



Welcome to the latest DH Runners newsletter!

What a few months it has been for DH Runners! We've had a brilliant and busy race season, with members taking on everything from local 5ks and 10ks to some seriously impressive longer challenges including the Lakeland 50/100. Alongside the racing, we've had our fantastic **Magic Mile**, plenty of social runs and events, and lots happening behind the scenes to keep the club moving forward.

And then, of course, came the fantastic news that **DH Runners were named England Athletics North West Club of the Year 2026**. It was a huge moment for the club and a wonderful recognition of the commitment, inclusivity and community spirit that so many of our members contribute to throughout the year.

A huge thank you to **everyone who has contributed to making the club what it is** — whether that's by turning up to runs, racing, volunteering, organising, supporting events, welcoming new members or helping behind the scenes. It all makes a difference.

And finally, a very special thank you to **Christine and Julie** for all their hard work coordinating this newsletter and bringing together everyone's contributions. There is a lot of work that goes into making it happen, and we really appreciate it!

So, grab a cuppa and enjoy catching up on what our members have been getting up to. There's plenty to celebrate.

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](#).

CLUB INFO

England Athletics North West Club of the Year 2026

You will already have received an email about the fantastic news about our club being given this award. Lindsay, Julie, Niki, Emma and Kerrie enjoyed attending the awards evening on our behalf.



Comment from England Athletics:

DH Runners continues to lead by example as an inclusive club that uses running to create connection, confidence and community impact. As Carlisle's first inclusive running club, it has consistently removed barriers to participation while creating opportunities for people from all backgrounds to become active. The club has strengthened its support for mental wellbeing, recovery programmes and community engagement, while also delivering successful events and volunteering initiatives across the region. By listening to members, adapting opportunities to meet their needs and reinvesting in accessibility, DH Runners has built a culture where everyone feels valued, supported and able to thrive through running.



Click [here](#) to watch the video, showing information about our club, which was shown at the awards evening, which was made by England Athletics.

SOS Shout Out: Volunteers we need you!

Thank you for those of you who have already messaged in, we are still looking for some volunteers, it would be great if you could help-out please:

1. Great Cumbria Run 4th October– Club Championship

We're looking for volunteers to help with:

- Set-up, Close-down and Manning the DH gazebo during the event

This is our one of our club championship races, so it's a brilliant opportunity to showcase the club, promote DH Runners to other runners and get involved in a great local event.

If you can help, please email Lindsay via chair@dhrunners.org

2. River Run 10K 25th October

We're also looking for volunteers to help with:

- Marshalling
- Registration
- Course set-up
- Baking sweet treats
- Donations of crisps and other snacks

Whether you can give your time or contribute something for the refreshments, every bit of support is appreciated.

Please email Kerrie via secretary@dhrunners.org if you can help.

DH Sunday Socials

🦋 Social Dates to Look Forward To! 🦋

October Sunday Social will be on Sunday 25, at the River Run.

November Sunday Social will be on **Saturday** 28 November at the AGM.

Run Groups:

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

Hi-Vis – please remember that if you are attending Tuesday or Thursday groups from now onwards, during these darker nights, that we ask all attendees to wear high visibility clothing. High Visibility includes fluorescent running tops/jackets and reflective wear. We want all members to be safe when running in our groups, so please be mindful of this and try to dress as brightly as possible. Thank you.

Track Nights:

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.

The next Track Session is on Wednesday 7 October, meeting at the Sheepmount Reception at 1815 for an 1830 start. This session is FREE (and so are the next two) 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.

Future dates:

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, Julie Fell – Kit Manager at kit@dhrunners.org or give me a shout at running club.

Looking for Hi-vis?

Hi-vis top these are available. Short sleeve £16.00, long sleeve £17.50.



