

# Newsletter 2



It's the beginning of September and the nights are already starting to draw in and in a few week's we shall be back to pounding the pavements again and passing the many eating places we have around the town where the smells of the takeaway's make you just want go home and stuff your face. It has come around far too quickly this year!

So what's been happening?

The Catherine Dowdall memorial fell race was a huge success with over 170 runners from around the various local clubs taking part in the senior race and also there was a great turn out for the junior race also with some budding stars for the future emerging.



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I would like to thank all the helpers from our group and other local groups such as Bold Venture Scouts and Bolton Mountain Rescue for their support and along with being able to give a donation to Catherine's charity we

were able to make small donations to their groups also.

A special mention must go out to Pete and Sarah without all the work done behind the scenes before the race could be run it would have not been able to go ahead.

**August** also saw the start of the long awaited Blackburn Park run taking place in Witton Park with 9 of our members taking part.



DRG went international this month with a couple of members running in different countries Michael Speak over in France and Peter Murphy turning up in Wales.

Also in August, Aimie took on the Rochdale Half Marathon and successfully completed the challenge.

What does **September** have in store for DRG members? We have Susannah Lawson tackling the Great North Run for the First time and Simon also injury permitting should be joining along her with Joanne



Healey, Natalie Fitzgerald and Emma Louise Lowe. Good luck Guys.

We also have several runners running in the English Half Marathon on the 20<sup>th</sup>, these include

Aimie,  
Clare,  
Debbie,  
Michael  
and Lynn  
Ripley



## Well done to all

Another thing to look forward to this month is the start of our next beginners group. This time it is being organised by Shelley and the girls following a similar format to the NHS Choices couch to 5k. They will meet twice a week on both Tuesdays and Thursdays at 7pm from DACA so if you know of anyone interested in taking up running then point them in our direction.

Something else we have coming up at the beginning of October (9<sup>th</sup> in fact) is a run through Blackpool Illuminations organized by Suzanne Lang. A coach has been organized to drop us off at one end of the lights and after a steady jog, run, whatever

you want and fish n chips at the other end it will bring us back to Darwen. I'm not sure how many places are left at time of writing but if it is a success it could become an annual event.



Prior to the Blackpool trip Josh Thomas and Aimie Clare will be completing their 50<sup>th</sup> park run and this will be taking place at Bolton's Lever Park it would be good if we can get a big group of us to go over on the 3<sup>rd</sup> and support them when they get their 50<sup>th</sup> T-shirts.



Here's to another successful month for DRG Runners and **let's keep Darwen running**