run against the famous school. Their team had not been beaten for years. The whole school was brought out to cheer them on. We won!
- being the county schoolboys steeplechase winner. I think it was probably because not many people wanted to do it!
- managing to scrape into the Cumberland schoolboys' cross country team and running in the "nationals" at Derby. I finished well down the field!

To many people it must seem as though I was brought up in the dark ages. There was no colour TV. In fact, we didn't even have a television! Drivers had to use hand signals. (I passed my driving test in 1966 – a famous sporting year!) Policemen stood at road junctions and directed traffic as well as walking round town keeping everyone in line. Carlisle had only one set of traffic lights and the city centre streets were paved with – cobbles, and when we moved up to the Carlisle area in 1960 there were still tram lines in some areas. No computers or internet or mobile phones. There was no one way system or pedestrianised area. Life was so much simpler in those days and, day I say, people seemed far happier and less stressed than today.

Trains were pulled by steam engines, big aeroplanes had propellers and the letter 't' was always pronounced in the middle of words and a band was a group of people who played instruments and sang, live!

From a running point of view, it was so much different too. We didn't have trainers and ran in plimsolls. T-shirts were made of cotton and absorbed sweat instead of wicking it away. Timing was done with old fashioned stop watches and stadiums had cinder tracks – or we might run on a school track marked out on grass.

Being an older runner means that I experienced life when it was so very different. I enjoyed it all and was always happy. As you can see, the differences between then and now are huge!

And then my running stopped! I left school in 1966 and got a job. Being in school had given me a focus for running but now there was none. There were clubs around but not like there are today and there were certainly no fun runs for the masses. Then after 3 years, I made the decision to go into teaching. I ended up in Durham for 3 years and started running again. There were lots of inter college races and every Wednesday afternoon was 'PE'. We would do a lot of cross country runs and races and would regularly train as a college group around the streets of Durham. We would sometimes run on the sand dunes on the coast. That was agony! One year we organised a group of runners from our college (Bede), to do a relay run from Durham to Carlisle (about 85 miles) as part of Rag Week. We raised a lot of money for charity,

When I returned to Carlisle in 1972 there were beginning to be more races but no 5k distances. Most were still imperial distances, lots of half marathons and 10 milers.

Moving forward to 1981, it was the first Great North Run. It was considered huge with 12,000 runners! That was roughly when the 'fun' runners began to appear dressed in funny costumes. I managed to finish in around 1 hour 25 minutes. I was 33 years old. A year later it was the first 'Great Cumbrian Run' which attracted 6,000 entrants and ran from Brampton to Carlisle via Walby. 42 years later it is still going strong and has changed route several times. In those days, entry was by filling in a form and posting it with a stamped addressed envelope which would eventually arrive back with your number. It took ages!

The running boom continued, with many 'BUPA Great Runs' all over the country in major cities. I took part in many of them including Edinburgh, Sheffield, Leeds and Manchester. Gradually it became less 'odd' to be seen running around the streets, and the shouts of phrases such as, 'Get those knees up', became rare. In my earlier days of pounding the pavements it would generally be male runners. Now a huge difference is the number of female runners who are now active. How times have changed! In fact, in most of the organized races, I suspect the

females now outnumber the males! As an older runner I have been lucky to witness the massive development in running culture. Running is now totally normal and acceptable.

In the past decade or so there have been two major developments that have changed the running scene. First of all, there are now masses of 'running' clubs as opposed to 'athletics' clubs. Even in our area, as well as DH Runners, many of them have sprung up and what a fantastic job they do. They encourage runners of all ages, shapes and, most importantly, all abilities to join. It has become totally acceptable for absolutely anyone to run. These clubs have really made a huge change and the generosity of the people that 'run' them has made such a difference to many lives. I wish, as an older runner, they had existed all those years ago.

The other major development has been the advent of the parkrun. Thank you to the founders who started it 20 years ago. It has become a phenomenon. We owe a huge debt to the local volunteers without whom the 789 UK parkruns would not exist, as well as all the others around the globe.

As an older runner, the parkrun has been the major influence that has kept me going. More about that later.

