



As the days grow longer and the evenings stay lighter, it's hard not to feel a renewed sense of energy in our running. It's also an exciting time of year, with races just around the corner—whether you're looking forward to your first event, taking part in a race new to you, or returning to an event you've done before, also getting out training, there's plenty to look forward to in the weeks ahead.

CLUB INFO

Membership Fees

A reminder - at the Committee Meeting on 9 February 2026, the following club membership fees were agreed for the forthcoming 2026/2027 year:

Early payment Adult (until 30 April) - £12

Standard Adult (post 1 May) - £15

Junior - £5

Following a successful River Run last October, together with ongoing cost control, it has been possible to reflect this in the club portion of membership fees for the subsequent year. However, as you may know, England Athletics have increased the individual athlete affiliation to £23 (15%), therefore for those who wish to affiliate to EA, this amount will need to be paid in addition to the club membership, and the online payment system will naturally facilitate this. Therefore, the respective **affiliation options will be listed as £35 and £38**.

The Committee also wished to make the fee structure as transparent as possible in order that all members can make an informed choice whether they affiliate or not. All members will of course have the option, prior to 1st April 2026, of changing from EA affiliated to non-affiliated, or vice versa, by emailing memberships@dhrunners.org

A further note will be issued immediately prior to 1 April 2026, reminding members of the renewal process which was successfully launched last year.

Perks of being an England Athletics Affiliated member are –

- £2 discount on entry fees for all licensed road and multi-terrain events
- Access to Power of 10 profile to track your own performances
- Exclusive offers and discounts from commercial partners including (at the moment):
 - Kukri kit discount
 - Sportshoes.com 15% discount
 - SIS Nutrition 20% discount
 - Shokz 10% discount
 - Gameplan healthcare plan 18% discount
 - Coopah 2-week free trial plus 20% discount on annual memberships
- Athlete offers and promotions
- Early bird ticket access to major events via British Athletics
- Ambassador opportunities
- The Edge eComms (on line magazine) with monthly partner offers and opportunities

Please remember - that only Affiliated members will be able to put their name in the hat for the club London Marathon Place. The reason for this is London Marathon Club places are allocated on the number of Affiliated club members in the club.

Important Reminder - Race Numbers

If you can't make a race for any reason, please **do not swap race numbers without the organiser's permission**. Being a member of DH Runners we all sign up to uphold our Code of Conduct, please see clause 11 below.

11. Play by race rules, whether it's a UKA, FRA, Club Championship or an independent race, you must abide by the organiser's rules. If you break the rules, you could lead the club and yourself into disrepute. **DON'T SWAP RACE NUMBERS** without the organiser's permission.

The rest of our Code of Conduct can be found [here](#).

DH Sunday Socials

Our last Sunday Social was on 22 February Sunday Social, where members gathered at the Watchtree Nature Reserve. They either joined in the regular Sunday Run which is held there each week or did a little extra. Afterwards everyone enjoyed refreshments in the on-site café.



The next Sunday Social is 29th March – there is different format this time. There will still be a social run at 09:00 meeting outside Giannis Restaurant and completing a simple 4 mile route. However, a breakfast isn't planned, instead there is an opportunity to meet again on the evening at 18:00 for a sit-down meal at Giannis. You can choose to attend either or both, no pressure. Please message Niki at social@dhrunners.org if you would like to attend the meal.

Run Groups:

Run groups continue to be held on Tuesday and Thursday nights. Hi-vis will still be needed please for the next couple of weeks until the clocks go forward.

You Can Run

This is the 2nd YCR course I have taken part in since I became Run Leader Coordinator. This was the first one that I set up from start to finish.

It's a 6-week course which runs every Thursday with the final session taking place within the main Thursday night run group, running what's become the traditional Paulo Chippy Route!

The aim is to build each week so we start off with a loop of the bridges, walking 3 lamposts and running 1. Each week we add a little extra on and reduce the amount of walking, the end goal being we will be able to cover a distance of 5k.



Everyone was really nervous at the start, but I'll let you into a secret! So was I! But, by week 2-3 everyone was a lot more confident and you could see the group supporting one another.

We encourage the runners to do a second session on a Monday to repeat what we have done the Thursday before.



This group have really embraced the additional session and have regularly met up on a Monday evening. I've even saw the odd face pop up at parkruns!

The big challenge for me was to try and learn everyone's name by the end of the 6 week, and I'm not saying if I managed this or not.

