



Hope everyone has been enjoying the lighter evenings, now we just need some warm sunny weather.

It's been a busy time since our last newsletter, some of your activities appear below, there will be things missing as we can only include what you send us!

We welcome contributions to the newsletter, thank you to those of you who have contributed to this issue. Please send us in any information about your races, training and volunteering, we love to hear from you and everyone likes to read what everyone has been up to. Information can be emailed [here](#).

CLUB INFO

DH Runners Memberships 2026 – 2027:

Thank you to those of you who have already renewed.

REMINDER – if you haven't renewed your membership please do so now as fees are over-due.

Whether you are a competitive or non-competitive member, your DH membership is registered with England Athletics and your details are held on their Portal. If you haven't renewed your membership by the end of June you will be removed from the EA Portal, this has to be done as part of their General Data Protection Regulations.

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.

Lakesman Feedstation - Sunday 21 June 2026

Thank you to everyone who has already signed up to help out at the feedstation.

Lindsay is starting to coordinate our feedstation at The Lakesman. This is a club social with a difference as we volunteer on a feedstation at The Lakesman Triathlon, supporting our members and many other athletes taking part.

It's a great day, hard work but worth it. Plus, they gift us £350 to our club charity which this year is The Well Communities. It's also the 10th year of the event and every year we have ran a feed station so let's make this year even better for everyone taking part!

We do have two shifts available as shown below, **we actually could do with some more help please for the earlier shift if possible.**

8 am -12pm

11.30 am - 3.30pm

All offers of help greatly appreciated - it really does make a difference when you are racing to have the amazing DH members on the feedstation.

Please either comment on the post on DH Members Facebook page or email Lindsay at chair@dhrunners.org with your chosen shift and then complete the form on the link below to make sure you get your t-shirt and volunteer goodies!!

<https://www.resultsbase.net/event/7771>

DH Sunday Socials

Our Sunday Socials are all about getting together, getting active, and having a good laugh along the way — and there's something for everyone! Whether you fancy a steady walk, a relaxed run, or simply tagging along for a chat and a coffee, you're always welcome.



April saw us cheering on our younger members at the Carlisle Junior parkrun, with families joining in and plenty of smiles all round. Meanwhile, some of our seasoned runners were off conquering Manchester, while others were busy training for cycling events of their own, or training for upcoming races. Whatever your pace or passion, it's all part of the DH family spirit.

Coming up on May 24th, we're shaking things up by tackling the Dalston Path... in reverse! We'll meet in Dalston village centre at 9 am, our usual start time, before heading off for a fun out-and-back run or walk — and you can choose whatever distance suits you. The mission? Be back at the Country Kitchen Café for 10 am to catch up with everyone, including those who prefer the social side over the sporty side.

Then on June 7th, we're taking the socials on tour to Morecambe for the Champs Race! Don't forget to enter the 5K or 10K and make sure your result counts towards the championship. <https://www.letsdothis.com/gb/e/morecambe-10k-5k-251944> . It's set to be a brilliant day out with plenty of support, cheering, and seaside vibes.

And finally, looking ahead to July, we've got something extra special planned. On the 11th and 12th, we'll be coming together for our 24-hour relay in support of local charity, The Well. This is more than just a run — it's a full weekend social where you can join in at any time, team up with friends, or simply turn up and see familiar faces.

We can't wait to spend the next few months with our amazing DH family — see you there!



Run Groups:

Run groups continue to be held on Tuesday and Thursday nights, the routes are shared beforehand on Strava.

Track Nights:

Track Nights are suitable for all abilities so please come along and join us. We had a great turn out at our last Track Night. We meet at the Sheepmount Reception at 18:15 for a 18:30 start. The next two sessions are 'free' to members, as the Club has paid to have sole use of the Sheepmount. The next Track Night will be Wednesday 10 June. For future dates see below.