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

M-Sport 5k

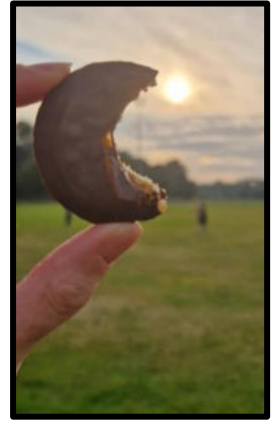
On Saturday 25th July DH runners descended on M-sport headquarters for the 7th round of the championship calendar, the venue is spectacular with lots of supercars and rally cars on show it is always a big hit with any car enthusiasts, the race itself is run on the test track which gives a unique opportunity to run on a tarmac closed stage. The track itself has a few undulations but that doesn't stop it being a fast course. The weather wasn't too bad with only a little wind to contend with and we had a great turnout of DH running and supporting. There were some tough battles on the course and some fantastic times with Craig McGlasson and Kerrie Fiddler both getting age group podiums. I was very jealous not to be running this one but I'll certainly be getting signed up for next year.



Adam Cleminson

SIA Castle 5k

Wed 12th August was the 4th round of the Castle 5k Race series and our 8th championship round, this race is a popular one for us and other Cumbrian clubs and its always a fast one and this one didn't disappoint. The weather was as warm as it usually is but a well-timed solar eclipse gave a little rest bite. a packed field lined up at the start and before we knew it, we were off, thundering around Bitts Park and back past DH roundabout to cheers from our famous support crew, two loops of the castle and then a drag back to the Sheepmount with sweated brows and burning lungs, a 300m dash around the Sheepmount that seemed never ending, the finish line was very welcoming. Another great performance by all with podiums for Craig McGlasson, Martin Grey, Malcolm Dixon and Kerry Birkett, well done all. I'm sure we will be back again next year at some point.



Adam Cleminson

Gateshead Trail 10k

Saturday 29th August marked the return of the Gateshead Trail 10k after a year off, A bus load of us travelled over for this one with an early start from Carlisle that got us there with plenty of time for pre-race espresso. The conditions leading up to this were dry so the course was firm and dusty, the race has a mixture of hills to contend with but the majority are easily runnable. This one marked the return of Peter Fell to racing where he did really well and it was also new member Jess Ropers first race. A fun time was had by all and rumour has it that the race will return next year. Well done to all that raced and spectated.



Adam Cleminson

For the latest Championship Standings click [here](#).

Cross Country Championship

An email has been sent out prior to this newsletter giving information about the North Cumbria Cross Country League.

Here is a reminder of dates and venues and how to enter:

September 26th 2026 Cockermouth

October 10th 2026 Kendal

November 7th 2026 Carlisle. This one we as a club are hosting and supporting, so a big shoutout for volunteers will be made nearer the day.

November 14th 2026 Netherhall

December 19th 2026 Penrith

Entries are via Sportsoft at the following link: <https://www.race-results.co.uk>



Under the Head Torch:

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

Garry English:



When did you join DH Joined DH in 2013.

Why did you start running? I was 1 of the first runners to start parkrun (initial 1st ever at Chances Park) chatted with Andrew and Kev, expressed my interest in running/keeping fit and my start began.

Which DH night do you take part in? Like Thursday night.

Favourite distance? Half Marathon.

Do you have any pre run/race superstitions? If so, what? Like to have a drink of water, 'panic pee'. Always look up at the sky and tell myself to have a good run.

What is your favourite post-race food/drink? Chocolate bar.

Middle of race, if you felt like giving up – what would keep you going? I like to raise money for various local charities. If I am feeling fatigued, think of the people less fortunate than me and the benefits that money raised goes a long way.

Favourite route? Blackpool Half (Feb) challenging conditions, ran in rain, thunderstorms, snow/hail, gale force winds.

What is your running shoe of choice? Hoka - both trail/run the best.

Best running memory/What is your favourite/best event you have taken part-in? Completing my first marathon. Love the atmosphere at the Great North Run.