The group has been supported by Run Leaders and helpers, without whom the sessions wouldn't be able to go ahead. Kev, Nikki, Mel, Gill and Ewen came to assist with

Run Leaders, Adam, Emma, Dave, Rob, Mark and myself coordinating each week. The run leaders and helpers spread out amongst the group, usually with 2 leading at the front and the rest mixed in supporting the various abilities.

At the end of the 6-weeks we awarded each runner with a certificate, round of applause and lots of cakes!

A lot of the graduates have continued to come down to the Thursday night sessions which is fantastic and very rewarding to be able to see them develop.

Well done to all the graduates who braved those 6 weeks in what was sometimes pretty horrible weather - and a huge thank you again to our terrific Run Leaders and volunteers who supported both groups during the course.



Bev Armstrong

Track Nights:

Track Nights are suitable for all abilities so please come along and join us. We meet at the Sheepmount Reception at 18:15 for a 18:30 start. Card payment only but free to those with a Better Membership. The next Track Night will be Wednesday 1 April. For future dates see below.

Future dates:

Wednesday 1 April
Wednesday 13 May
Wednesday 3 June
Wednesday 1 July
Wednesday 5 August
Wednesday 2 September
Wednesday 7 October
Wednesday 4 November
Wednesday 2 December

The Magic Mile – Saturday 4 April 2026.

We're proud to announce that the Magic Mile is back after a pause of several years!!

For those of you that have never experienced the Magic Mile here is a little explanation of how it works:

It's a very easy format and it's as simple as running as fast as you can for one mile!

We'll all meet at the Sheepmount track on the 4th of April (where we have exclusive use). We'll split you into small groups based on how fast you estimate you can run a mile, so you'll always be with people of a similar speed no matter how fast you run or walk it. When it's your groups turn to run, you'll be called up and it's time to run round that track four times as fast as you can. We'll have people there to time you so that you get your individual time and hopefully you can compare it to the next time you do it!

We also have a few bonuses for you! This will count as a wildcard towards the club championship which will be attractive to some of you, and if that's not tempting then we'll also be having music and cakes so there's something for everyone!!

The event is suitable for absolutely everyone from new runners to experienced sprinters. Everyone will be cheering you on and supporting you all the way round. We're really looking forward to see lots of you there!!

Mark Drummond

Being a Run Leader

Leading the Way: The Joy and Value of Being a Run Leader at DH Runners Carlisle -

Every running club thrives because of the people who show up week after week—not just to run, but to support, encourage, and guide others. At DH Runners Carlisle, Run Leaders are the heartbeat of the club. They do far more than simply set the pace; they create the atmosphere, the safety, and the sense of belonging that makes our community so special.

Building Community, One Run at a Time –

Being a Run Leader is one of the most rewarding ways to give back to the club. When you lead a group, you become part of the reason someone new feels welcome, someone returning regains confidence, or someone pushing their limits achieves a new personal milestone. The simple act of guiding a route, checking everyone is together, and sharing encouragement along the way helps create the supportive environment DH Runners Carlisle is known for.

Sharing the Love of Running –

Run leaders are ambassadors for the joy of running. Whether it's introducing beginners to their first social run, helping members explore new routes around Carlisle, or simply keeping spirits high on a rainy evening, leaders bring enthusiasm and positivity that inspire everyone around them. Your energy sets the tone for the run—and often for the week ahead.

Developing Skills and Confidence –

Leading runs also benefits the leader. Many volunteers find that becoming a Run Leader boosts their own confidence, communication skills, and leadership abilities. Planning routes, managing groups, and supporting runners of different abilities are all valuable skills that extend far beyond the pavement or trail.

And let's not forget the personal satisfaction: knowing that others look forward to the runs you lead, appreciate your guidance, and trust you to help them have a safe and enjoyable experience.

Strengthening the Club –

When more members step forward to lead runs, the club becomes stronger and more resilient. It allows DH Runners Carlisle to offer a wider range of groups, paces, and routes, ensuring everyone—from beginners to experienced runners—can find their place. Run Leaders make it possible for the club to grow while maintaining the friendly, supportive ethos that defines it.

A Thank You to Our Leaders—And an Invitation –

To all our current run leaders: thank you. Your time, energy, and enthusiasm make an enormous difference. You help transform a simple group run into something much more meaningful.

And to anyone who has ever thought about stepping up to lead: consider giving it a go. With support from the club and fellow leaders, it's easier than you might think—and the rewards are immense.

Because at DH Runners Carlisle, Run Leaders don't just guide the route. They help guide the spirit of the club.