I have tried to show how much running has changed since I began over six decades ago. It thrills me to see how much enjoyment is gained by so many people today. We all grimace and groan at times when we are pounding the streets but isn't it a wonderful feeling when you finish a race or a social run and you can say, "I did that". It doesn't matter how long it has taken. You did it! When I was younger, I would watch my heroes such as Coe, Ovett, and even further back, Viren. (You'll have to look him up!) They were my heroes because they achieved such incredible times. However, with all the changes I have already mentioned, my heroes are now the people I see week after week at Carlisle parkrun, who struggle, and perhaps hate running, or push a pushchair with a couple of children up those long slopes and over the bumpy grass. They keep coming back. I really admire your drive and determination. You are the real heroes! Please don't give up.

The decline.

When I was eighteen, I played in a local dance band. The other members were in their thirties, and I thought they were old! Where does that put me now? If you read my first few sentences you can work it out! Many of you who are several decades younger than I am will have begun to feel the effects of getting older. Perhaps you are a little stiff for your first few steps first thing in the morning. You probably haven't yet reached the stage when you struggle to put your socks on because your feet seem to be too far away, and you are not as supple as you were. I guarantee, it will come! These are the physical things that come as you age. Don't make the mistake of telling yourself that you are old. Don't think 'old' but just keep going. There is the emotional side too. It hit me as an older runner when I look back at my times. I was never at elite level, but I was quite good. I could do a half marathon in 1.25 (now around half an hour slower), my best 10k was around 37 minutes. (now around 50 minutes). At first it depressed me especially as my Carlisle parkrun PB was back in September 2014! I managed 21.36 but now I struggle to beat 26 minutes. But.....I'm happy now because of one particular aspect of parkruns and that is the age grading. It gives me hope. Everyone should look at that and take encouragement. It doesn't matter what percentage you achieve, just use it as a benchmark for yourself. Never mind what other runners do!

I read an article some time ago on the effects of ageing on running performance. The decline will happen naturally for everyone but the fact that shocked me was that at a certain age the decline will accelerate. I don't think I've quite reached that stage but if, and when I do, I will fight it.

As one of the Carlisle run directors, I am always thrilled to see people come back for a second go. It's wonderful to see new people coming along. It's fabulous too that we can welcome visitors from so many places. We should always give them a special welcome. Many of us have done parkruns elsewhere, both home and abroad and I'm sure you like to be welcomed as a visitor.

A final thought. Every one of us is ageing. It doesn't matter! Neither does it matter how fast you are. Just keep going and enjoy it! Of course, you'll get slower but don't let it bother you. Just think how good it is for you both physically and spiritually.

I found a few wonderful quotes.

1. "In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.' There is a lot of satisfaction in that."
2. "The miracle isn't that I finished. The miracle is that I had the courage to start."
3. "When it's pouring rain and you're bowling along through the wet, there's satisfaction in knowing you're out there and the others aren't."

Thanks for reading this. Now....dare I say, "Get those knees up"!

*Steve Viney*

### Club Newsletter:

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

### Under the Head Torch:

This is an opportunity to find out more about fellow club members –

Gary Dodd:



#### When did you join DH?

I joined DH when Mrs Dodd signed me up and then told me, I believe it was in 2019.

#### Why did you start running?

Because I couldn't get Mrs Dodd to join me on a road bike.

#### Which DH night do you take part in?

I struggle to get to DH Club Nights due to work but when I do it is usually on a Thursday.

#### Favourite distance?

I quite enjoy a 5 mile run whether it be from home or at DH Thursday.

#### Least favourite distance?

Haven't really got one.

#### Do you have any pre run/race superstitions? If so what?

The usual - visit the toilet and tie my shoelaces.

#### What is your favourite post-race food/drink?

A large, cold beer!

#### Middle of race, if you felt like giving up – what would keep you going?

I do the usual ... 'it's only a parkrun to go' etc etc.

#### Favourite route?

Barcelona Half Marathon. I was a DNF at my first attempt, finishing in an ambulance but still managing to pick up a medal! I returned last year to put my demons to bed and absolutely loved it. Already planning to go back in February 2025.

#### What is your running shoe of choice?

Still looking for the elusive trainer.