What do you see in your running future? I would like to retrain as a Run Leader again to pass on/share my knowledge, encourage potential runners and state running is not only physical but great mental health relevant - friendships made and support given

Tell us something we don't know about you? Now retired from the NHS I have time to travel, been to Australia x 3 - great place to explore and sample the culture/history. Highlight doing Sydney Harbour Bridge climb. I volunteer at the local community centre (Morton Manor), help people/support where I can. Socialise with friends. Favourite food is Italian.

Sheila McGarva:

When did you join DH? I joined DH in 2017

Why did you start running? My son and girlfriend were regular park runners so I went to watch them and thought I would give it a go to get fitter.

Which DH night do you take part in? When I go, I usually go on Thursday evening.

Favourite distance? I only try 5k and hopefully one day will be able to run a further distance.

Least favourite distance? Anything over 5k.

Do you have any pre run/race superstitions? If so, what? I don't have any, but I like to make sure I'm at any event in plenty of time to settle any nerves and chat to everyone.

What is your favourite post race food/drink? It's got to be a nice cup of tea and flapjack.

Middle of race, if you felt like giving up- what would keep you going? Watching everyone else running which inspires me to keep going and get better.

Favourite route? Bitts Park route.

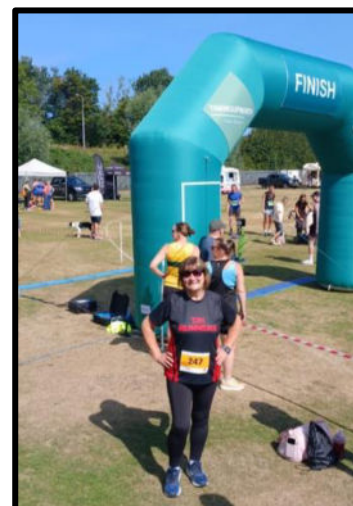
What is your running shoe if choice? Brooks Ghost.

Best running memory/what is your favourite/ best event you have taken part in? I recently ran the M-Sport 5k at Dovenby, which I really enjoyed and Workington is my favourite parkrun. I have also been lucky enough to take part in some beautiful parkruns in New Zealand.

What is your top tip(s) for going for a run or taking part in a race? Don't be put off entering a race even if you cannot run the full distance, just go and enjoy yourself. No pressure.

What do you see in your running future? Would love to be able to run a full 5k and beat my PB.

Tell us something we don't know about you I love fell walking and have walked long distance walks in Scotland including The West Highland Way (96miles) The Great Glen way (75 miles) The Speyside Way (85 miles) and The Rob Roy Way (79 miles).





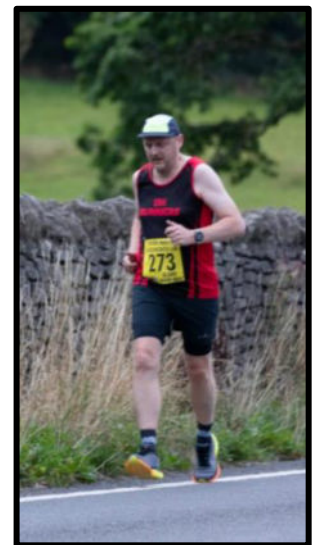
OUT AND ABOUT AT VARIOUS RACES/RUNS:

July 2026

In July Martin Grey headed out to Kenya, read his account [here](#) – Running in the Home of Champions.

Ulverston 10k Wednesday 19 August

I ran the Ulverston 10k on Wednesday 19th August finishing with a time of 55:35. It was a really good flat 10k race organised by Hoad Hill Harriers. On that evening they had a record number of entries with 344 finishers. Would recommend it for club members next year.



Simon Dolman

Säve Trail Run, Sweden

On Saturday 22nd August I took part in the first ever Säve Trail Run in Sweden with my family. There was a 2km, 7km or 12km route you could enter and I had decided to do the 7km. I have run around here many times before but never really gone up in the forest before (I would get lost.) My brother had also signed up for the 7km and he doesn't even run, but I know his main aim would be to beat me!