I asked to become a run leader to give back to the club who helped me get back into the running habit by supporting existing and potentially new members. The support and sense of inclusivity has been outstanding and continues to motivate me to continue and help others particularly through passing on what I have learned to make running a constant part of my life even when other matters call.

Martin Grey, Run Leader

Message from your Captains

Thank you, DH Runners. I am honoured to be your Club Captain in 2026.

I became part of the DH family after doing the You Can Run+ in October 2017. I had run for several years prior to this but wanted to run more consistently throughout the year, DH offered me that opportunity!

I run mainly with the Thursday Group but have run with the Tuesday Group in the past. The enthusiasm and support of the Club is infectious, getting together with likeminded people opens up a wealth of choice of races, volunteering, support, company, friendship and social occasions. Running is not just about racing but enjoying the running, training and the event whether it be road or trail, long or short, trying new events and having new adventures.

Zoë Ferguson

Hey folks, a little message from your club captain here. I started running in 2020 during lockdown, I joined DH in 2022 and I've just had my 4 year anniversary last month. Since then, things have moved pretty quick, I've made improvements as a runner both with distance and pace with the help of our DH team, I regularly run on Tuesdays and recently most Thursdays as well. In 2024 I was lucky enough to gain my Run Leader qualification and I'm happy that I can help people in their running journey the same way as I was. Being part of a running group is so satisfying, it gives me a date on the calendar each week to run and has given me the push to get out the door even when the weathers grim. It's great to see people succeed in DH, we are such a supportive club, it makes me so proud to see us all lined up in our club vests on race day and to see the crowd of supporters that join us. I am very honoured to have been voted your club captain this year and I hope I'm able to do the role justice.

Adam Cleminson

KIT




Whether you're a seasoned runner or just starting out with running you can purchase the DH running kit directly from the website and it will be delivered to your door.

If you have any further suggestions for kit, please message me kit@dhrunners.org or give me a shout at running club.

Kendal Mint Co x DH Runners

We're excited to share that DH Runners has partnered with Kendal Mint Co, a modern sports nutrition brand with roots in the original Kendal Mint Cake – fuel that's literally been to Everest. (and Julie's pockets!)

Why this matters for you as a club member:

-  Better fuel for training and race day – from gut-friendly energy gels to hydration and recovery.
-  Built for real runners – long runs, dark miles, race blocks and everything in between.
-  Exclusive 15% discount for DH Runners – to help you stay fuelled without breaking the bank.

As a DH Runners member, you can use the code:

👉 DHRunners15

for 15% off at Kendal Mint Co via this link: <https://www.kendalmint.co.uk/discount/DHRunners15>

Whether you're targeting a PB, your first race, or just stacking consistent miles, this partnership is here to help you stay properly fuelled.

Terms & Conditions apply. Excludes other offers, trade, clearance and subscriptions. Exclusively for DH Runners club members.

Championship Races 2026

With the second championship race coming up this weekend I want to explain the WAVA scoring for this year.

The last couple of years Suzanne has used a WAVA calculator that gives scores very similar to parkrun scores. This means when a parkrun is included in the Championship the WAVA scores can be taken from parkrun results page and saves a lot of time working out scores.

Unfortunately, I had some issues with this calculator and had some very random and obviously wrong scores for Whinlatter.

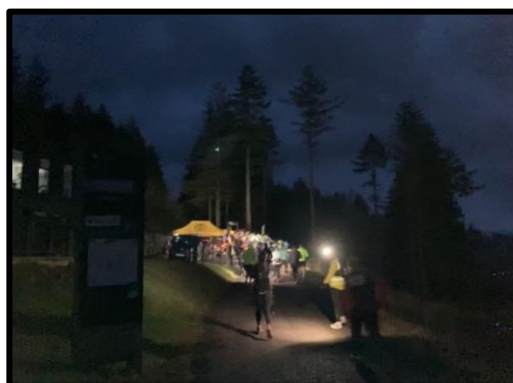
Therefore, I am using the Marlborough Running Club WAVA calculator. It scores lower than parkrun so to keep everything fair and consistent I will use this to work out scores for all races including the 2 included parkruns.

If anybody has any queries, please feel free to message/email me.