#### Best running memory/What is your favourite/best event you have taken part-in?

Completing Barcelona in February 2023 and (eventually) finishing Howgills 26.

#### What is your top tip(s) for going for a run or taking part in a race?

You signed up for this, you paid for this, so you may as well enjoy it.

#### What do you see in your running future?

I would like to do more half marathons abroad. Mrs Dodd tells me we will be doing one in Portugal next year.

#### Tell us something we don't know about you?

I entered The Wall ultra marathon this June and have been following Steve Claringbold's training plan, however I am due to part company with my gall bladder soon so will be forced to withdraw this year.

UPDATE – Gary has had his operation , which went well, and he is currently recuperating.



## **OUT AND ABOUT AT VARIOUS RACES/RUNS:**

### **LOS ANGELES MARATHON**

On the 17th of March I finally got to do the Los Angeles Marathon, after my first planned attempt in 2021 was cancelled due to Covid. Doing this race had been a long term ambition, Los Angeles being close to my heart because I spent a lot of time there in my youth, when I'd visit my brother who emigrated there (and is still in California now, although further north).

I secured my place as soon as entries opened after the 2023 edition, and booked the closest hotel to the start line, which was at the famous Dodger Stadium.

After spending the week making our way down the California coast we arrived early in Los Angeles and visited the big open air marathon expo on the Friday, scooping up numerous freebies from the race sponsors. I also ran the official warm up 5K on the Saturday, alongside my sister, which used the same start line as the marathon so acted as a useful dry run.

It was clear from being around in the lead up to the marathon that it is a very big occasion for the city, with many roads closed and six hours of live coverage on local TV.

Los Angeles can be very warm even in March, so it was a 7am start for the marathon, meaning I had to be in my starting pen at 6.30am, so walked up to the starting area in the dark and took my place alongside more than 20,000 others.

My sisters took up a spot on the route near our hotel and got a great view of the lead-out runners coming down the hill before the masses came behind. I knew roughly where they would be so kept to that side of the road, and managed to get perfectly into shot as they took a random photo of the thousands of runners coming towards them! They stayed to watch the rest of the field and said later that due to late arrivals people were still coming down over an hour after the start time.

Thankfully by then I was well on my way, with the first six miles forming a loop round downtown Los Angeles as the sun was coming up, and the air remained cool as the course followed Sunset Boulevard through Silver Lake towards Hollywood. The middle third of route then became something of a sightseeing tour, passing the Walk of Fame on Hollywood Boulevard before cutting along Sunset Strip and dropping into Beverley Hills, where even the upmarket boutiques of Rodeo Drive were closed to allow the runners to progress smoothly without having to dodge the big spending shoppers.

By now the sun was well and truly up and I was feeling the heat, but thankfully the race was incredibly well catered, with water and isotonic drinks available every mile and a half.

The last third of the course was the least interesting, an out and back along some long stretches of road, although it was also the most heavily attended by spectators who were very loud in their encouragement.

The last few miles were a grind, but the crowds got bigger and louder in the last half mile or so, making for a pleasant finish and although I didn't check my watch once I crossed the finish within 30 seconds of the time I'd guessed when asked for a prediction the day before. Although far from my best time, it was enough to finish in the top half of the field, so I was pleased with that.

After that it was on to the very busy finisher village, picking up not only the marathon medal but also a bonus medal for completing both races over the weekend, and after downing my one free alcoholic drink it was time to find a bus back to the hotel, which proved to be another challenge due to the road closures which remained in place until the last finishers made it round.

The race was everything I hoped it would be, and if it proves to be my last marathon (still to be decided!) I'll be glad that I went out on a high. I came home happy with my three medals earned over the weekend, although they did create some excitement on the way home when airport security mistook them for a dangerous weapon on the x-ray!

*Paul Todd*



#### **NAV 4 LAKES MARATHON**

I'd ran the Nav 4 Lakes marathon 40 on April 20th. It's billed as 40 miles and up to 10000ft of aimed at good mountain ultra runners.

