

The

Dash

February 2020



Pre Lostock 6 - Kerry and Bruce Elliot under the watchful eye of Sharon Cocker.

from the editor...

Welcome to February and the very wintery weather!

The daffodils are trying to come through and preparations are underway for the Heritage Half Marathon which takes place on 29th March (the day the clocks go back) and I will soon be asking for volunteers to marshal this fabulous race.

There has been the Winter Warmer 10K and the Lostock ^ race take place over the last couple of weekend and also the LDWA challenge event The Anglezarke Amble and well done to all who have take part in these events.

Gareth Taylor has sent through some dates for your diaries for forthcoming events.

Hope to see as many of you as possible at the AGM which takes place on the 24th March at 8.30 in the Function Room on Watery lane.



Debbie
Biscuit

Chairman's Chat



Hi all,

How are you enjoying the weather? Have you developed gills yet? If this keeps up they are going to run out of names for the storms! Having said that I was extremely lucky with the weather for the Dark Un. Ciaira had bugged off and Dennis was yet to whip himself into a frenzy. Once again it was a great night so well done to everyone who raced but most of all well done and thank you to everyone who helped out, donated prizes, sorted out the music for the Disco or just came along and supported. It's looking like it may be the last one so I'm glad that it was a good night to end on.

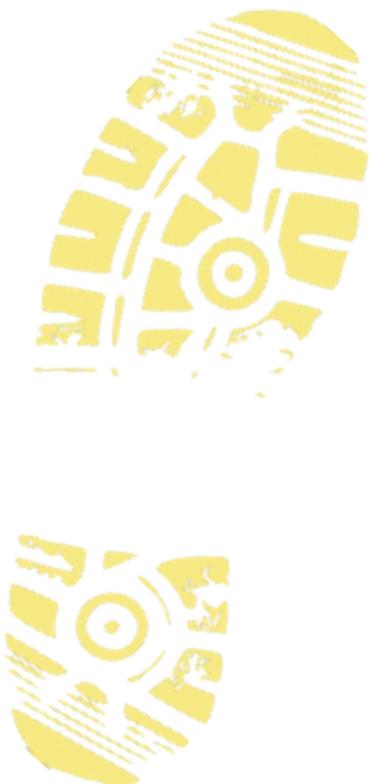
There was another impressive Dashers presence at the recent Blackburn Winter Warmer. I couldn't get down to cheer you all on this year but I have seen the pics and the results. Well done all.

Please see inside for details of the forthcoming AGM. As I always say – this is your club so please come and have your say about how it is to be run. All positions are open for anyone to stand for but there is one definite position vacancy this year – mine. I won't be standing again for re-election. I have always tried to do my best for the club and its interests but I can no longer devote the time that the job requires. There are other factors, personal criticism being one, but even so it is with a heavy heart that I must stand down. I hope that someone will come forward, take the position on and work with the Committee to take the club forward.

Enjoy your running!



Simon



Dashers 2020 Dates

020 **AGM**

What: Annual General Meeting

Where: The Old Function Room, Watery Ln, Darwen BB3 2JE

Date: Tuesday 24th March

Time: 20:30

Information: It is encouraged for all Dashers members to attend the AGM, you'll be able to listen to the committee member's annual reports and also elect/re-elect the 2020 committee members. Also everyone will be able to voice any questions/comments during AOB.



What: Dashers 30th Anniversary Celebrations

Where: Tockholes Village Hall, 1A Tockholes Rd, Tockholes, Darwen BB3 0LR

Date: Saturday 11th July

Time: TBA

Information: Fundada (Local band) already booked to provide the evening's entertainment, further details will be posted closer to the time. Additionally there will be a number of club events throughout the year to mark 30 years for all members to get involved with.



What: Dashers Christmas Do

Where: Darwen Cricket Club, Mostyn St, Darwen BB3 0AE

Date: Saturday 19th December

Time: TBA

Information: No details as yet, the committee made the decision to book the venue early to allow club members to get the date pencilled into diaries.