Kerrie Fiddler

Whinlatter Moonrunner 14th February 2026 - 1st Club Championship Race

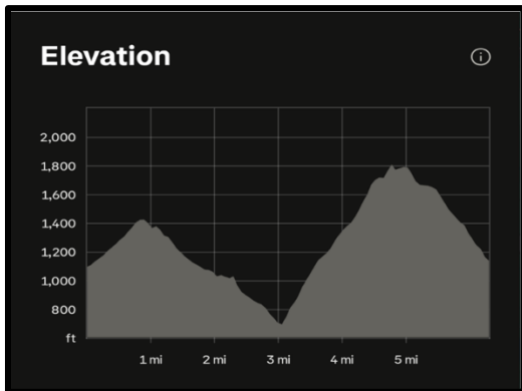
What an event, it was very much a love hate experience with nothing in between! This year the route was in the North part of Whinlatter Forest with the start and finish close to Siskins Cafe which was open throughout.



The weather was ideal for running, but cool for the supporters waiting for the runners coming in to the finish. There was slight wind but no rain and the skies were clear. The lights of Keswick could be seen

twinkling in the distance and there was a sprinkling of snow on the grass at the highest point of the race which was Seat How summit.

We gathered at the start at 6pm then we were off, the first mile was a steady uphill climb followed by a 2 mile descent dropping over 700 feet, to the lowest point in the race. Then the real climbing began, 2 miles ascending 1000ft along a bridleway, some forest track and single track. After 5 miles it was downhill almost all the way to the finish mainly on forest road but the last little bit was on a well surfaced track with several tight turns thrown in and the finish funnel didn't come into view till the very last minute!



As ever the support at the finish line was excellent and very much appreciated. Well done to all those who took part. For some it was the first experience of Whinlatter Forest and racing in the dark, for some it was a return visit. Will anybody be back next year?



Zoë Ferguson

Under the Head Torch:

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

Ewen Gillies:



When did you join DH? Summer 2023. I attended a few local parkruns over the previous few months and that's how I became aware of the club.

Why did you start running? I have been running since April 1982 and apart from a few injury induced breaks I have been running at least once a week since. I started running in April 1982 as I hadn't done any exercise since leaving school/ starting work in July 1981. I was due to sit exams that April and had some study leave beforehand, so decided exercise would give me a break from studying each day. Post exams I just continued running and never stopped.

Which DH night do you take part in? Thursday because during Apr - Oct I go out on a Tuesday evening with a group in Brampton where I live. I don't go out with the Brampton group in the winter as I don't like running in the dark with no streetlights.

Favourite distance? Probably 10k although I have cut back on the number of races over the past 3 years.

Least favourite distance? The last marathon I completed was in 2014 (Berlin) and despite being a completely flat course I did find the last 8 miles very tough.

Do you have any pre run/race superstitions? If so, what? I always tie my left shoelace first!

What is your favourite post-race food/drink? Food - I do enjoy a fry up, the bigger the better but absolutely no tomato included. Drink - I have always preferred Pepsi to Coke and of course as I grew up in Scotland, I am partial to Irn Bru as well.

Middle of race, if you felt like giving up – what would keep you going? I look at the miles/ km left from the marker signs and for example if it's only 5km, I say to myself that's just the usual Thursday night run etc you know you can do that, so keep going.

Favourite route? I like the Royal Scot route and strangely enough don't have a preference whether we run it clockwise or anti-clockwise.

What is your running shoe of choice? Mizuno Wave Inspire. I have only worn Mizuno shoes for the past 15 years as I know they will always fit. At one time Mizuno was the principal sponsor of Reading Half Marathon (I lived in Berkshire 1998 - 2022) and I received a VIP pass from them every year to the event as a perk for my regular custom!

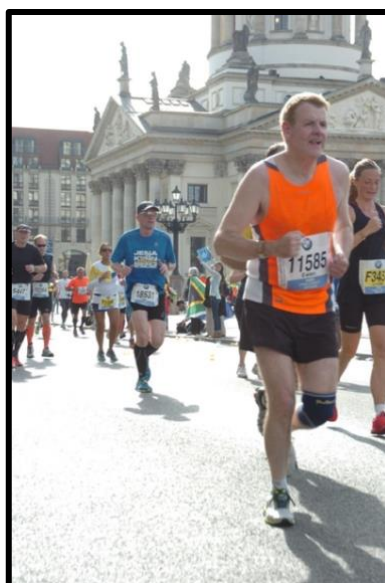
Best running memory/What is your favourite/best event you have taken part-in? I have ran the Cape Town 10km for the past few years and so far it has always been a nice day, despite it invariably raining the previous day when I collected my number. About 25,000 runners, well organised start groups and a flat course, fantastic views of Table Mountain throughout, but thankfully you don't run up there!