Future dates:

Wednesday 10 June

Wednesday 1 July

Wednesday 5 August

Wednesday 2 September (Magic Mile)

Wednesday 7 October

Wednesday 4 November

Wednesday 2 December



The Return of the Magic Mile

Saturday 4th April 2026 saw the long-awaited return of the Magic Mile at the Sheepmount in Carlisle and what a fantastic comeback it was! After many years away, it was brilliant to bring this much-loved event back and the support from our running community was amazing.

The atmosphere on the track was electric, with runners of all abilities and ages coming together to test themselves over the mile distance. There's nothing quite like the Magic Mile locally, a chance to push your limits and see just how fast you can go on the track. We witnessed some outstanding performances and impressive times across the board, a real testament to the effort and enthusiasm of everyone involved. A huge well done to you all- we hope you are as chuffed with your times as we are!

A huge thank you goes to everyone who took part and supported the event and to those who generously donated to our club charity The Well Communities. Your contributions are greatly appreciated.

Special thanks must also go to Julie, Gail, Mark, and Lindsay for coordinating the event so smoothly and to Barry Scott for coming along to take photos. Also thank you goes to The Sheepmount for hosting us once again. We really appreciate your support in making the event such a success.



 DH RUNNERS MAGIC MILE APRIL 2026 RESULTS	
RUNNER	TIME
Faye Stubbs	07:01:38
Mark Leverton	07:20:20
Kerry Birkett	06:53:26
Peter Bingham	07:17:22
Natalie Bingham	07:37:52
Stuart Rome	06:49:13
Kerrie Fiddler	07:02:48
Chris Knox	07:15:10
Ken McGarva	07:04:05
Keith Harding	07:40:75
Rachael Johnston	08:32:69
Harry Graham	07:02:83
Rachael Stevenson	08:20:63
Zoe Ferguson	08:19:11
Julie Fell	08:02:11
Laura Farmer	07:59:86
Mark Mannings	05:46:30
Adam Cleminson	05:38:50
James Taylor	05:53:99
Andy Graham	06:17:41
Mark Moore	06:28:46
Adam McGinley	05:51:52
Rebecca McGinley	06:37:74
Chris Bardini	06:23:42
Demi Wiser-Coombe	06:17:21
Toby Harling	06:19:54

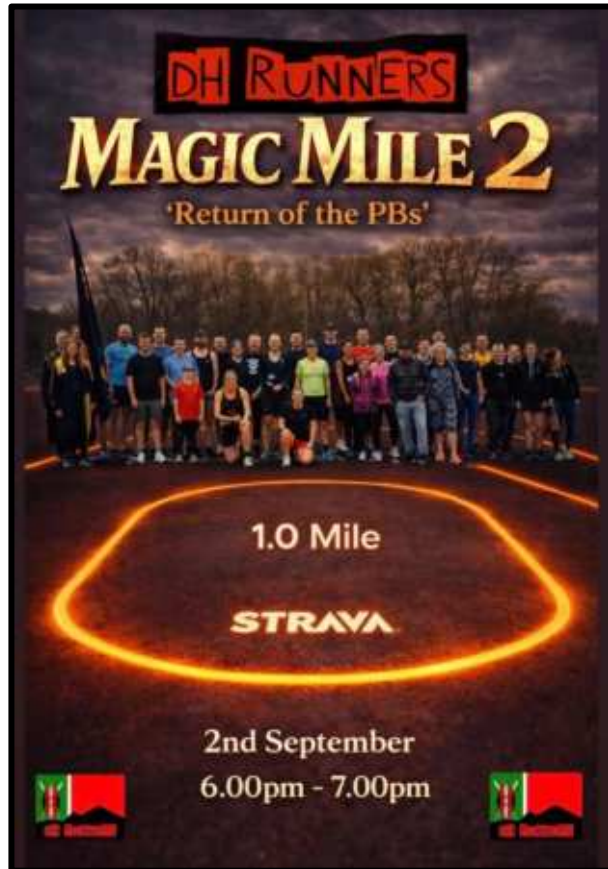
To top it all off, we celebrated afterwards with some well-earned Easter goodies – the perfect way to round off a brilliant day of running.

