D H N E W S L E T T E R July 2026

Welcome to DH Runners!

Welcome to another edition of the DH Runners newsletter.

Although our new membership year began back in April, I'd like to take this opportunity to say a sincere thank you to everyone who has joined or renewed their membership. Your support and commitment are what make our club such a special place. I'd also like to extend a very warm welcome to all of our new members. I hope you've already experienced the friendly atmosphere that makes DH Runners such a great club to be part of.

We are an inclusive running club, proud of our roots and committed to creating a welcoming environment where everyone feels valued and supported, whatever their running ability or goals. As our membership continues to grow, I'd encourage everyone to take a few minutes to read or revisit our Code of Conduct. Click here to read it. It reflects the values we all share and helps ensure that DH Runners remains a safe, respectful and enjoyable club for everyone.

It's been an incredibly busy and enjoyable couple of months. We've seen fantastic participation in our Club Championship races, enjoyed parkrun tourism trips, welcomed great turnouts on club nights, had some brilliant socials including a Pizza Run and social evening, and most recently we came together for our fantastic 24-hour charity relay in support of The Well Communities. Events like these, showcase what our club is all about. It's not just running, but building friendships, teamwork and giving back to our local community.

Whether you're chasing a new PB, returning to running or simply looking for company and to keep active, there's something for everyone at DH Runners. I encourage you to get involved in as much as you can. The more you put into the club, the more you'll get out of it, and you'll always find plenty of encouragement along the way.

Thank you for being part of DH Runners and I look forward to seeing many more of you at our upcoming runs, races and social events.

Enjoy the read!

Lindsay Graham

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.

C L U B I N F O

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.

DH Sunday Socials

🚴‍♀️Social Dates to Look Forward To! 🚴‍♀️

Our August Sunday Social is happening at Talkin Tarn on Sunday 16th August, with a 9:00 am start. After the run, we'll head over to the Golf Club for a well-earned breakfast at 10:00 am. 🍳☕

Then, on Sunday 6th September, we'll enjoy a gentle jog along the New Bypass, meeting at Dora Turkish Restaurant at 9.00 am to return at 10am. Why there? Because we'll be back later that day for a fantastic evening meal together at 6:30 pm! 🍽️TR

Click on the link below for the menu, so please send me your food order by message or let me know in person no later than Friday 21st August. Niki can be contacted at social@dhrunners.org

Come along for the miles, the laughs, and the food—we can't wait to see you all!

Menu: https://dhrunners.org/wp-content/uploads/2026/07/SundaySocialDoraMenu.pdf

Run Groups:

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

Track Nights:

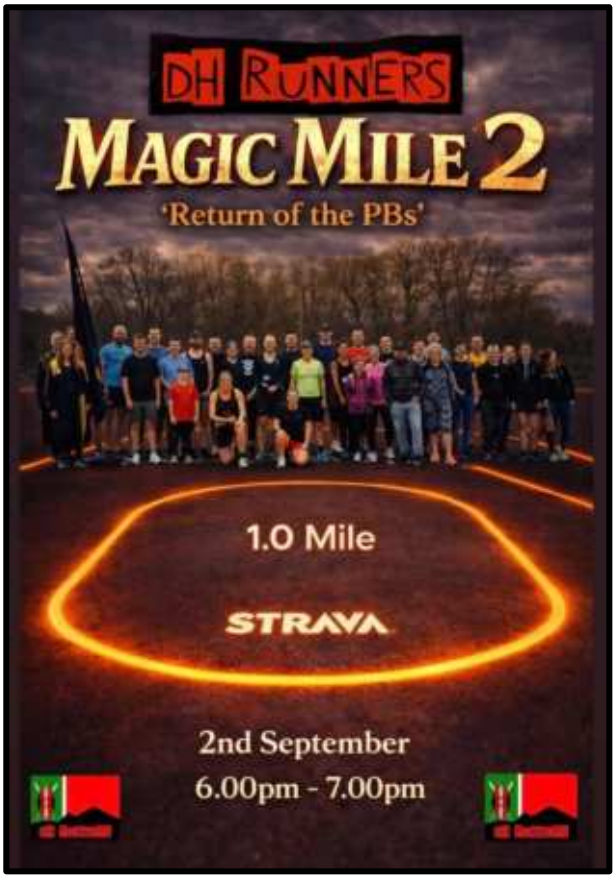
Track Night will return on Wednesday 5th August when Coaches Drummond and Dodd will put you through your paces.

As always, we will meet at the Sheepmount Reception at 1815 for an 1830 start. This session is FREE for all signed up members, with non-members welcome for a fee of £1. All you need is your smile and a bottle of water.