What is your top tip(s) for going for a run or taking part in a race? Warm up sufficiently beforehand. My weakness is usually forgetting the cool down stretching afterwards.

What do you see in your running future?
Continuing to run as long as I am able although I have come to terms with the fact that my race times will be slower than they were 10 years ago.

Tell us something we don't know about you?

I have visited all seven continents and have ran races in 3 of them (Europe, Asia, Africa). I didn't run but (briefly) swam in Antarctica - and yes it was cold!



Berlin Marathon 2014



With Table Mountain Backdrop

Niki Iveson:

When did you join DH? Around 2022 after hubby bought membership for a Christmas gift.

Why did you start running? To support my kids when they were competing in Triathalons.

Which DH night do you take part in? Tuesdays and Thursdays

Favourite distance? At the minute it's 5k, but depending on the route and company, I can enjoy a 10k too.

Least favourite distance? Anything over 8 miles, unless it's a 1/2 marathon race as they can have an electric atmosphere.

Do you have any pre run/race superstitions? If so, what? None, just like everyone else, got to have that pre-race toilet visit.

What is your favourite post-race food/drink? I don't have a favourite, it depends on what I'm craving, sometimes salty (chips and burger) others sugar (donut).

Middle of race, if you felt like giving up – what would keep you going? Knowing I'm closer to the end than the start and adding a medal to the collection.

Favourite route? Don't have one.

What is your running shoe of choice? Depends on the route, I'm loving my winter Brooks Ghost 16 at the moment as they are waterproof.

Best running memory/What is your favourite/best event you have taken part-in? So many...most recently was the Manchester half, dressed as a bee with Julie Fell. We had so much fun running, walking and dancing our way round the course. It was topped off as we were with our other halves and the Birkett 'sisters'. I smashed the target I set myself after being ill with the amazing support of friends.

What is your top tip(s) for going for a run or taking part in a race? Breathe and make it fun. If you are going too hard and struggle you won't enjoy it and if you don't enjoy it, why do it?

What do you see in your running future? Hoping to increase my 5k speed this year and look to comfortably increase my distance next year. Beyond that, who knows.

Tell us something we don't know about you? There's not a lot as I'm quite an open book, but I do have a full motorbike licence.

OUT AND ABOUT AT VARIOUS RACES/RUNS:

North Lakes Half Marathon Race Review – Sunday 8th February

I took on the North Lakes Half Marathon on Sunday 8th February, having been warned in advance that this was an undulating course. As anyone who knows me will tell you, hills and I are not natural friends... but I keep making myself face them because I know they make me a stronger runner in the long run.

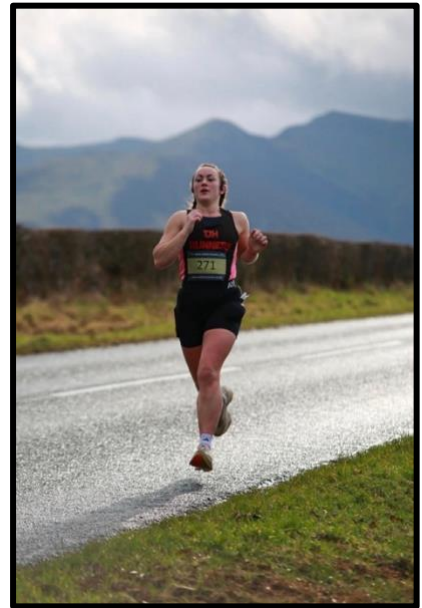
The first five miles definitely delivered on the elevation, with a steady mix of climbs and rolling sections. Thankfully, the effort was softened by the absolutely stunning views across the Lake District it's hard to complain about a hill when you're surrounded by scenery like that.

After the opening miles, the course became much more forgiving, with no major climbs to tackle. And just when tired legs started to set in, the final two miles offered a welcome downhill stretch, the perfect way to finish. Love a sprint finish!

The organisation of the event was excellent from start to finish, and it felt like fantastic value for money. Finishers were rewarded with a unique wooden medal, water, chocolate, a can of pop, and a choice of free merchandise either a buff or a pair of More Mile socks. A really generous touch that rounded off the day nicely.

This is a challenging but incredibly rewarding race in a beautiful location. I'll definitely be back next year and would highly recommend it to anyone looking for a scenic event with great support and atmosphere.

Kate Imrie



Netherhall 10 Mile Road Race – Sunday 22 February 2026

What a way to spend a Sunday, unfortunately this one clashed with the Sunday Social so numbers at Maryport were limited.