If you enjoyed being back on the track, don't forget we hold a monthly track session – all are very welcome to come along.

Here's to many more Magic Miles to come! Now for the results....

Lindsay Graham

Our next Magic Mile



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 🤝

Remember 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

Run Carlisle 10k – Sunday 22 March

Our 2nd round of the DH club championship was the Run Carlisle 10K. On the 22nd of March we lined up as a strong squad with all the other competitors. The weather was cool but fair, excellent running conditions for most. Starting and finishing at Brunton Park, Carlisle United's stadium. It is a great place to run at and be supported from.

The race itself is really well organised with excellent facilities and really good post-race goodies including a t-shirt and medal.

You start from behind the east stand and run down Greystone Road, turning right onto Botchergate. As you head through the centre of the city, you then do a loop in Bitts Park, up Brampton Road and take a right into Rickerby Park, a short out and back to Rickerby before heading back to Brunton Park. There is lots of support along the way to cheer you on and after 6.2 miles you drop into the stadium, giving the crowds a sprint finish to the line.

We had lots of PBs in the club, including myself with a massive 2 minutes scrubbed off my 10K personal best. All in all, a very well hosted and enjoyable race so early in the season.

Definitely one to try next year if you haven't already signed up.



Captain Clembo

Brigham 10k – Saturday 25 April

Our 3rd round of the DH club championship was Brigham 10K, a less well-known race with some good ups and downs to mix it up a bit.

Unfortunately, due to illness, I wasn't able to run this one, but I travelled over to support our runners on the day. A small field of runners took on the challenge. We waved them off at the start before partaking in a 99 from the on-site ice cream van.

A fierce race ensued with some great battles and fantastic results, notably:

- Kate Imrie placing 3rd female and 1st in category
- Mark Mannings 3rd in category
- Tony Harling 3rd in category
- Martin Gray 1st in category

Not a popular race, it seems, for DH runners, but certainly one to keep an eye on for next year.



Captain Clembo

London Marathon

An unexpected journey

Never expected to be going to London. Had got knocked back in the main ballot and never even thought for one minute my name would get pulled out of the hat. Just before Christine started the rummage in the hat, Robbie Bell started giggling and said to me "I'd laugh my head off if they pull your name out of the hat"....seconds later it happened and Robbie fell of his chair laughing so hard as did a lot of the room. It seems I have acquired a bit of a reputation for just winging events. Whilst the laughing continued, I was thinking "oh f@#k" as really wasn't expecting it or ready for it. But it was race I thought I would never get to do with the ballot odds so it was a chance of a lifetime.

I bought some new trainers and researched this new invention that has just come out called training. Actual training! Training went ok but picked up a foot injury in the last month before race so my longer distance runs were limited so I was a bit worried about how it would go but stubborn enough to finish on two legs or crawl if needed. It was my first trip to London for a while. On arrival there and getting around the tube I quickly got massive rage at the manners and lack of consideration of some people in the big city. Wanted to get straight to the Excel centre to pick up my number and relax as I had to travel on Saturday due to work commitments. On the tube I saw lots of other running types and was listening to a couple of serious 'athlete' looking guys in shorts and wearing garmin, talking about 6 minute splits. I got to the station I thought I had to change out and loads of runner types got out. I did and the two guys stayed on the train. Had a mad moment of doubt and asked them if they were going to the excel and knew the way. They said they did so I got back on the tube again. Well did they f@#k! and we all had to do a massive detour and reciprocal trip back. Great start! But once I got there, I got my number quite quickly and easily and went straight back to my hotel to check in and chill out before bed. Slept ok and do the lay flat thing is compulsory and had a decent sleep.



On race day I got up early to get there in time as was worried about the journey. Got to the tube station near my hotel and had a mad panic as it was all shuttered up and closed! Started to panic and looked for a taxi or something but saw another running couple and proceeded to follow them. This time they knew the way and lead me to the new tube station entrance. Panic over. Got to the start in Greenwich Park just following the crowds of running types and the sun was shining and everyone was now really

friendly.

