



Hiya folks, we are well into October and quite a few things have been and gone the past few weeks. We have had members reaching first time goals that they probably never expected to be able to do 12 months ago. One person in particular completed her first half marathon and that is our very own Susan Rushton who only 18 months ago was part of the group which I used to take that struggled to do half a mile without complaining it was too hard, it just goes to show with a bit of perseverance and hard work what can be achieved, well done Susan and Neil who helped Susan in her

training and support during the race, but I think I'd have chosen

an easier half marathon than what you picked, the Rivington trail race one of the toughest in the area!

Also since the last edition we had Josh and Aimie completing their 50th park run over in

Bolton with 14 of us going along to support them and in true Josh and Aimie competitive style the race went right down to the finish line between them.



Here's to the next 50 guys.

We had our trip to the lights which was a first for DRG getting a coach full to

participate in what was a very enjoyable social evening to say the least with both friends and family getting involved, The weather was perfect and to finish off Fish and Chips which went down a treat. A Massive thank you must go to Suzanne Lang who organized the whole thing.

It would be good to get more things were coach trips are involved as we get more and more members using them maybe to go to races, In a Previous club that I was involved with this was a regular occurrence and it gets everyone getting to know each other not just on a club night were people just tend to run and then disappear.

At the beginning of October we had a few members tackling the Metric Marathon in Chester 26.2km





these included Neil Alberts, Michael Speak, Lynn Ripley and Sarah Roberts all putting in more than respectable times plus our very own Peter Murphy Tackling the Full marathon without any proper training (crackers) but good on you Pete!

The beginners group appears to be going from strength to strength with the ladies doing a tremendous job and everyone taking part improving with every week that goes by

For those who are going to graduate at the end instead of doing a park run this time they are going to be doing the Mental Elf which takes place at Witton Park in December so if you want to be a part of this you need to get

your name down, ask one of the girls for details.

We have been given one place for the London Marathon as we have so many affiliated members, the plan is to put all the members who entered and are affiliated to the club and then got refused into a hat and draw the name out at the Curry night we are having.

Curry Night I hear you say? Yes, I have booked a table for the 6th November at the Akash 8pm I have left the numbers open at the moment but need to know who wants to go by the 1st to let them know. All members welcome and a good way to get to know each other over a few beers and great food.

One last thing the Xmas do Sat 28th Nov, The Function Room on Watery Lane, just £10.00 with buffet supper included. Keep a space free in your diary & book early, to save disappointment as there are limited no's. If it is as half as good as last years I can assure you, you will have a great time.