Track is suitable for all abilities so if you haven't been before please come along and give it a go. Track sessions can help build lasting stamina, improve your speed, and boost your confidence.

Our September session on Wednesday 2nd will see the return of the popular Magic Mile. The event is already on Strava so please let us know if you plan to join us for what promises to be another exciting night.

Wednesday 2 September (Magic Mile)
Wednesday 7 October
Wednesday 4 November
Wednesday 2 December



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

Maryport parkrun – Saturday 23 May 2026

What a great turnout for this championship race, everyone enjoying a sunny parkrun by the sea!

Lots of you met up afterwards for refreshments:

Morecambe 5k or 10k – Sunday 7th June 2026

Sunday 7th June saw 20 DH members and their supporters travel to Morecambe to take part in either the 5k or 10k race which was organised by Lancaster Races.

We signed in and collected our race numbers at the Station Promenade, which was just across the road from the start on the prom a short distance north of the Midlands Hotel. The weather was sunny but there was an extremely strong south westerly wind blowing from which there was no escape out on the Promenade which was the course route. The race started at 11am with all the runners starting together,

all of us heading southerly along the Prom towards Heysham. This meant that for the first half of the 5k we were battling into the wind, the turn round point was a welcome relief as the wind was then behind those of us doing the 5k almost to the finish! Those doing the 10k distance continued north along the Prom - I'm not sure if they got as far as Eric Morecambe's Statue before they then had to turn and face the wind for the final few k, despite this there were some good times with some PBs too.

Morecambe is an ideal place for a run, there was free road side parking along the Promenade. The running surface was excellent too. We did not have the Prom to ourselves, there were supporters, cyclists, walkers and one or two other distinctive characters thrown in but it was wide enough to accommodate us all! The other runners in the race were friendly, encouraging and supportive.

All in all, a grand day out with some reporting that a good meal was to be had in the Stone Jetty Cafe.

Zoe Ferguson

Lakesman Feedstation – Sunday 21 June 2026

For any members who worked on the feedstation this year, it allowed them to gain points towards the Championship standings.

A huge thank you goes to all of our amazing members who volunteered at the feedstation. Your hard work, support and encouragement for each and every athlete was valued.

The Lakesman team gift us £350 which we will give to our club charity which this year is The Well Communities! These funds will go to life saving support to help people recover from living in drug and alcohol addiction.

Congratulations Emma Cutting, Toby Harling and Brian Hazlewood* who all completed the Full Half event and to Lindsay Graham who completed the Swim/Bike event. For the Half Relay event saw some of the DH original members come together to complete that event, so well done to Sarah Hamilton, Kev Mulvey and Andrew Graham.

*See further down the newsletter to read Brian's write up about the Lakesman.

Run Through Carlisle 10k – Sunday 19 July 2026

This weekend marked our 6th running event in the Club Championship Calendar. The Run Through event held at Carlisle Racecourse. The event was well setup in the racecourse grounds with plenty of volunteers and marshalls, but the late course change overshadowed the day and I think it had lost a lot of its popularity, having said that most that I spoke to didn't mind the route for the 10k at least. The 3 distances were set off at different times with most of our runners choosing the 10k but Joy Eather did the half and Chris Knox did the 5k. The weather was cooler that previous days without a lot of direct sunlight so much better run conditions. We had some real success stories with Craig McGlasson getting 2nd male and our current female championship leader Kerry Birkett getting 3rd female so well done to both, Chris Knox got 1st in his age group for the 5k and Kev iveson, Craig McGlasson, Mark Mannings and Kerry Birkett all got 1st in their age group which is absolutely outstanding.

Our next championship event is the Msport 5k on 25th July so I look forward to seeing a few of you there.

Adam Cleminson

For the latest Championship Standings click here.

DH Runners' 24-Hour Charity Relay Raises Over £800 for The Well Communities

What an incredible weekend for DH Runners! Our 24-hour 5k relay challenge was a huge success, with members keeping the baton moving continuously for 24 hours while raising **well over £800** for our Charity of the Year, **The Well Communities**.

Even a clash with the England match wasn't enough to dampen the enthusiasm — and neither was the weather! Torrential rain, thunder and lightning certainly made things interesting, although the downpours did have one unexpected benefit... they brought us all a little closer together. The gazebo became the place to be, and let's just say it was a very cosy gathering at times! 😂

The event showcased everything that makes DH Runners such a special club. Runners took to the course day and night, supported by an amazing team of volunteers and spectators, all coming together to make a real difference for a fantastic local charity.