The start was very easy with bag drop off and toilet queuing was ok but got to the front of the queue and got overtaken by a medical card bearer and some late guys who were about to miss their wave start but got that done and then found my start place and sat in the sun chilling.

The wave set offs for the masses were great and everyone was clapping and cheering. Got to my start wave and got to the start. It was starting to warm up but was such a good atmosphere. Advice was to not set off too quickly and get swept along and don't trust your gps at docklands and Canary Wharf.

The race started and I kept my pace deliberately slower. The crowds were amazing from the very start. About a mile or so in I saw a bloke change direction and run to the crowd and pull out a medal from a bag and give it to a kid. I thought I know someone who does that too and looked again and it was a DH River Run medal and immediately



recognise the legend that is our very own Jumper John! We fist bumped and chatted for a bit before I lost him to a group of kids offloading more of his medals! My race plan went well

regularly fuelling with gels and salt tablets at regular times. The first major point I remember was Cutty sark as it is such an iconic place from watching on TV and the crowd was intense. Took my headphones off from there to soak up the atmosphere! The main major memory was getting to Tower Bridge as I knew that was halfway and the atmosphere was incredible with crowds both sides shouting and cheering. Never experienced an atmosphere like there at another race. Despite the heat getting up to 18 degrees I felt good as there was plenty of water/gels/ice stations. Kept the pace sensible and didn't walk at till about 17/18 miles which I was pleased about from previous road marathon. The costumed runners were amazing along the way. I managed to gain two miles on my gps in Docklands (interference from big buildings) so had a bit of a false hope of a PB when I saw the actual distance markers were two miles short of my watch! but felt strong in the last 5k as had took it sensibly. I always wanted to run along the embankment and achieved that towards the end and then I got a glimpse of Big Ben and I knew it was a mile from there. Seeing that was a massive buzz as felt good and would have expected to be walking/limping by then! We turned right at Big Ben with huge crowd and then past Buckingham Palace before turning into the mall to see the finish line! I secretly wanted under 5 hours but was just over but



was happy in that heat. An incredible event and one for the memories! Highly recommended race and no doubt why people try to enter in their millions and apparently I am now one of a Guinness world record breaking number of finishers in a marathon ever! The Medal is lovely and definitely not wooden as well! Result



Dave McGinn

Congratulations and a brilliant well done to our other DH members who completed the London Marathon:

Mary Messenger
Gail Rajjayabun
John Billet
John Lupton





Under the Head Torch:

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

Mark Moody:



When did you join DH? I joined DH in 2024 having been a member of another local club for quite a while. It was always impressive to see the DH runners at local races and the support they gave to other runners, and knowing a lot of members from parkrun made it seem an obvious choice to sign up.

Why did you start running? As in many things, I took inspiration from Jen! I've always been fairly sporty and active, but never much of a runner, but when she started running and doing parkruns, she sold me on the idea.

Which DH night do you take part in? Mostly Thursdays, with the (very) occasional Tuesday as well if I'm feeling up to the longer run – Thursday night runs now feel like the weekend is nearly here.

Favourite distance? In the past it has been 10km but more recently there have been a few niggles and injuries, so it has been 5km.

Least favourite distance? I've done one marathon and after that experience probably won't be doing another one. Specifically, the last 6 miles or so of the Stirling Marathon – loops of the city centre and having to go past the finish three times before actually being able to stop!

Do you have any pre run/race superstitions? If so, what? Like Matt Goss from Bros, I made a conscious decision, because of Stevie Wonder, not to be superstitious.



What is your favourite post-race food/drink? Pasta, or pizza, plenty of carbs.

Middle of race, if you felt like giving up – what would keep you going? Knowing that it'll be over quicker if I carry on running rather than walking – I find it difficult to get going again if I stop.