You have to navigate the route yourself hitting 10 waypoints. Starting in Askham to Loadpot, high street, Angle tarn, Patterdale, Grisdale Tarn, Helvellyn, Patterdale, place Fell, Martindale, Askham.

I managed finish it in 11:48 minutes in 61st out of 68 finishes, the route I took was 37.5 miles and had 8500ft of climbing, in what was a stunning sunny day (if not a little warm for me).

*Andrew Pescod*



## LONDON MARATHON

I was so lucky and grateful to get the DH ballot place for London this year. That DH place gave me one of the most amazing experiences of my life. What a day!! The buzz and friendship on the way to the start was brilliant and it just got better. The crowds were huge and amazing for 26 miles. I loved Greenwich where I saw my wife Helen and my girls then round to Cutty Sark which was amazing. Tower Bridge was brilliant. The noise was such that it was quite emotional at times. Seeing the DH flag and fantastic DH Crew was also brilliant. But it's a long way and it also got hard, due to a chest infection in March I missed a fair few long runs and at mile 16 I began to feel it, and still had 10 miles to do!! I was determined not to walk though, so slowed down, gritted my teeth and got the job done. An amazing day , amazing weekend in London with my family. It was great to bump into other DH runners in London and they all ran superbly. So be inspired as I was when I joined DH, and you end up doing some amazing events that you'll never forget. Finally, I told my wife that's it, no more marathons, they are so tough, the training so long and hard, I've done London and don't need to do another!! Sshh keep it quiet but I'm in the ballot for next year !!

*Mally Nicholson*



## HOWGILLS MARATHON

On a cold morning in a field at Sedbergh on 28<sup>th</sup> April, just over a dozen DH Runners gathered to take on either the Howgills half marathon or full marathon. It was my first-ever official marathon, therefore, I was a bit on edge, especially since almost everyone didn't have a good word to say about this race. After queuing for the toilet for what seemed like an eternity, I was getting agitated as I have very little patience and had to be calmed down by Captain Pete, who was there in support along with Mark Drummond and Dave Wood.

After working my way to almost the front of the start line, I then realised I had left my hat and gloves in Pete's car. Panic ensued because if you didn't have your kit and it gets examined, you're disqualified, the race would have been a waste of time and effort. So, after fighting my way out of the start line queue, it was a mad rush to the car and then to the back of the start line queue. This was not a nice calm start to the race, but we were all now ready for the onslaught.

"The first 6 miles are uphill" I was told, so I thought I'd be walking mostly at the start, but I was pleasantly surprised that there was quite a lot of runnable sections. There are also many walking sections too, however one athlete was running up one hill when everyone else was walking, a whole different level of fitness and something to aspire to.

Fuelling is important on any event of this distance or greater, but unfortunately, the first aid station and checkpoint were 16.9 miles in at Ravenstonedale, so you had to ensure you carried enough fuel yourself, mainly gels and energy bars in my case. After a brief stop at the aid station for a slice of flapjack, some Jaffa cakes and water, I continued walking while consuming my spoils of war. Yes, it was a battle the course was hard but that's what we crave for, to push ourselves beyond our perceived abilities.

Once I had passed 20 miles, I knew I had it in the bag, after all it was just a 10K Tuesday night run except with "proper" hills, on trail and crossing rivers! The second aid station was 22.6 miles in at Cross Keys Inn, which I didn't want to stop at since there was only 3½ miles to go. However, as it's a checkpoint too, you had to take the detour to it just to register your race number.

So, with a Thursday night's run left to do, this was going to be easy. Nope, my calves had other ideas and started to cramp a few miles from the finish, so keeping it steady and consuming as much electrolyte drink as I had left, I made it to the finishing stretch to manage a sort of "sprint" finish. I was almost 5 minutes faster than the previous year's V60 winning time (different route though), so I thought I'd managed to secure that first place V60 only for the commentator to announce, "here comes our 2<sup>nd</sup> place V60". Still, I was very pleased with my sub 5 hour effort.

