

NEWSLETTER 1

DARWEN RUNNING GROUP

Hi ya folks welcome to DRG'S newsletter. Every month I will be attempting to put together a newsletter letting you know what some of us have been up to and also things that will be going on in the weeks to come which may interest you such as races and social events.

This month we have seen a few changes at the group with one thing and another which I will spare you the details apart from two new changes that have occurred.

Firstly we have a new beginners group being led by Shelly Frankland and Paula Fletcher along with several other members of the group. They have all ran with us for some time having completed the couch to 5k in Blackburn and their experience from this will be a great help to all the beginners we hope will come



along. The next beginners group will begin on Tuesday September 8th at 7pm from DACA in Darwen. Anyone wishing to take part should try to arrive early to fill in a form and also get to know who's who and what ability you can run at.

Secondly we have this new wonderful website that has brilliantly been put together by our own Lesley Bloomfield and I think we Can all agree what a superb job has been done and a massive thanks goes out to Lesley.

If any off you have any ideas in which you would maybe like to see on the web site feel free to let one of us know.

www.darwenrunninggroup.co.uk

Last month saw our new beginners group celebrate finishing their 10 weeks by either going down to Witton Park with the group or to Bolton park run to complete a 5k course.



A massive well done to everyone!

Another superstar this month was Neil Critchley who runs with both ourselves and Burden Road Runners. Neil completed the UK iron man which took place in Bolton. This comprised of a 2.4 mile swim, an 110 mile bike ride and 26.2 mile run now that is some achievement to say the least having done several marathons on their own doing the other 2 disciplines beforehand is amazing well done Neil.



Another Neil, Neil Alberts completed the windmill half marathon in a respectable time of 1:33:59

There was also some members took on the tough mudder in the lake district a 10k race with lots of mud and obstacles involved these included Dave



Ripley, Simon Lawson and Antony Zizou Keogh it looks like fun!

Coming up this month we have our own Fell Race that we put on at the Darwen Gala. This sets off from Bold Venture Park on Manor Rd and takes in both Parks and a trip to Darwen Tower. We are always looking for support and marshals and the odd runner helps so why not come along and join in one way or another, there is also free beer at the end.

That's about it for this one if you have any results or things going on feel free to let me know at garymitchell10@hotmail.com



Darwen Running Group
Darwen Gala
Catherine Dowdall Memorial
Fell Race
&
Fun Run
Sat 15th Aug 2015



Fell Race 1:30 pm

- Category: SS
- Distance: 7.5km / 4.7m
- Climb: 283m / 928ft
- Registration & Start: Main Gala event field Borough Road Darwen. Finishing in Boldventure Park ... to enjoy a free beer!
- Minimum age: 16 Entry on day fee: £5.00

Fun Run 12.30pm... Enjoy a short distance in the park.

- Entry on day fee: £1.00
- Please arrive early due to float procession through town.
- Car parking available at D.A.C.A building opposite Sainsbury's. Short distance from the start.

Contact for Race Information: Peter Murphy

- Home: 01254 705349
- Mobile Number: 07847860705