Darwen Dashers Annual General Meeting
Tuesday 24th March 2020 8.30 pm
Upstairs in The Function Room, Watery Lane Darwen BB3 2JE

Agenda

Minutes from last A.G.M

Captain's Report's - Fell. Road. Beginner's

Treasurer's Report

Secretary's Report

President's Report

Chairman's Report

Setting of the membership fee for 2020

Election of committee members:

President

Chairman

Secretary

Treasurer

Road captain

Fell Captain

Beginner's Captain

A.O.B.

*Please can as many club members as possible
Sandwiches provided.*



The 46th Anglezarke Amble, Saturday 8th February

This was the second time I'd run the long route (24 mile) on this long standing LDWA (Long Distance Walkers Association) event. Cath and I had once walked the short (16 mile) route years ago too. It's always been a popular event but this year there were loads doing it. Asher and I arrived just in time to see the walkers disappearing, they set off an hour before the runners. We'd hope to catch the Cash-Biscuits as they departed on their walk but we were just too late.

Registration takes place in the village hall at Rivington. You get a laminated number that you tie a piece of string to and put round your neck to present at checkpoints. Low tech but it works.

Mick Wilding arrived and the Dasher's long route contingent was now complete. After a brew and a chat with some familiar faces it was 9 o'clock and time to set off.

The route goes up through Lever Park onto George's Lane and then up to Rivi Pike, back down again and then climbs up by the side of the Dog hotel towards the TV transmitter on Winter Hill. The going under foot was surprisingly good and the forecast bad weather was due to hit later in the afternoon so we were hoping to have finished by then.

Mick had gone steaming ahead as he is in fine fettle at the moment in prep for his Lakeland 50. Asher and I were quite content to trot round at our own pace and put the world to rights. The previous year I had used this event to kick start my training for the Joss Naylor Challenge and although I found it tough I managed to get a bit of a shimmy on. Injury and lack of mojo meant this wasn't going to happen this year. After the descent of Winter Hill the next section was a tad damp in places and we slipped and slid our way onwards towards the A666 and Entwistle res. We caught up with Chris and Debbie along here and they informed us that Mick has passed them 'ages ago'.

On the last field crossing down to the Reservoir checkpoint and feed station – LDWA events are famous for their brilliant feed stations – I glanced behind and spotted the fell running legend Wendy Dodds bearing down on us. Injured or not I still have a bit of pride so I made sure that we got to the checkpoint in front of her! #saddo

A nice graze at the buffet and thence onto the Strawbury Duck and towards 'home turf'. I think it was along here that Iain and I first became aware of 2 guys that we kept catching, passing and being over taken again by

One about our age, the other in his 60's. We crossed the A666 again at Cadshaw and headed up towards Fingerpost passing a few of the walkers on the way. As we did so I got an ominous internal rumble. I tried to ignore it but soon realised that wasn't an option. A swift detour off the track up a grassy stream gully for a, er, 'comfort break' and I was back in the game. Iain had kindly waited for me a little further on. The enforced break had seen us passed by our two mates and Wendy Dodds. Ah well.

We were now in sight of Darwen Tower on the narrow singletrack bit known as the Promenade. This made overtaking all the walkers that we'd now caught a bit of a challenge. We blundered with plenty of 'Excuse me's' and 'On your right's'.

Soon we were at the feed station/checkpoint at Slipper Lowe and I was ramming Ready salted crisps in my face and swiping a load of Fruit Pastilles for later. Iain was typically chirpy but I was suffering a bit by now. My tendinitis was playing up and my left leg in particular was aching. STFU and crack on. We crossed Belmont Rd and headed up towards the summit of Great Hill. This can be a bit of a bog fest but it wasn't too bad this time. There were still plenty of opportunities to get wet and muddy though! We repassed Wendy along here.