Other runners James Taylor, Laura Benson, Michael Dobson, Jenny Mitchell finished the course in good times. Unfortunately, the famous five team of Laura Farmer, Dave McGinn, Julie Fell, Gail Rajjayabun and Emma Taylor missed the cut off time at Ravenstonedale only by a few minutes, so were classed as DNF. But that wasn't going to stop these intrepid warriors, even though they wouldn't get a time or a medal (so they thought) they vowed to complete the course. Most of the hard work had been done and it was only 9+ miles to go!

While we waited for the now fab four (Laura, Dave, Julie and Gail) and Duane Jones to complete, some of us, namely Laura B, Jenny and I danced to the music to keep warm and we all laughed at the commentator's "Mr Duck Suit" jokes, which were at a level just above Xmas cracker jokes. The fab four crossed the line together after completing their epic marathon, and they got medals too, thanks to the hero Mark "you don't ask, you don't get" Drummond.

Congratulations to all those that completed the half marathon too, some say it's harder than the full marathon due to the "steep" bit. Overall, it was a great day out for the runners and supporters but a hard one at that. Next year anyone?

*Malcolm Dixon*

## BUTTERMERE TRAIL RACE

I love Buttermere and always enjoy running around a large body of water, so Fellside Events Buttermere Trail Race sounded right up my street. Joined by Kerrie and Natalie we headed to Buttermere where the rain was pouring and had been all night. The views were a bit limited due to the low cloud level, but it added to the atmosphere.

We set off and were in the lake 200m from the start. It was the wettest race underfoot I have ever done, literally put your foot down and halfway up your calf in mud and water. Crummock was even wetter and muddier than

Buttermere. It was hard going due to the weather conditions and my finish time reflected this, but it was a really good, well organised race with friendly marshals keeping us going (and also stood in the rain for hours). I will definitely back next year to face whatever the weather has in store for us.

Word of warning though, don't take off your glasses and try to put them in your skort pocket whilst running at the same time. Unfortunately, I realised 3 miles later they were not in my pocket and were lost in a muddy tunnel on the side of Buttermere.

*Alison Pescod*



## **CAPE TOWN CITY 10K**

About 2 months ago I was asked if I would be in Cape Town (CT) on 12th May. Yes I said, so couldn't really refuse when the online entry form was then forwarded! I signed up for a total cost of ZAR295, which hit my account as £12.61 and this also included temporary membership of SA Athletics. Bargain!!

It is currently late autumn in CT, but despite atrocious weather on the Friday (think Glasgow in November) both the Saturday and Sunday were 21C and sunny. Perfect weather I thought, given my preference for avoiding running in downpours. The course was flat and extended around Table Bay, finishing in the City Centre. Lovely views of Table Mountain but thankfully none of the route ascended it!

The race was well organised as free buses were provided from the city centre to the Start area, and then after the race, the same buses were available to return competitors who parked at the Start rather than the city centre. The marshalling pens were also well managed as they only allowed competitors with the correct number into the designated pens. About 5 minutes before the gun, they announced they would play the National Anthem. Unfortunately, it was theirs not ours, so I was rather lost for words!

Once the race started, it became apparent that many people in the 55 minute pen were intending to walk the entire course - perhaps they thought they could walk 10km in that time??? This held me up for at least a minute or so until I was able to zigzag past them. I also felt a strong headwind for the first 4km but once we turned a corner into a more sheltered area, I realised how strong the sun was, so the wind was actually useful in hindsight.

Finished in 57 minutes and 26 seconds, so not too far removed from my estimate of 55 minutes, particularly given the delay due to the crowded start. There were approximately 22,000 competitors and I was the 1,954th male; the winner was a Kenyan, who completed the course in under 28 minutes; shame I couldn't keep up with him as he may have liked the Kenyan shield and crossed spears on my DH Runners top!

In summary, a well organised race that I would recommend if anyone else is in the region in future years. I usually travel Emirates from Newcastle via Dubai, but it is also possible, but usually more expensive, to travel British Airways via Heathrow.

*Ewen Giles*



## DERWENTWATER DAWDLE

**When was it?** Saturday April 27th

**Give us the race stats?**

The route covers just over 23 miles and includes roughly 4,300 feet of ascent. It's a circular route which starts and finishes at the Braithwaite Victory Hall, just outside of Keswick. It's all self-navigated, which is a challenge in itself!