Favourite route? I am lucky to live in a beautiful part of the world with parks and rivers on my doorstep, so running through Bitts Park and Rickerby Park will always be my favourite. For races, Talking Tarn parkrun is beautiful at all times of year.

What is your running shoe of choice? Brooks Ghost – the first shoes that Chivers fitted me for and I've had no reason to change.

Best running memory/What is your favourite/best event you have taken part-in? I have lovely memories of my 100th parkrun – having family and friends there to cheer me on – I don't think you can beat parkrun for the sense of community that it brings.

What is your top tip(s) for going for a run or taking part in a race? The hardest bit is getting out there. I like to have an idea in my head of the route so I can break it up into sections to make it seem more manageable. And try to remember how good you'll feel at the end!

What do you see in your running future? Just keep plodding on, trying not to worry about slowing down as injuries and age take their toll.

Tell us something we don't know about you? When I was a toddler, I once ran off when we were visiting Aintree race course and managed to get about halfway round the course before anyone could catch me. I don't think I've run as fast since then!



Lindsay Brown:

When did you join DH? Summer 2023.

Why did you start running? For years I wanted to run, but didn't think I could. I kept doing Couch to 5k and took part in Race for Life, but didn't keep it going. Between 2016 and 2022 I had treatment for breast cancer. When that ended, I felt a bit lost and cut adrift from the routine of hospital visits - but also very relieved and fortunate. I was determined to do something with the time and energy and good health I'd been given.

Which DH night do you take part in? Mainly Thursdays, occasional Tuesdays.

Favourite distance? I don't mind, but a run with a good view is definitely a bonus.

Least favourite distance? The pressure of a 5k race is intense, not my favourite. However... I do love Parkrun ❤️

Do you have any pre run/race superstitions? If so, what? No superstitions but I've been caught out a few times with loose shoelaces... so I'm trying hard to fix that!

What is your favourite post-race food/drink? Chocolate milk, especially the Shaken Udder one. Try it, you'll be hooked!

Middle of race, if you felt like giving up – what would keep you going? Remembering why I started... and telling myself that the sooner I finish, the sooner I can stop (and drink my chocolate milk/frothy coffee).

Favourite route? Two parks. Or any route going through the parks in Carlisle.

What is your running shoe of choice? Saucony Guides work for me (and Peregrines for off road adventures).

Best running memory/What is your favourite/best event you have taken part in? I love the Lakeland Trails Hellvelyn 10k race, it's very scenic and autumnal with great views of Ullswater and Patterdale and elevation that's not too crazy. My friend Karen Lee suggested we do it, and I'm very glad she did.

In February this year I did the Grizedale Forest Half Marathon. My beloved dog had just died and I was really sad, but somehow being out in the forest, on the hills and trails, feeling strong physically - worked a bit of magic. It was wintery, beautiful and emotional and I will remember it for a long time.

What is your top tip(s) for going for a run or taking part in a race? Tie your shoelaces properly.

What do you see in your running future? I don't know. I hope I can keep on running and spending time with our brilliant running community - the people make it what it is, so thank you!

Tell us something we don't know about you? I'm a teacher. Most teachers I know have a fantasy "when I leave teaching" lifestyle/career plan. My "when I leave teaching" plan is to become a funeral celebrant. Or perhaps a Shaken Udder ambassador. Watch this space!



Tøyen Parkrun Oslo (not shorts weather)



Melrose Wobbly Christmas Pudding Trail



Helvellyn Trail 10k

OUT AND ABOUT AT VARIOUS RACES/RUNS:

North v South – Wednesday 29 April

North v South was founded in 2017 after a group of mates graduated from university and wanted to raise funds and awareness for men's mental health. As some were from the south and some from the north, they decided to organise a football match and raised £5k in the process. In 2023 one of the founding members was diagnosed with incurable blood cancer. Maggie's, a cancer support charity, was vital to helping him live life to the full. North v South went on to raise £20k for Maggie's. In 2025 the Edinburgh to London relay was born where 200 runners race 950km and raised £60k.