It was wonderful to welcome residents and staff from The Well Communities, who joined us for a lap and experienced first-hand the encouragement, camaraderie and community spirit that our club is known for. Over the past year, many of their residents have become part of DH Runners, with running helping to improve confidence, physical and mental wellbeing, and creating lasting friendships.

A huge thank you goes to our organising team – **Christine Southam, Kerrie Fiddler, Niki Iveson, Kev Iveson, Paul Teague and Julie Fell** – whose hard work behind the scenes made this event possible.

We would also like to thank **every single member who ran, volunteered, supported, marshalled and donated**. Whether you completed one lap or several, cheered from the side-lines, helped throughout the night or made a donation, you all played a part in making this challenge such a memorable success.

Together, we demonstrated the true spirit of DH Runners – supporting one another, laughing through the unpredictable British weather, and giving back to our local community. Thank you to everyone who made this challenge such an outstanding success!

Lindsay Graham

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Have You Entered the DH River Run 10K Yet?

Now that the excitement of our 24-hour relay has settled (and we've all finally dried out!), it's time to look ahead to our next big event – the **DH River Run 10K** on **25th October**.

If you've run it before, you'll know why it's such a popular race. If you haven't, why not make this the year? The route follows the beautiful riverside path from Denton Holme towards Dalston before heading back to the finish – a lovely, flat course that's perfect whether you're chasing a PB or simply enjoying a great local race.

Every entry also helps support a fantastic cause, with **£1 from every race entry going to our Charity of the Year, The Well Communities**.

The River Run is made possible by our amazing volunteers, who give up their time to marshal, register runners, hand out medals and keep the event running smoothly. If you'd rather lend a hand than lace up your trainers this year, we'd love to have you on the team! Just email chair@dhrunners.org to register your interest in volunteering.

One word of warning though... the River Run usually sells out… so if you're planning to run, don't leave it too late. Get your entry in now and avoid missing out!

Whether you're running, volunteering or cheering from the side-lines, we'd love to see as many DH Runners involved as possible. Let's make this year's River Run another fantastic day for our club and our local community.

Under the Head Torch:

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

Keith Harding:

When did you join DH? September 2025

Why did you start running? Watching the 1997 London Marathon really inspired me and from being a non-runner in 1997 I trained and ran LM 1998.

Which DH night do you take part in? Mostly Thursday, occasionally Tuesday.

Favourite distance? Marathon.

Least favourite distance? Any intervals lol (although the coaches love pushing us, Julie Dodd!).

Do you have any pre run/race superstitions? If so, what? Not really, just hope the run goes well.

What is your favourite post-race food/drink? Protein/carb shake for longer runs to help prevent DOMS, although doesn't always help.

Middle of race, if you felt like giving up – what would keep you going? Being disappointed in myself for quitting. London 1998 I had painful shin splints for 19 miles, every step was agony, I did consider stopping multiple times. Eventually after stretching they went off and was bouncing to finish my first marathon.

Favourite route? London marathon - so scenic and historic.

What is your running shoe of choice? Asics Megablast.

Best running memory/What is your favourite/best event you have taken part-in? Running for 29 years there are lots. My first London Marathon. 2013 London Marathon where I proposed at the end to Louise - my now wife. I couldn't get down on one knee, legs were so sore lol. My 200th Parkrun at Carlisle (ran with Debbie H, and the Holy order). Most recently Brooklyn Bridge parkrun, just spectacular.

P.S. Since sending this in, Keith got a place in the London Marathon so he's off to compete in it again next year!

Helen Taylor:

When did you join DH? I came down to try out DH in early March 2020, as I'd met a couple of members through an NHS running group at the Cumberland Infirmary, however we all know what happened next...I eventually joined in November 2021 with the lure of a freebie, the famous DH bobble hat which was used to entice members to the AGM that year!

Why did you start running? I started running when I turned 40, after saying to a friend that I wished I could run a half marathon. Her reply was 'of course you could!', so I went from Couch to 5k - to The Great Cumbrian Run in 2012. For eight years I was very much a solo runner.

A Sunday morning with fellow DH pals up High Pike in the snow

Which DH night do you take part in? Usually both, unless life gets in the way!

Favourite distance? Either a road 5k (it's over with quickly) or a trail ultra (having so much fun, that you don't want it to end).

Least favourite distance? I reckon 10k, as it's a long time to hang on for dear life, if you've gone off too fast!

Do you have any pre run/race superstitions? If so, what? Not really, I suffer with terrible pre-race nerves, and always sleep badly the night before! A trip to the loo is a must though! 😂

What is your favourite post-race food/drink? Something salty (crisps, chips) and an ice cold can of pop after finishing, or a coffee on a cold day!