**What the organisers' blurb says...**

'This route features several punishing climbs that reward you with full panoramic views of Derwentwater and Keswick. It's not an easy day out, but the challenge will reward you over and over!'

**Did you have company?**

Yes, I ran it with Alison Pescod and her friend Natalie. We stuck together for the full race.

**What attracted you to the event?**

I was looking for a trail event that I hadn't tried before, and that had some decent mileage and ascent. I was using it as a training run for July's Lakeland 50, and basically wanted an alternative to the Howgills marathon.

**Did it fit the bill?**

Absolutely! I'd reccied most of the route a fortnight before race day, as I was a bit concerned about the self-navigation! It's a really tough route, and very technical in places; so, I was glad to get a feel of what was in store! Thankfully the weather on race day was stunning, so the views were really something special. The Lake District with bright sunshine, and blue skies never gets old!

**Did it all go to plan?**

It was all going perfectly to plan until the final decent from Walla Crag! This was the only bit I hadn't reccied, and we managed to miss a turn! Before we knew it, we had run down a huge hill, and then annoyingly had to retrace our steps all the way back up to get back on course. By this point, we really hoped we were done with the uphill(!) The upside of the detour was a chance to go to the loo, as these were sadly lacking at any of the checkpoints.

**How would you rate the checkpoints?**

There were two checkpoints on the route. Apart from the lack of loos, they were really well stocked! There were sandwiches, various cake options, fruit, and all the usual Haribo type sweet options. Definitely something for everyone! There was also hot food at the finish, which was included in the entry price. This turned out to be a full meal...pie, peas, potatoes and gravy. Suzanne F would most certainly have approved!

**Would you recommend the race?**

For anyone wanting a challenging trail event, then absolutely give it a go! The thing I love most about trail running is ending up in locations that are like little hidden gems, and that I would never otherwise get to see. This route certainly rewarded me with some lovely new discoveries.

**Any suggested improvements for the organisers?**

I do like a nice medal, and for the effort involved, this one was disappointing!! It wasn't wooden, so could have been worse(!), but it certainly wouldn't encourage you to sign up, if that's your thing! A t-shirt option would have

also been nice. Some of the popular trail event T-shirts become like badges of honour, and I felt this race was worthy of one! I joked with Alison about designing my own, and getting one printed, so watch this space... 😊

**Would you do it again?**

I would! It's a great route (which is relatively close to home) and it's a lovely time of year to do it. I'll probably sign up again for next year...

*Helen Taylor*



**Pets of DH:**

Here is the lovely Archie (Gary and Julie Dodd) showing off his race bling and DH headband. What a star!



**Important dates for your diaries:**

Please note there will be no Tuesday club night on 18<sup>th</sup> June

June							
							2024
DH RUNNERS CALENDAR							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							1 Parkrun
2	3	4 Tuesday Group	5 Castle 5k	6 Thursday Group	7	8 Parkrun Ullswater Way 10, 20 and Ultra	
9 Carlisle Tri Club 10k	10	11 Tuesday Group	12 Track Night	13 Thursday Group YCR+ Graduation	14	15 Parkrun Race The Wall	
16 Lakesman	17	18	19  Club Championship Watchtree 10k	20 Thursday Group	21	22 Parkrun	
23 Sunday Social	24	25 Tuesday Group	26	27 Thursday Group	28	29 Parkrun	
30							

# July



## 2024

### DH RUNNERS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Tuesday Group	3	4 Thursday Group	5	6 Parkrun
7	8	9 Tuesday Group	10 Club Championship Castle 5k	11 Thursday Group	12	13 Parkrun
14	15	16 Tuesday Group	17	18 Thursday Group	19	20 Parkrun 24 hour Relay
21 24 hour Relay Sunday Social	22	23 Tuesday Group	24 Track Night	25 Thursday Group	26 Lakeland 50 & 100	27 Parkrun Lakeland 50 & 100
28 Lakeland 50 & 100	29	30 Tuesday Group	31	Thursday Group		Parkrun

\*\*\*\*\*

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

**Happy Running!**  
**Best Wishes**  
**Newsletter Team (Christine Southam and Cath Wood)**