

# The

# Dash

October 2019



Andy Smith modelling MUD

# From the editor...

Well Autumn has arrived and the rain and the mud are with us again. Well done to all those who took part in the Fell Relays, Cross Country both at Leigh and Bolton. Accrington 10K attracted a big turn out and Brenda Crossley took part in the Coniston 10K Trail race. Tickets are on sale for the Christmas Do which this year takes place on Saturday 30th November see a committee member on club nights to get your tickets.

Unfortunately it is a very light-weight edition this month despite asking for contributions. We really would like to hear what you have been doing and it doesn't have to be a big write up, go on give it a go.

until next month .....keep dashing.

Debbie  
Biscuit



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## **Darwen Dashers Running**

**Club: Founded 1990**

**Club Committee**

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## **When/where to meet us:**

Tuesday

The Sunnyhurst, Tockholes Rd,  
Darwen BB3 1JX

19.00

All Welcome

Wednesday

Darwen Leisure Centre

18.30

Beginners

Thursday

The Sunnyhurst, Tockholes Rd,  
Darwen BB3 1JX

19.00

All Welcome

Check our Facebook page for  
details of runs which are taking  
place on club nights.

If you have not run with us  
before, please get in touch  
before you come so we can  
arrange for somebody to meet  
you.

**The Dash**

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**Contributors** Chris Cash,  
Debbie Cash, Simon Fox,  
Gareth Taylor.

**Designer** Sophie Atherton

**Darwen Dashers  
Running Club**



@DarwenDashers



On Facebook:  
**Darwen Dashers  
Parkrun Information  
Page**



All contributions for  
the The Dash to be  
sent by 1st of each  
month to:

**darwendashers@gmail.com**

# Chairman's Chat



And just like that it's now all going dark early and frosty wind-screens. Autumn has properly kicked off. It's a special season and has its own joys – the colours of the leaves, the mists, the blue skies and clear views. It has its dangers too though. My annual reminder - when you spot a pile of leaves just begging to be kicked always think: hidden dog eggs. You're welcome.

Following my protracted moan about being crocked last month I have started doing a bit again. I've been up to the club nights again (to the relief of everyone who has been doing the announcements in my absence!) and have done a couple of Parkruns at a slightly brisker pace. I have a few goals in mind so we'll see how it goes.

A few of the things worthy of note recently. After a bit of a struggle to get a team we managed to put together enough bodies to represent Dashers at the British Fell and Hill Relays at Dark Peak. Very well done to all who took part. We were 111th out of 224 finishers so comfortably inside the top 50%. The important bit is they we finished! Well done the Hoodoo Breakers!

As you will have seen the Red Rose Cross Country League has begun and the first couple of races are now just a muddy memory. If you are 'xc curious' then please consider giving it a go. The races are open to all and you will definitely find someone to race against. Plus you are doing your bit for the club.

I'm sure it will be mentioned elsewhere but well done to all that raced at the recent Acci 10k. This has always been a local favourite with a great turnout of Dashers over the years. Congrats to Phil Seddon for his performance at Yorkshire marathon.

The ROSA fun run and defib unveiling took place on Sunday so thank you to those who turned up to represent the club and who gave their time to marshal the event.

I am delighted to tell you that we have managed to book the Cricket club again for the Christmas Do and, thanks to popular demand, we have got Cherry Bomb to play for us. Details inside this month's Dash and on FB. Tickets available from any committee member on club nights.

Enjoy your running,



# Simon



# From the Road Captain

Only one race to report on this month, the Accrington 10k took place on Sunday 27th October. A good turnout again for the Dashers with 19 of us taking part. Well done especially to new Dashers taking part in their first championship race. The latest tables can be found on the website. The men's championships has already been won by Rick Marsden but the women's is still very much up for grabs until the final race has been completed.

We are currently looking for any race suggestions for next year's championships. I have had a few emails/messages so far with people letting me know either races they want to feature or distances they prefer. Everything will be taken into consideration but we certainly won't be able to fit everybody's favourites in! We will do our best to have a variety of distances that don't clash (too much) with the clubs other events (fell/x country/relays). If anybody has any more races they want to see then it's not too late to get in touch!