On tour with DH runners at the Barcelona half marathon in 2025, a fabulous weekend!

Middle of race, if you felt like giving up – what would keep you going? I would imagine Pete Fell giving me one of his famous motivational talks, and my stubborn streak would get me to the end. Hopefully a DH runner would be close by, or somewhere on the route supporting, so this would definitely keep me going too! A running mentor once said to me 'you can put up with anything for an hour', and I use this a lot too.

Favourite route? Probably some of the really scenic trail sections of the Lakeland 50 route, and I absolutely love running down High Pike, which I've had lots of fun doing with fellow DH pals in all weathers! Any DH club run that goes through the parks is always lovely too.

What is your running shoe of choice? I tend to go for a New Balance road shoe (currently wearing 880s), and my favourite trail shoes are Innov 8 Trailflys, which are so comfy!

Best running memory/What is your favourite/best event you have taken part-in? My first Lakeland 50 (including all the training runs) was pretty special. We ran it as a group of 5 (me, Julie Fell, Julie Dodd, Laura F and Gail R) and became known as the DH spice girls for the event!! I was Scary, you can work out the rest yourselves!

My favourite race to run is the London Landmarks Half Marathon, due to its iconic views and fabulous crowds. A DH group of us did this in 2024 and had a brilliant weekend, and I ran it with my husband in 2025 and had a ball again.

The race where I've been most shocked at my performance was the 2024 Manchester Half Marathon. I don't know who (or what) possessed me that day, but I managed my first (and possibly last!!) sub two-hour half marathon time. I kept doing the mental arithmetic throughout the race, and had to dig deep; but was stunned that I managed to hold on, and was so proud of myself that day 😊

What is your top tip(s) for going for a run or taking part in a race? Take a friend!! The benefits of running with other people, and the joy and laughter this brings is priceless. I've made many really wonderful friends since joining DH, who make me accountable for getting out there, they help me believe I can achieve the impossible (and sometimes downright ridiculous), and life would be so much more boring without them!

What do you see in your running future? No doubt more crazy adventures (beware the company you keep!!). The next big one is the Glasgow to Edinburgh Ultra in October. Dream big I say! Achieving hard things, and pushing yourself out of the comfort zone is such a great life lesson.

Grabbing a much-needed ice cream from the honesty fridge at Tilberthwaite on a brilliant day recceing the Lakeland 50 route

Tell us something we don't know about you? Probably not much, as I am a hopeless over-sharer(!)…but before I took up running, I used to do a lot of scuba diving. I've done over 100 dives in some fantastic locations around the world, as well as quite a few dives in UK waters, which can be amazing too.

Julie and I being handed our medals by a Chelsea Pensioner, having finished the London Landmarks HM in 2025

Meeting Sporting Heroes

Julie Dodd meeting her running hero Peter Elliott.

Fiona Moore – “I met Colin Jackson at the 2017 GNR. He was so lovely and had time for absolutely everyone who wanted a picture with him”.

Mark Moore met Paula Radcliffe at the London Marathon Expo in October 2022. Again, a sporting hero that didn’t disappoint!

OUT AND ABOUT AT VARIOUS RACES/RUNS:

Couch to Lakesman

Injuries, I've had a few, but then again, too few to mention!

Many of us take what we love for granted, and gaan for a run is often the case, dead simple isn't it, put your trainers from Chivers on and go for a nash, can't get much easier can it?

Joining DH Runners in '16 was one of my better decisions, I discovered a big part of my "why", the club brought me not only my best friends, but also my wife, being merely thankful of this club feels inadequate.

By surrounding myself with like-minded people, it allowed me to turn dreams into reality. A daft old stalwart, Andy Baker, led me down a path of discovery, persuading me to attempt my first half marathon within a couple of weeks of meeting him; and in next to no time entries were confirmed for my first marathon, and the Lakeland 50… "there's loads of time to train, and it'll be a laugh!", never were truer words spoken.

All sounds great, doesn't it?

Roll forward a couple of years, if one repaired hernia ('22) was bad enough, a recurrence of a hernia in late '23 was even worse, another surgery! Four months post op, now July '24, and I'm starting out again with a run along our infamous river path, all is good until a few hours later, my knee doesn't feel good.

After some physio and an MRI Scan I'm told it's a tear on the meniscus cartilage, apparently it's a common "age" related thing. Furthermore, the consultant is quite insistent about me never running again, it's not good for you. Surgery is set for Aug '25!

The most difficult thing during the 3yrs outlined above; not doing what you love, putting the weight on, feeling socially detached, avoiding Strava because it reminds you about what you're missing, and worst of all, mentally retreating to a very dark place.