The Friday night I did the 2km route with my nieces as they wanted to practice, it was tough (well for me, no catching up with my eldest niece) and I thought what have I signed up to! I wasn't expecting to be climbing over so many tree branches!! But the title did say trail run!

As we walked to the football field where it started, there was music, food, trade stands and a good atmosphere. I was asked if I would be interviewed on the stage as the only international participant, but I politely declined! (my sister-in-law who was volunteering said I probably wouldn't be keen!) I got asked lots of questions in the evening though as the whole village enjoyed pizza and drinks at the local station house restaurant.



As we set off, we were at the back as me and my brother said we were just going to take it steady, it was a very slow start as the forest path was narrow and then rocky and you were struggling to run as so many people (next year will be starting near the front!). Just as we hit 1 mile and going through long grass, I said to my brother I can't do this pace, I need to get past these people, just as I said that we hit some open forest paths and my brother sprinted off....I sprinted off to try and catch up but he had gone. I still had him in my sight, but we started to go up narrow forest paths again, climbing over branches and lots of people started to walk and I got stuck behind as I couldn't get passed. As we got to the top my sister-in-law and friend were at the drinks station, so got some cheers, by this point I had lost sight of my brother.

Downhill was next for a bit through tree routes and rocks and then slight up hill and then back to downhill but on nice wide paths, as I was running past a lady I was talking to before the start, she said I will be following your motto 'Go Hard or Go Holme' 😊

Coming to the last half mile I could see my brother again in the distance, so effort was upped a bit more to try and get close again, but legs were feeling it. As we came off the gravel path, then to the road and then to a field it was quite a mix of terrain for the last mile.

As you came over to the finish line, the cheering was great and I could see my brother limping!

You headed to get your medal which had the words **Run Wild.**

Live Free on, water, banana and the local bakers' cinnamon buns. I also got a big hug off my sister-in-law's mum who was also volunteering. The goodie bags were filled full of goodies and a buff from the main sponsors, I told them it was one of the best goodie bags I have had. The first lady and man for the 7km and 12km received a voucher for a stay in a luxury cabin in Norway, so a lot were very keen for this prize.

Time was to watch the rest finish for the 7km and 12km and then get ready to watch my nieces do the 2km race. They did so well and finished 4th and 8th for the girls, proud auntie moment for sure. Overall, my brother was 1min 22 seconds ahead of me which isn't sitting well but I will try again next year, and he did pull



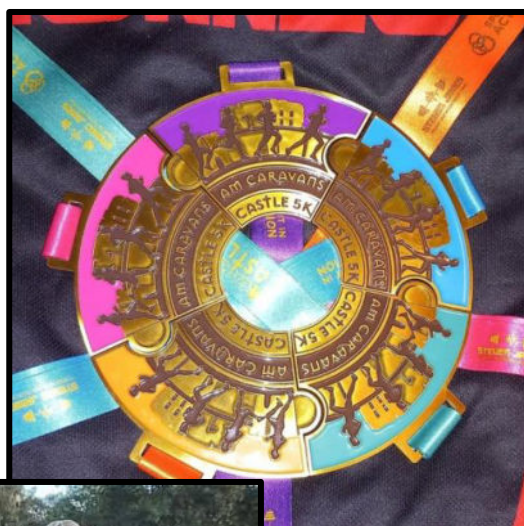
his Achilles and was limping for a few days after, so I think I was the overall winner!!



Julie Bell

Castle 5k Race 5 - Wednesday 9 September 2026

Well done to all of you who took part in the last race of this popular series. Thank you to those of you who volunteered and came along and supported. Those of you who have done all 5 races will now be proud owners of the 'medal wheel'.



Congratulations:

To Chris Knox who celebrated his 500th parkrun on Saturday 12 September.



