



DH Runners News

September 2019

Welcome...

2019 Christmas Party and Awards Night



The legendary and some would say infamous night of festive jollies is back at the Denton Holme Club on Saturday 7th December (Pudding Run day).

Tickets are now available [here](#).

2019 Club Championship Update

The next (6th) race in the Club Championship, Cumbrian Run, takes place on Sunday 6th October, entries can be made [here](#), however please note that entries close on 3rd October, so get get your entries in as soon as possible.

The final races of the Club Championship are;

Carlisle parkrun on Saturday 16th November.

Great Langdale Christmas Pudding Run on Saturday 7th December, entries can be made [here](#).

The current standings can be found [here](#).

Post Cumbrian Run Grub

Our now traditional post Cumbrian Run Patty Party and get together takes place yet again this year.

This will be in Denton Holme Club from 1pm onwards on 6th October.

Menu is as follows:

Cheese OR meat patty and chips £4.50

Chips £2.50

Gluten free is available.

There will be party games for children, and all members, family and friends are welcome.

Please contact either Lindsay or Emma Taylor for orders and payment.

Emma will also be at run groups to take your orders.

DH Bingo

We are planning to hold a DH Runners Bingo Run on Sunday 3rd November, 11am at Morton Manor.

The brief rules are as follows:

- Solo Competitors, teams of 2 or teams of 3.
- 3 Numbers per card for solo runners and pairs
- 4 numbers per card for teams of 3.
- Group start
- Laps will be on the parkrun Winter Course.
- Only one runner per lap for teams of 2 and 3.
- One number will be drawn after each runner completes one lap.
- Team runners can choose to alternate laps or run multiple laps before changing.
- Team runners will have the same numbers on their bingo card/bib pinned to their vest.
- Teams of 2 and 3 will win by completing a card as a whole team and NOT each whole card per runner.
- Number is drawn from a full set each time, but is redrawn if it duplicates a number already drawn for that team.

Prizes will be given on the day.

Entry costs are as follows:

- Solo competitors **£8.**
- Teams of 2 and 3 **£10 per team.**

Teams of 2 and 3 runners need to enter in advance. Solo competitor names and team members and team names should be submitted [here](#).

Entry fees must be paid **w/c 14/10/2019**. **Andrew Graham** will be at Monday Movers, Tuesday group and Thursday group of that week to collect all monies.

Friends and family are welcome to take part and not just club members.

We do not know if the Manor Cafe will be open on that day, however refreshments/drinks will be available.

Cake donations for the day will be gladly welcome.

It is envisaged that following the event, a number of competitors etc. will head down to the Royal Scot for drinks.

Further details and rules for the day will be available in due course, therefore keep an eye on your emails and social media.

Night Time Clubs Runs

Keeping Safe in the Dark

High Visibility Clothing: Roughly from the months of September through to April, we ask that if you are attending a club run please wear high visibility clothing. High Visibility includes fluorescent running tops/jackets and reflective wear.

If you are unsure whether your outfit meets this brief, you are welcome to email or Facebook message the club to check. Dark clothing with arm lights is not classed as high visibility.

If you are approached by a run leader at group and asked to wear a high visibility vest because they deem your outfit not bright enough, please do not embarrass them by refusing. Remember we are only volunteers and your safety is our priority.

Therefore, high vis is requested from this week but will be MANDATORY from next week.

Thank you all.

2019 River Run



The DH River Run 10K is now sold out! There is however a waiting list in operation

<https://www.entrycentral.com/event/111060>

The DH River Run 10K is only a success because of all the fantastic volunteers. We are now looking for volunteers for this year's event day team. If you are interested then please sign-up at the link [here](#).

Kate Imrie 30 4 30

This year, I completed my first marathon in Manchester. So, I decided I had managed to run 26.2 miles so surely, I could run 30 miles. Seen as my 30th birthday was in September and also the Cumbria Way Ultra it was the perfect event. So, I convinced the girls it would be a fun way to celebrate my birthday. Mary, Glenda, and Pat agreed to run it with me. We also had lots of training support from Gill.

The training was the hardest part (40mile weeks) including a full day on Sunday of running. It was so different from training for a road marathon, a lot more time on foot. However, the views were stunning which made the climbs (ouch) worth it. The part we all dreaded and loathed was Mosedale to Lingy Hut as this was most technical and boggy part, which always felt like a never-ending slog. Some of the training runs left us feeling broken and unsure that we could run 30 miles.

On the day, we set off from Keswick with many other DH members, having a pre-race breakfast in Wetherspoons with them and some of the fantastic support team, especially Averil who came to see us at three points of the event and John for support and the lift home at the end.

We started with the ascent up Latrigg, where we went onto Skiddaw house (where the wind took my balloon). From there we headed to the dreaded Mosedale which was extremely boggy and no rope to help us across the stream which was flowing quite fast, but luckily I had my team who helped me cross safely. From there, after the climb up my favourite part was the decent down High Pike into Caldbeck. Where we were met by John, Esme, Sophie, Averil and Roxy. Who came to rescue an injured teammate Andy who had struggled with a knee injury. So, we continued to Caldbeck checkpoint where we refuelled with a fantastic buffet and very helpful volunteers, who refilled our bottles.

The final 15 miles we ran much stronger as the climbs (major ones) were over. We went through the last field to Lime House school where calves decided to run after us. As we arrived into Dalston we were greeted by Sam and Mia who cheered us on. We were

determined to be quick at the final checkpoint and crack on to the finish for our sub 9-hour finish goal we had set. We ran on feeling determined, the packs were feeling heavy at this point but after being inspired by seeing some of the fast 73-mile ultra-runners, we pushed on and finished running! Sub 9 hours! 8 hours 54 minutes! Lessons learnt don't over pack the bag. Highly recommend such a well organised and great value for money event. See you in 2020 The Cumbria Way Ultra!





Race Roundup

Notable races taking place in September was the Cumbria Ultra Way (30 and 73) and the Great North Run.

As always the representation in these from the club was exceptional, including a great number of Ultra rookies and Half Marathon rookies.

Big shout out to Michael Holiday for finishing in 1st place of the Cumbria Way Ultra 30 in a record time.

Well done to everyone!!!!!!



Volunteers and supporters

We give a big shout out to all the 'supporters'..... those who turn up at different points along the race route, those who volunteer their time to support events to take place and those who turn up at the start and finish lines!

You guys are absolutely selfless and we can not underestimate the positive impact you have on people's performances!!!

At DH we are truly blessed to have the most amazing supporters in our family!!!!

Thank you thank you thank you!!

Annual General Meeting

PLEASE NOTE

Our AGM will once again take place following the Club Championship parkrun on Saturday 16 November.

A formal announcement will be sent out in due course nearer the time.

Run Group Survey

A big thank you for the recent survey responses! We have now reviewed and analysed the results and will be sharing key themes soon. More importantly we will be agreeing an action plan for improvements at the next committee meeting. We will keep you all informed!