If you know me, you'll know I'm pretty good at double booking these things, but this one worked out okay.

Registration opened and I met up with fellow runner and team mate Kate, we then got the obligatory team photo

The weather was kind that day but there was no hanging around at the start, the road closed and we were off.

I have done this run before but a few years ago, there is a mile long hill after the first mile, so I soon got warmed up and into the rhythm.

Around the six mile point we turn back towards Maryport and then the headwind kicked in, so we were in for a tough return to the finish.

I had a time in mind from my previous run in 2018 and was tracking well so kept pushing and managed to come in with a course PB of over 4 minutes, Happy Kev.





Well done to Kate, who also had a very strong run.

A lovely buffet was waiting for us in the sports hall afterwards. This maybe a good outing for for the club calendar in 2027.

Out for a gun time on this occasion (also a good time too)

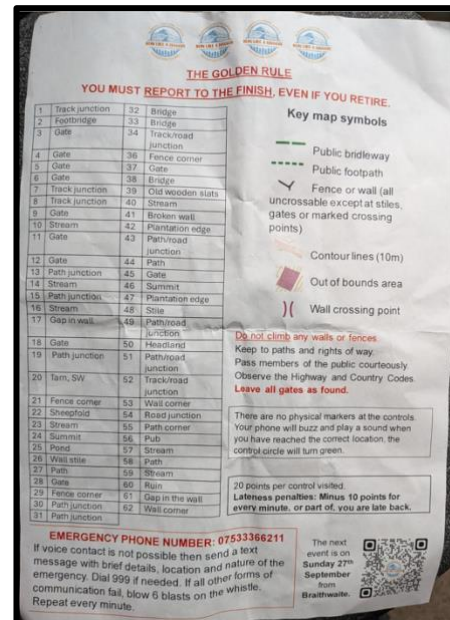
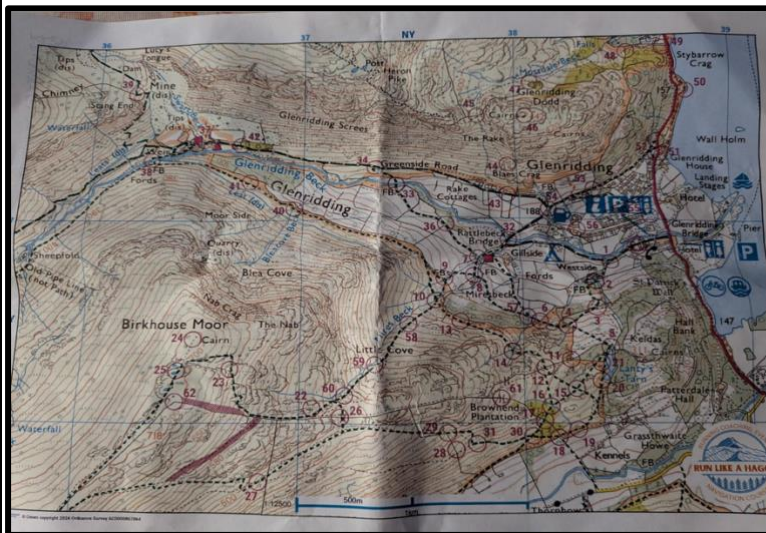
Kev Iveson

Run like a Haggis! Glenridding 7th March 2026

What!?! This was something completely different! It was an orienteering event though not in the conventional sense of orienteering. The format was not unfamiliar to me as it is similar to the mountain bike orienteering events that I do but I have never done one on foot before.

It was a glorious morning in Glenridding, blue skies and no wind though still slightly cool. The event HQ was the Village Hall where we went to sign in.

Prior to the event we were asked to make sure we had downloaded an app called Maprun onto our phones and there was a link to the course we wanted to do, there was a choice of 1 hour, 2 hours or 3 hours and it was open to those who were complete beginners to experienced orienteers. I opted for 2 hours as it was new to me.