Great North Run - Sunday 13 September

Well done to those of you who headed over to the North East to take part in this busy famous half-marathon. Congratulations to those of you doing it for the first time, those of you who were returning to do it again, those of you who got pbs. Lots of you were doing it by raising money for different charities too, who we are sure they would be grateful for you doing so.

Watchtree's Windy 500 – 24 hours

19th – 20th September saw the return of the Watchtree's Windy 500 – 24 hours of movement starting at 11 am on Saturday through to 11 am Sunday.

It's a flexible event working towards a collective goal of 500 miles every hour, with one lap equalling 2 miles, and can be entered as a team or individual. Laps could be completed walking and running, with any pace welcome. Steve and I had planned on doing as many laps as we could before 6pm, with support from Dave who completed some laps with us with a side of cake eating, coffee drinking and bird watching.

The event lived up to its name and was extremely windy – the type of wind that your struggle against when moving. We completed our first lap anticlockwise, before trying our second clockwise and deciding anticlockwise was the best for us.

The laps and the miles rolled in, with a few stops at the café and car for hot chocolate, pies, sreen and cake. Steve and I managed to complete 10 laps, with a total of 20 miles each and Dave completed 5 laps with us, to add a further 10 miles to the pot. Then, we had well-earned ice cream!

It was a really enjoyable day out supporting the Watchtree community and it was lovely to see lots of familiar faces doing laps too. I hope the event returns for 2027 and would encourage anyone who wants to get involved to sign up and do some laps.



Cath Wood

Important dates for your diary

Save the dates:

- *DH River Run – Sunday 25 October 2026
- *DH Runners AGM – Saturday 28 November 2026
- *DH Christmas Party and Awards Evening – Saturday 12 December 2026.

Raising money for:
Watchtree NATURE RESERVE

WIGTON ROAD RUNNERS

CHARITY 10K

REGISTER HERE!

SUNDAY 18TH OCTOBER 2026

Race starts at 10am, race briefing at 9:45am.
Race numbers can be collected from 8.45am.

**BARTON LAWS,
WIGTON CA7 9QY**

The run will start close to Barton Laws and finish in Phoenix Park.

**AFFILIATED: £16
UNAFFILIATED: £18**

Further information
All runners will receive a medal
Refreshments available at Barton Laws
Chipped live results from Timing Up North
No refunds given

Kindly sponsored by:

October



2026

DH RUNNERS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Thursday Group ¹	²	³ parkrun
⁴ Club Championship Cumbrian Run	⁵	Tuesday Group ⁶	Track Night ⁷	Thursday Group ⁸	⁹	¹⁰ parkrun Cumbria XC
¹¹ West Walls Run Club	¹²	Tuesday Group ¹³	¹⁴	Thursday Group ¹⁵	¹⁶	¹⁷ parkrun
¹⁸ Wigton Road Runners 10k	¹⁹	Tuesday Group ²⁰	²¹	Thursday Group ²²	²³	²⁴ parkrun
²⁵ DH River Run	²⁶	Tuesday Group ²⁷	Watchtree Halloween 5k ²⁸	Thursday Group ²⁹ - DH Lift the Curfew	³⁰	³¹ parkrun

November



2026

DH RUNNERS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
¹	²	Tuesday Group ³	Track Night ⁴	Thursday Group ⁵	⁶	⁷ parkrun Cumbria XC - DH hosting
⁸ West Walls Run Club	⁹	Tuesday Group ¹⁰	¹¹	Thursday Group ¹²	¹³	¹⁴ parkrun Cumbria XC -
¹⁵ Watchtree Half Marathon	¹⁶	Tuesday Group ¹⁷	¹⁸	Thursday Group ¹⁹	²⁰	²¹ parkrun
²²	²³	²⁴	²⁵	²⁶	²⁷	²⁸ parkrun Club Championship Carlisle parkrun DH AGM
²⁹	³⁰	Tuesday Group	²⁶	Thursday Group ²⁷	²⁸	²⁹ parkrun
³⁰						

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