On 2nd April North v South contacted Christine to ask if DH Runners had anyone willing to run the Carlisle leg of this year's relay as someone had dropped out due to injury. A request went out and Andy McGovern responded immediately. As this would be a night time leg I offered to run with Andy so we both signed up. Note to self - check the route before you sign up for anything - I was delighted to learn the route was 13.1 miles from Carlisle to Lazonby with some challenging climbs!

The event kicked off in Edinburgh early morning on Wednesday 29 April and was incredibly well organised with regular updates via WhatsApp and Instagram. Tracking was available throughout the event via Runnerbeam and the lead continually passed from one team to the other. Andy and I were given a start time of 9 pm from Brunton Park. Race packs, including tops, had been received the previous week and the organising team provided hi vis and headtorches should you need them. We were greeted at our start point by race organisers and supporters. Each team had their own mini bus for you to put your stuff and to provide you with a lift back on completion of your leg. BIG thank you to Gary Chandler and Keith Harding for coming to see us off, and to everyone who sent us messages of support - DH is truly the best.

Despite both being Northerners, we were running for Team South to replace their injured runner. This took the pressure off a bit as it meant I would be happy for either team to take the overall win. North handed over their baton first and we began the chase about 15 minutes later. Our leg took us from Brunton Park along Greystone Road and up London Road. The support crew were waiting for us at the garage at Carleton with water before we continued along the A6. For us this was the toughest part of the leg, not because of the elevation but the loss of light. There was a full moon and we had our torches but at times the pavements weren't the best and we were constantly dazzled by the headlights from oncoming vehicles. We dropped down into Low Hesket where the support crew were waiting for us and then began the next climb to High Hesket. We were so glad to be off the A6 but knew we had the worst elevation still to come around the 11-12 mile mark! We continued on, both running well, and glad of each other's company. We enjoyed the flat section and downhill before we took the turn towards Lazonby. I

had driven this earlier in the day however the support crew were there to ensure we remained on course and to offer water before the final push. To this point our pacing had been spot on, round about 9 min miles, but as anticipated the final climb was brutal and we dropped to almost an 11 minute mile. It eventually levelled out and from here Andy's drive, encouragement and sprint finish saw us complete the leg in a time of 1 hour, 59 and also bridging the gap with Team North. It was slightly short of half marathon distance so we rounded it up, making it a very respectable 2 hour half - MASSIVE shoutout to Andy who only started running last year. Not only was this his second fastest half marathon but he ran the entire leg with extreme toothache and on his birthday! He is an absolute superstar.

At the end of our leg there was plenty of support to offer congratulations, thanks, a goodie bag, food, drink and a lift back to Carlisle. We were both delighted to be part of his incredible event and would recommend it to anyone, although maybe not leg 9. The race continued until Sunday and Team South took the win by 10 minutes. Final total raised is a whopping £177,065 which benefit Maggie's, Two Pints Deep and the Ted Senior Foundation. If you are interested in taking part in next year's relay or want to know more about North v South please use this link <https://www.north-v-south.com/>



Julie Dodd

A weekend in Belfast

A number of DH Runners, some with members of their families and not forgetting a couple of members of the Carlisle Tri Club (after all we at DH strive to be inclusive) headed out to Belfast for a weekend of running, sightseeing, and of course eating and drinking. A bit of cycling was thrown in too!

Saturday morning after catching early flight, (some people were more sensible flew out on Friday) parkrun was on top of the list for the day.



The rest of the day was spent sightseeing, together with fuelling and hydrating and relaxing in preparation for what was to come the next day.

Sunday soon arrived for the main event which was the Marathon alongside the relay, which consisted of teams running to make up the distance of the full marathon.

The full marathon was ran by Kev Ivison, Gill Harding, Karen Lee and Lindsay Brown with fantastic results. A PB for Kev, 2nd in age category for Gill with both Karen and Lindsay smashing their marathons too! It was also Lindsay's first ever marathon. Congratulations, well deserved by everyone.