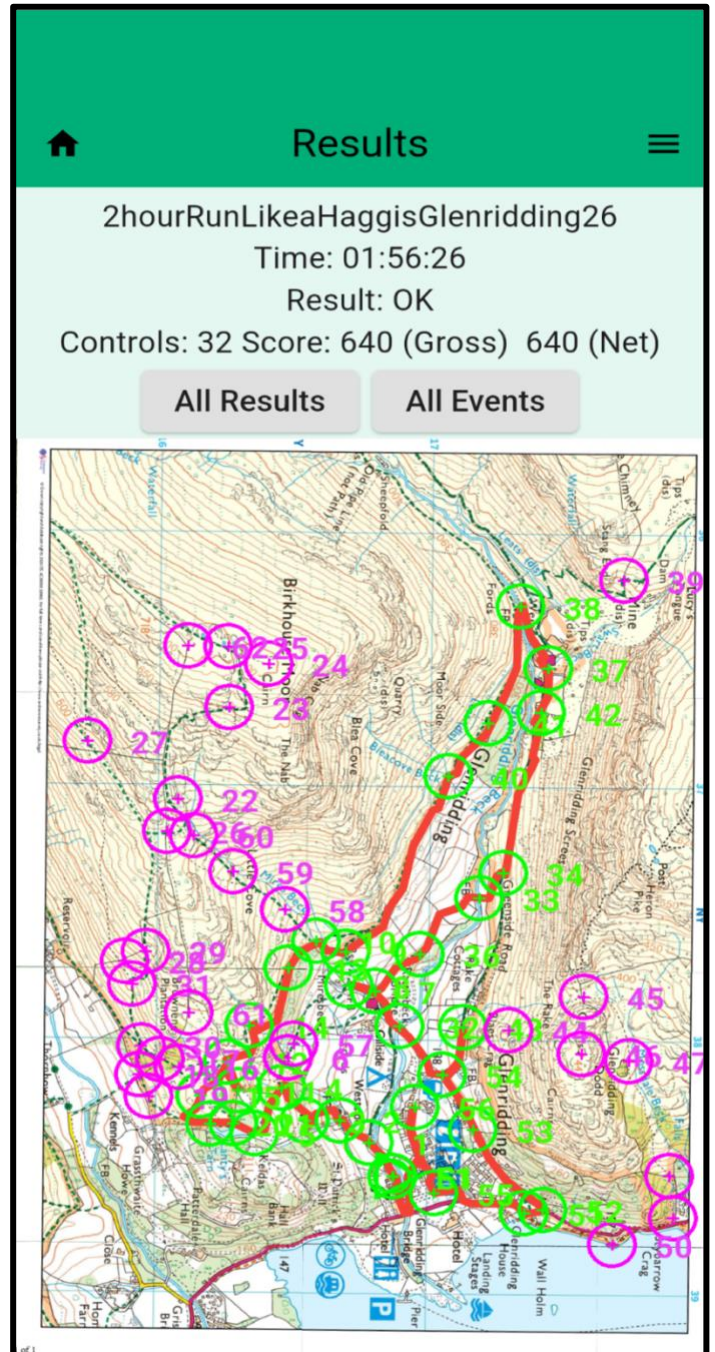
When we signed in, we all got an A4 map of the area with numerous circles marked on it. These were the checkpoints and the aim of the event was to get to as many checkpoints in the allocated time, if you are late back then points are deducted from your final score. Each checkpoint is worth 20 points with 10 points deducted for every minute you are late back!

As I hadn't had experience of using the Maprun app I asked the organisers who were on hand to help with any questions or queries to check the app and the settings for me. This is what they did, as to use the app for this event you need the volume turned up as when you approach a checkpoint on the map, the app registers it and the phone sounds! A horn was chosen as my sound effect and drew some looks as the sound of Thomas the tank engine rang out at regular intervals when the checkpoints were found! One lady was lamenting the fact she had chosen birds singing as her sound as there was a lot of birdsong around in the background anyway making it harder for her to appreciate whether or not a checkpoint had been reached!

To start the course and the app you first had to find and visit the start point, then you were off working out where you were going and which points or route it would be best to achieve the best score in the allocated time. You could keep an eye on the app on your phone as it did give you information as to which checkpoints you had visited and how long you had been out on the course helping you decide when to race for the finish point!

It was a very relaxed event, you choose what course, what time to start (within a time frame), how far and how fast you want to go. There were no prizes, just a welcome cup of tea and cake at the end and lots of chatter as to who went where and what route they took. It was very well organised and the hosts very helpful though I never did find out why it was called Run like a Haggis! It was also very reasonable to enter at £7.00 - the car parking was as expensive!

Below is a screenshot of the Maprun app, the green is my route and the points I visited - the pink circles are all the checkpoints available!



Zoë Ferguson

Kingdom of Northumbria Ultra 54k – 7 March 2026

2 weeks ago, Alison, Natalie and I headed over to Amble to stay the night before our race. We stayed at the Amble Inn. Would thoroughly recommend it. Lovely, room and great food. Also, only a couple of miles from Druridge Bay.