I tend to break long runs/races into sections to make them easier to deal with and my thoughts were: a long gradual descent to

This can be a bit of a bog fest but it wasn't too bad this time. There were still plenty of opportunities to get wet and muddy though! We repassed Wendy along here.

I tend to break long runs/races into sections to make them easier to deal with and my thoughts were: a long gradual descent to White Coppice and final food stop/checkpoint and then the last slightly undulating bit by the reservoirs, and over some fields and then we are done. Easy as that...

On the descent we spotted our two mates ahead. I pointed out to Iain that one of them always ran through any large puddles rather than skirting them. On the descent I spotted a familiar figure walking his dog ahead of us. It was another legend of the fells and all round top bloke – Darren Fishwick. I'd not seen him for a while so we stopped for a chat. Which was nice but I was a bit conscious that our massive rivals (hey, things escalate!) were putting some distance into us. Once Darren had congratulated me on the JNC and we had commiserated with him on his forthcoming root canal work we cracked on again.

I think we'd got our second wind here and we put it in and reeled them in. A 'humorous thought' popped into my head and I made a mental note to tell Asher later. We were bombing along now. As we did Iain said to me 'You know what we should call those two blokes?' I replied 'Yeah, Splashy and Nicey!'

We then laughed like drains and were then seized by the thought that we both share the same terrible 'Dad joke' sense of humour! Ha ha ha!

The drop down White Coppice is one that I know very well from years of mountain biking. I led us on a high line and we had a fun and fairly speed descent. A bit of banter with the ladies at the checkpoint as I grabbed and handful of cheese pieces and we were on our way. We had a bit of a boost here as we saw Chris and Deb again. They looked to be having a lovely time of it.

The last bit is one of those where I had a mental blank and couldn't quite piece it all together in my mind. I remembered being very glad to have Kevin Smith with me the previous year to show me the way or I would have been a bit scuppered. Given this it was maybe not a bit surprise that I managed to lead us briefly off course. An unnecessary climb is JUST what you need at this stage. Honest. Luckily it all came back to us and we were soon back on route and into the final stretch across some fields. We tried to put a spurt on to catch and pass someone that Iain knew from the previous weeks 48 mile Ultra (yes, he is an animal) but he was just a bit too quick.

Over the stile, down the road and back into the hall. Job done

We got our certificates and, after a look round to see if Mick was still there (he'd been and gone – over ¾ an hour ahead of us) we headed home

If you haven't done any LDWA events then I can thoroughly recommend them. They are low key, cheap, well organised and you can probably eat enough to recoup your entrance fee at the feed stations. Well done to Mick for his excellent time and thanks to Iain Asher for being an excellent companion and putting up with me costing him about 20 minutes with various delays.

*For younger readers Smashy and Nicey were two characters by Harry Enfield and Paul Whitehouse who first appeared in the early 1990s TV sketch show Harry Enfield's Television Programme. Cutting edge reference - Not 'alf mate!



Simon

Vienna Half Marathon (it means nothing to me)

What do Eliud Kipchoge, the fastest marathon runner in the world, and me have in common? The answer will be revealed within the following text.

The problem with having a wife that works only school hours is that your holidays are dictated by the school. For most folk this probably isn't too much of a problem, however when you are retired it can seriously cut into your flexible holiday and running plans, and cost a bit more in the process.

So it was that this February half-term we headed out for a two destination break in Europe, just after the Brexit date, to add an extra element of fun into the equation. Our first destination was Vienna as Alexa had found a running event that incorporated a 7k, 14k, 21k, or a 28k distance road race whilst there, and as in recent years, I had to add this to my now ever increasing collection of 'international' medals that I have accumulated.

Now having previous experience of these events I know that the last complication you need is any difficulties getting to the event itself. So the day before we headed out of Vienna centre on the subway to the district of Leopoldstadt to recce the Ernst Happel Stadium and try to glean some more information on the event itself.