I have also tried to start attending the club at least once a week for those who want to do a faster road run. I can't give a certain day but I will try to post on Facebook the day before. I know Paul Thompson will also try to attend every Tuesday. We will try to cater for anyone that wants to push themselves and nobody will get left behind – we've been coming up for about a month now doing approx. 7/8 miles in the hour.

And finally a reminder that Dashers club vest should be worn for championship races and cross country. Gibson's (Martin & Louise Oldfield) in Darwen now stock all items and you can pop in to collect, We also have around 40 vests in the current design that are now selling for half price (£10) as we are looking to get a new design in place to commemorate Dashers @ 30 next year.

2019 Road Races Remaining:  
17 November - Preston 10m



Gareth

# From the Fell Captain

Apologies team, but just a short report from me this month as I am on the last minute.

Thanks to all those that have passed comment on my Facebook post regarding the Fell and Road Championships. Myself and Gareth T will take these comments on board and pull a race calendar together. Please bear in mind that it will be impossible to please everyone with this.

Great to see that we had both men and womens teams at the first cross country event and well done to the ladies for getting a team to the second one. One of the best things as a Dasher is being able to represent your club as part of a team.

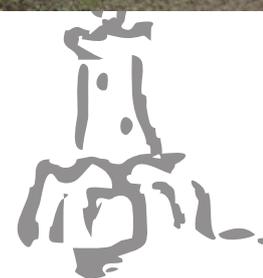
Following with the same theme, well done to our Fell Relay Team who kept up our more recent record of completing the race and finished a very respectable 111th out of 250 teams. Special thanks to Rick Marsden for stepping in at the last minute to ensure we had a team. Next year is being held by Helm Hill (Kendal) so we will be looking again to see if we can at least one, if not two teams into this event.

The David Staff Memorial Race is soon upon us on the 24th November. Two things are required - marshals and prizes. If you can help with either please contact Claire as soon as possible.

One more race left in the Fell Championships which takes place on the 8th December.

See you all at the Xmas party.

*Gareth*





**no fun  
standing  
still.**

Our club members can now claim 10% discount at Sportsshoes.com (which includes sale items) and free delivery on orders over £30.

The discount is redeemed via a unique discount code, which is changed every month and is for members only.

The discount code can be requested from one of the Committee. The Committee would like to extend a huge thanks to Andrea Rigby for arranging this for us.

## Darwen Dashers Christmas Party

Tickets are available to buy now from Committee members on Club nights.  
If you struggle to get to Club, contact Alison Abbott for tickets

A yellow rectangular poster with a dashed border. At the top, the text 'DARWEN DASHERS' is written in a large, bold, black, sans-serif font, with 'RUNNING CLUB' in a smaller, bold, black, sans-serif font below it. Below this, the text 'Christmas Party' is written in a bold, black, sans-serif font. Underneath, 'Saturday 30<sup>th</sup> November 2019' is written in a bold, black, sans-serif font. At the bottom, 'Darwen Cricket Club' is written in a bold, black, sans-serif font. Below the club name, the text 'Tickets on sale 22 Oct from any committee member' is written in a smaller, black, sans-serif font. At the very bottom, '£15 – Doors 7.30pm – Live Music – Buffet - Presentations' is written in a smaller, black, sans-serif font.

# Lisbon Half Marathon

Sunday October 19th 2019

Some of you may now know that Biscuit likes to get away during the winter for a few days of continental winter sun. Previous destinations have included Berlin, Malta, Barcelona, and Venice to name but a few. She also came up with the idea of coupling this up with a marathon or half whilst there, you know, just to see the sights without taking a tour bus/taxi. February's trip to Malta resulting in the half marathon being cancelled the day before due to a freak storm. Well this year's offering for the October half-term break was the Lisbon Half Marathon for me and an 8k road race for her. With cheap Ryanair flights direct from Manchester what could possibly go wrong? Hmmm!