Next morning, we left just before 6 am and parked up at Druridge Bay Country Park. This is where the race ends. We got on an organised bus and were taken to the start line at Bamburgh.

On arrival we grabbed our bib number and stood near the start line. They set you off in groups of approximately 20 and we were lucky to be in the first wave. The race started bang on time and for at least 45 minutes we could brag we were in the top 5!!



It was a beautiful bright sunny day and the scenery was stunning. The course is mainly along coastal paths and you go through towns such as Seahouses, Warkworth, Craster and Amble before finishing back at Druridge Bay Country Park. Collect your medal, T-shirt and beer and it's less than 2-minutes walk to the car.

If you're considering an ultra, I would thoroughly recommend this Wild Deer event. It's very well organised, with friendly marshals and 3 checkpoints. It is a very runnable course with not too much elevation but with ample time to complete it you can walk what you need to. The faster runners set off 2 hours later.



Kerrie Fiddler

Something to finish off with, thank you to Craig McGlasson for sending this in:

This comes with a free needle and thread in case you split your sides laughing... 😄 KE

A black piece of concrete and a green piece of concrete — who are old friends and VERY competitive — have just finished parkrun at Chances Park and are sitting in *I Love Café* having a hot drink and delicious pieces of cake.

"I completely beat you today," boasts the black concrete, who is called Pavement.

"Yeah, but I got a PB and I was only two seconds behind," responds the green piece, named Bus Lane. "I'll beat YOU next Saturday."

“But I’m SO much better than you,” says Pavement, who can’t let things lie. “I carry the fabulous members of DH Runners on all of their jogs: every day, every week, every month, every year. I’m the strongest of all. “

Bus Lane responds: “You’re TOTALLY wrong. I’m the toughest one. I carry all of the DH Runners home after they’ve smashed their races, and when they’re wearing their big heavy, shiny medals. Also, when they’ve been to Chivers to buy their smart new shoes. And away from Paolo’s with their tasty sausage and chips.”

Things start to get heated between our concrete competitors. Pavement and Bus Lane begin to push and shove each other.

Speedy / Love Cafe staff sprint over to split them up.

Just then the cafe door opens, and a piece of red concrete enters the cafe. Pavement goes white as a sheet and leaps behind the counter, shaking with fear.

“What’s wrong with you?” scoffs Bus Lane. “I thought you were supposed to be the hardest concrete of all.”

“I’m tough,” replies Pavement, shaking with fear. “But him over there: he’s an absolute cycle path!” ends

Important dates for your diary

Dave Little has asked us to share this with you all - he runs the Parkrun for Parkinsons group - they travel all over the Northwest /East and South/SW visiting different parkruns. For more information catch Dave at Carlisle parkrun.



Join us at

Carlisle Parkrun for WPD

The Carlisle Branch are holding an awareness Parkrun Takeover for World Parkinson's Day.
Saturday 11th April, 9am at Chances Park, CA2 6JP.

Parkinson's UK Volunteers will provide the marshalling, raising awareness of this neurological condition.
Join us to run, jog or walk, or cheer on friends and family.

Register beforehand on the Parkrun website, then turn up for the briefing at 8.45am

Parkinson's UK Contact: Mkelly@parkinsons.org.uk



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197) and in Scotland (SC037654).



Registered with FUNDRAISING REGULATOR

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197) and in Scotland (SC037654).



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March



2026

DH RUNNERS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	Tuesday Group	Track Night	Thursday Group	6	parkrun
8	9	Tuesday Group	11	Thursday Group	13	parkrun
15	16	Tuesday Group	Watchtree 5k	Thursday Group	20	parkrun
22 Championship Race Carlisle 10k Carlisle Half	23	Tuesday Group	25	Thursday Group	27	parkrun Grasmere Wild Trail 5k and 10k
29 Sunday Social Meal at Giannis	30	Tuesday Group	31			

April

2026

DH RUNNERS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Tuesday Group	Track Night	Thursday Group	3	parkrun Magic Mile
5	6	Tuesday Group	8	Thursday Group	10	parkrun
12 SIA Resolution 3 Villages 5/10	13	Tuesday Group	15	Thursday Group	17	parkrun
19 Sunday Social	20	Tuesday Group	22	Thursday Group	24	parkrun Championship Brigham 10k
26	27	Tuesday Group	29	Thursday Group		

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 Julie Dodd**