This was all the more important as other than a confirmation e-mail I had nothing to go on other than the date and venue itself. Upon leaving the subway we were soon walking through some very pleasant parkland and could see the stadium in the distance. The area was full of Saturday morning joggers, walkers, cyclists and horse riders enjoying the morning sun. However when we arrived at the stadium the only sign of life was 3 Japanese runners who to had visited to glean some more info and informed us that to pick up our numbers we needed to be at the stadium by 8.30am, the race was a mass start at 10am. Equipped with this very limited info we headed back into Vienna centre after a stroll around the parkland.

So it was that the following dry Sunday morning we headed out early on the subway to Leopoldstadt and then the walk through the park that looked very, very deserted! It wasn't until we were literally around the back of the stadium that we spied any signs of life. Once we headed into the stadium all was set up for the races with different numbers and coloured bibs for each of the distances.

The event was suspiciously cheap at just 20 euro, and I paid the extra 3 euros for chip timing. As everything was in German it did take a little time to translate and this can at time cause some minor problems. One example being that I had to hand over my passport and pay another 3 euros for a locker key. This I gave to Deb as she would return before me as she was running in the 7k race. Not a problem you would think. Only that the locker was in the male changing rooms and when Debs did return she had to enlist the help of good-Samaritan to retrieve our stuff. She could have gotten them herself only she stated that the 'stink' of males put her off!

The race itself set off on time with a mass start. The course itself was very flat and 7k around so you just ran the extra laps according to your distance. It set off down a closed avenue before sweeping around back onto the avenue higher up and headed out to do an out and back before returning to the start for the commencement of the next lap. Not the most enthralling of courses, however did I mention that it was very, very flat!

A man on a bicycle peddled before the lead 7k runner until he finished then picked up the lead 14k runner on the second lap until he finished etc. Being a number of laps there was just the single water station that you passed twice on each lap which provided either a cold orange energy drink or a cup of warm, yes warm water. The mind boggles! The same for the drum band that each runner would pass twice on each lap and appeared to be getting bigger in numbers as the race progressed, perhaps some of them arrived later. Another observation was that although cars were not allowed on the course you would still pass dog walkers and cyclists along the route. Very laid back indeed. Once I had completed the 3 laps I handed over my chip timer and headed for my well -deserved good-ies....Medal? Nein. T shirt? Nein. Goody bag? Nein. Just a piece of banana and a wafer biscuit then. What was going on? Remember I said about things sometime getting lost in translation. It transpired that the event itself was the second of three timed races in a series. Any medals, trophies etc are awarded at the end of the series and the event itself is organised by a running club based at the Ernst Happel Stadium. That probably explains why it was so cheap to enter. Well German has never been my strong point!

Now on Saturday 12th October the 26.2 mile 2 hour marathon time was beaten for the very first time by Eliud Kipchoge in 1hr 59.40 mins on the very same circuit. He had the support of 41 pacers to achieve this historical milestone. I on the other hand had no pacers and completed the half marathon distance in 2hrs 22 mins. That my friends is what the fastest marathon runner in the world has in common with me, so all was not lost, despite no medal!



Chris Cash



Blackburn Winter Warmer 10K

Up
Jacks
That
Hill

The

As the memories of Buncer Lane fades into obscurity, like a bruise on the shin of life. Dashers far and wide celebrate knocking time; significant time at that, from previous years Winter Warmer (weirdoes!). Mini dashing with the kiddies 2k had Jack & Eva flying the banner high for us again.

If Carlsberg did race organisation, BRR Winter Warmer would be theirs. Herding athletes, runners, joggers & plodders – choose your category wisely- through the sports hall; to the toilet, quick warm up, another toilet stop. Onto the track & diligently assorted into pace pens It's from here you glance over at the loo block & try to calculate if you could make it there & back in time for one last emergency nerves piddle. Or perhaps that's just me ☐

Pre-race chatter amongst collectively timed strangers was full of Buncer lane anxiety. Memories of practicing hill starts, clutch control & pram pushing; ensured each person added imaginary inclines to the already fraught newbies. Or the lie, that once you are at the top of Buncer it's all downhill from there. Local Ironman savant Brian Fogarty, Cousin of superbike fame Carl Fogarty parted with words of wisdom 'give what you can on the day' & something about enjoying it (I was too far back to hear the rest) Then: 5, 4,3,2,1.....