It's now customary for half marathons that you go and pick up your T shirt and race number the day before and this was no different. So it was that we both set out to walk alongside the Rio Tejo up to an area called Belem to queue alongside thousands of other runners for these and more details of the race itself. Not a problem other than the heavens decided to open and saturate anyone outside of the marathon site.

Not the best of starts for what should be some winter sun. However once we picked up our stuff we then managed to stay dry by utilising the excellent tram service.

In my experience of European races getting to the start can often be confusing, frantic and stressful. In this respect Lisbon did not disappoint. All the buses that were to take us to the metro stations stopped short, you guessed it, because the roads had been closed for the event. So having then headed across the city to another bus stop, with no sign of a bus, we joined forces with a couple from Belgium and hailed down a taxi to take us up to Oriente, where coaches were laid on to transfer all the half marathon and 8k runners across and over to the start line on the Vasco De Gamma bridge. Phew! Which we did with 12 minutes to spare! Now this bridge is a whopping nine and a half miles long, and only these coaches were allowed access, so you can see just how close our time was to make it to the start.

Two races were scheduled to start on the bridge, the half marathon (15,000 runners) and the 8k (15,000 runners). The actual marathon (7,500 runners) started earlier that morning some 20 miles in the opposite direction and would finish with the half in the centre of the city. This is a great idea for anyone like me and Biscuit who have differing running abilities.

Once set up on the bridge you had the usual assortment of over exuberant participants, loud music and even helicopters flying over and around filming the event.

The weather had dramatically improved in the 24 hours since registration and the morning was both dry and warm. The course itself heads over the bridge and drops down to follow the Rio Tejo all the way into the city centre with the usual selection of rock bands hammering out their tunes to shatter the peace and quiet of a Sunday morning. Once you reach the centre the route detours and heads out and uphill for a mile or so before heading back to finish in the square at the Pr de Comercio. It was when heading out on the uphill section that I could hear this "chanting" getting louder and nearer before I realised that it was the equivalent of the Portuguese Marine Commandos who were running together and about to overtake me.

Fortunately at the top of the hill the route about turns and heads downhill to the finish so with a bit of reserve kicking in I finished well clear of this group to pick up my goody bag, medal and two ice-creams.

Due to my lack of training beforehand, I had only covered up to 10 miles 5 days beforehand, my time was slow but I felt fine at the finish. And guess what? I then made my way to meet up with Biscuit at the Museo de Cerveja; yes you guessed it, the Museum of Beer for some well needed re-hydration, Dashers style.

Well this little break went well and the weather improved each of the 5 days that we stayed over.

So our next plan for a winter break is for Vienna in February. They too have 3 races going on simultaneously; a 21k half marathon, a 14k and a 7k race.

With cheap flights going out from Liverpool's John Lennon Airport, what's not to like? I can almost hear the Strauss in my ears as I type!



## *Chris Cash*





Fancy a Day Out on the Dashers 10th Annual Train Ride?

A train – ing schedule with a difference!

That entails....

- No Cycling
- No Swimming
- No Driving
- No Effort
- No Worries
- No PB's
- No Running (apart from the dash to the station)
- No Excuses - even the Rovers are resting!

The Place – **The Old Chapel**

The Time – **12.00 – 12.30, SATURDAY 16<sup>th</sup> NOVEMBER 2019**

The Destination – to be revelled on the day.

The Purpose – Drink, Shop, Drink, Eat, Drink etc.

Just turn up & prepare to have a good time talking sport, politics, finance, world affairs – or just a load of old bo—ocks.

Hopefully a decent restaurant will be found to have some scan whilst out so bring beer and food money.

Over 18's only.

The organiser accepts no responsibility whatsoever for any Dasher who gets lost or takes the wrong train!

**Chris Cash**

**Darwen Dashers “Can Can” team  
well done guys should be a good show at the Christmas do.!**





# DARWEN DASHERS

## RUNNING CLUB