It's Xmas Dec '25 before I can start to do some light jogging, and boy it's a mix of good and bad, great to be out in the wind and rain, but bloody hell my knee is sore (recovering), and why is my heart rate off the scale running 2 min/mile slower than "usual"! But it's a start, and the support of many helps me enormously, so many offers of company on slow easy runs!

Feeling like a new starter, I think "why not sign up to the DH you can run?", after a few teasing comments of "is this right, you're signing up to YCR?", I turn up on night one, a slight bit of imposter syndrome thinking of previous accomplishments, but the fact is right now anything I've done before is in the distant past.

On the first night there I recall someone asking if I had any events planned this year, to which I answered, well yes actually, I've entered the Lakesman, so tonight is the start of my couch to Lakesman plan!

Feeling like every day was another day of tiring privilege, my friend, and trusted plan provider Andrew, designed a plan which was achievable for my aim, to survive, with himself having knee troubles he knew what it was like!

Losing count of all the lake swims, bike rides, and runs, the support from folk like Lou, Andrew, Lindsay, Simon, and Andy, brought the good times back. Although Lindsay's spinning soundtrack could have derailed things!

As the race approached, I had a lump in my throat reading DH page comments from those committing themselves to manning the DH aid station, many old friends, god I was going to be an emotional wreck on the day!

Registration was incredible, felt like a hugging reunion, even Mother Duck was there!

Then the day, or final lap of the plan, I smiled from start to finish (maybe disguised as a grimace in places), what a six-month journey! Damn it was hot, was the run my finest? Definitely not, but every time I approached that aid station the lump in the throat was there.

Crossing the line… a little joyful tear perhaps, a thought towards a consultation room 12 months previously, a blessing for the DH YCR sessions, sincere appreciation towards the best aid station. The biggest thanks to family and friends whose backing and support make you realise, you can do more than think!

What next? Did someone say there's a full in '27!

Brian Hazlewood

Supporting a JOGLE

Back in May we received an email from Phoebe Harris who this summer was planning running from John O' Groats to Land's End over 68 days – becoming the youngest woman to do so! She is a member of Basingstoke and Mid-Hants Athletics Club and would be raising money for charity, splitting money between the National Autistic Society and the Lord Wandsworth Foundation which supports children who have lost a parent through divorce/bereavement.

She had seen our club was based near Carlisle, and wanted to reach out to ask if any of our members would be interested in joining her and her dad for a section of the run as it passes through our area. This request was shared with members. James Taylor kindly agreed to help out. He ran the leg from Gretna to Carlise with Phoebe and her Dad on Sunday 19 July. Well done James. Good luck to Phoebe for completing the rest of the JOGLE.

Watchtree Watchtower fund raising event Sunday 9th August 2026

For those who use Watchtree for running, walking, chatting, well-being or coffee this may be of interest!

In early 2026 Watchtree purchased some additional land which includes a Grade II listed World War 2 Watch office. The plan is to protect, restore and develop – 8.2 acres of land and the Watchtower into an oasis for wildlife and a valued community asset. Fund raising is in progress!

The Watchtree running community are hoping to raise funds by having a run on 9th August linking several of the local airfields starting at Silloth Airfield, including Kirkbride airfield and finishing at Watchtree formally Great Orton Airfield which opened in June 1943 becoming operational in October 1943.

It is an informal run where you can do it as a relay team, in fancy dress, do just a short section or run all of it which is a distance of 18 miles. Cycling is also acceptable! The route will be on mainly quiet roads and will be available on the Watchtree Running Community Facebook page along with further information. A donation of £15 is suggested and you will receive a commemorative coaster for taking part.

Important dates for your diary

Save the dates:

***DH Runners AGM – Saturday 28 November 2026**
***DH Christmas Party and Awards Evening – Saturday 12 December 2026.**

September 2026

DH RUNNERS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tuesday Group	2 Magic Mile	3 Thursday Group	4	5 parkrun
6 Sunday Social Dora Turkish Restaurant 9.00am Meal at above venue 6.30 pm	7 Committee Meeting	8 Tuesday Group	9 SIA Castle 5k #5	10 Thursday Group	11	12 parkrun The Lap Windermere
13 Acorn Bank 10k	14	15 Tuesday Group	16	17 Thursday Group	18	19 parkrun Watchtree 24 hr Windy 500
20 Club Championship SIA 10k Watchtree 24 hr Windy 500	21	22 Tuesday Group	23	24 Thursday Group	25	26 parkrun
27	28	29 Tuesday Group	30			

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

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