Around the track we go
Buncer Lane - I'm too slow!
Spectators are near, I mustn't show fear.

The photographer waits, for the pain on my face.
& finally the descent is clear.
My feet pick up pace, it's alright is this race.

Ebony & Gold are in sight, to catch up is a delight.
Struggle & scorn is the climb out of Belthorn.

Fast corner around Plessy & back into Witton.

Where legs are now tired & faces not smitten.

Why is the 9k sign next to the track?

My word they are sending us right round the back!

The final straight is never a scorcher,

Big finish for a banana, a medal & an egg poacher.



Jules D





Choose talk,
Change lives.

#timetotalk

On Tuesday 4th February, the club supported Time to Talk day (2 days early!) and after the club run we invited everyone in to the Sunnyhurst to have a drink and a chat with their fellow Dashers – maybe someone that you haven’t spoken to much, or even at all.

It’s fair to say that the Sunnyhurst was buzzing with conversation, it was great to see so many people talking, getting to know each other through the ‘sussed’ cards and using the origami conversation starter. Thanks to all who took part, and hopefully you feel a little more confident about talking about your own, or other peoples mental health.

It’s estimated that mental health problems affect one in four of us, meaning that around 30 members of our club could be experiencing mental health problems at any one time. Too many people are made to feel isolated, ashamed and worthless because of this. Time to Talk Day encourages everyone to be more open about mental health – to talk, to listen, to change lives.

Talking about mental health isn’t always easy, and many people shy away from it. Time to Change asked people who have experienced mental health problems to share tips to help people to start a conversation.



If you are struggling with your own mental health, please talk to someone, whether they are a friend, relative or someone you don't know very well at all.

There are also support agencies who can help, which are listed on the next pages.

time to change

let's end mental health discrimination

Mental health help and support services

If you're experiencing mental health problems or need urgent support, there are lots of places you can go to for help.

At Time to Change, we focus on challenging stigma and discrimination in society, so we're not able to provide individual or emergency support for people in crisis. But there are lots of people who can. They are listed here:

Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org Website: <https://www.samaritans.org>

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Mind Infoline

Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

Email: info@mind.org.uk Website: www.mind.org.uk/information-support/helplines

Mind provides confidential mental health information services.

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 (9.30am - 4pm Monday to Friday)

Email: online contact form Website: <http://www.rethink.org/about-us/our-mental-health-advice>

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England

Saneline

Telephone: 0300 304 7000 (4:30pm-10:30pm)

Website: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

The Mix

Telephone: 0808 808 4994 (11am-11pm, free to call)

Email: Helpline email form Crisis Support: Text 'THEMIX' to 85258 Website: www.themix.org.uk/get-support

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, webchat, peer to peer and counselling services.

ChildLine

Telephone: 0800 1111

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

Elefriends

Website: <http://elefriends.org.uk/>

Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind. If you're a carer needing support you can contact all of the above as well as Carers Direct and the Carers Trust, both of whom are able to provide support and advice on any issues affecting you.

SHOUT

Text: 85258

Website: <https://www.giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mindsmatter

Telephone (Blackburn and Darwen): 01254 226037

Website: <https://www.lscft.nhs.uk/mindsmatter2-who-we-are>

Mindsmatter are a wellbeing service offering a range of free psychological therapies to people aged 16 and over in Lancashire. They offer access to a range of brief therapeutic interventions, including courses & workshops, online programmes and face-to-face therapy to support people's differing emotional needs.



Andrea

DARWEN DASHERS

RUNNING CLUB



The start of the Dark'un 2020.