There were a number of teams taking part in the relays with everyone working together to get their teams baton from the start line to the finish line of the marathon.



Both Jen Moody and Julie Fell even did a double lap each to get it to the destination.

A huge well done to everyone. Missions accomplished! The atmosphere throughout the whole route was electric full of runners and supporters the whole way!



The day did not stop there. After refuelling it was time for the party bus, cycling round the city in true DH Runners style singing and laughing on route.



In all a fab weekend!

Gill Harding

Jenny and Lindsay's GNR Journey



In 2016 we were both diagnosed with breast cancer. We have been lucky to receive first class treatment and amazing support which helped us through some bumpy years, and this year we reach our ten-year milestone. Somewhere along the way we found our running feet as well as an incredible running community, which undoubtedly helped with our recovery and became a part of our 'new normal'.

To say thank you, to raise some money and to raise awareness - we decided to complete the 2026 Great North Run for a brilliant cancer support charity, Maggie's.



Maggie's provides free, professional, practical and emotional support for anyone with cancer and their loved ones in welcoming spaces and online. They help people manage stress, money worries, treatment side effects and life changes - a vital refuge away from clinical hospital settings.

We're kicking off our fundraising with a coffee morning at Jenny's house near Cumwhitton on Saturday 6th June from 10.30am - 2.00pm. If you'd like to come along, please contact one of us for directions (it's less than 15 mins from Talkin Tarn parkrun!) You'll find us on Messenger or call/text: Jenny 07818 034527 Lindsay 07793 743501.

*Here we are visiting the
Maggie's centre at the Freeman
Hospital in Newcastle*

Our other fundraising idea is a very simple one: in the run up to the GNR, we've planned some walks and runs and we'd like people to join us on one of them (or all of them, if you like!) and make a donation to our fundraising page. Take a look below, we hope there will be something for everyone.

Saturday 6th June Coffee Morning at Jenny's
Sunday 28th June Family Walk at Talkin Tarn
Saturday 11th July Silloth parkrun
Tuesday 21st or 28th July Gelt Woods Trail Run/Walk tbc
Sunday 16th August Out and Back Run/Walk/Wheel Keswick to Threlkeld Railway Path

We look forward to catching up with some of you on one of our jaunts, but if you can't make it, click [here](#) to find out more about Maggie's and to donate. Thank you!



Jenny Robley and Lindsay Brown

Fancy a Nigh Out?

Two of our members are featuring in this event; Paul Teague and Steve Viney, raising money for Watchtree where lots of us enjoy running, walking or cycling. The event is taking place at Morton Manor.



Important dates for your diary

June							
							2026
DH RUNNERS CALENDAR							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2 Tuesday Group	3	4 Thursday Group	5	6 parkrun	
7 Club Championship Morecambe 5k or 10k Sunday Social Carlisle Tri 10k and 5k	8	9 Tuesday Group	10 Track Night	11 Thursday Group	12	13 parkrun Rat Race The Wall	
14 Rat Race The Wall West Walls Run Club	15	16 Tuesday Group	17 SIA Castle 5k #2	18 Thursday Group	19	20 parkrun Ride to the Sun	
21 The Lakesman 	22	23 Tuesday Group	24 Watchtree 10k	25 Thursday Group	26	27 parkrun	
28	29	30 Tuesday Group					

July



2026

DH RUNNERS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Track Night	2 Thursday Group	3	4 parkrun
5	6	7 Tuesday Group	8	9 Thursday Group	10	11 parkrun DH 24-Hour Relay
12 DH 24-Hour Relay	13	14 Tuesday Group	15 SIA Castle 5k #3	16 Thursday Group	17	18 parkrun
19 Club Championship Run Through Carlisle 10k or Half	20	21 Tuesday Group	22	23 Thursday Group	24	25 parkrun
26	27	28 Tuesday Group	29	30 Thursday Group	31	

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

Happy Running!
Best Wishes
Newsletter Team – Christine Southam and Julie Dodd