

## **All for run, and run for all: Dudley Kingswinford runners cross the finish line at Midland Counties Road Relays**

As weekends go, a trip to Sutton Park always goes down well. With its seven lakes and rambling acres of nature, it's easy to see why so many head to explore the trails.

Amongst those keen to experience the park were members of Dudley Kingswinford Running Club, who laced up their trainers and took part in the popular Midland Counties Road Relays.

Held on Saturday 24 September at the 2,400 acre site in Birmingham, the relay race offers a men's sixth-stage and a women's four-stage championship.

DK were represented by two men's teams and three women's teams, with several runners racing in the competition in the famous blue club hoops for the first time.

Rob Langford coordinated the event teams for Dudley Kingswinford, alongside Sarah-Jane Stevens.

Rob said: "We were delighted with the turn out and the commitment shown by the DK runners at Sutton Park.

"Early plans had to be redrafted with the running order changing due to severe congestion. The hoops team overcame adversity and got everyone off the line in time to compete in the fantastic event.

"Some of our runners ran their very first event in hoop colours and we are all now looking forward to the cross-country season ahead."

DK Running Club meets at Dudley Kingswinford Rugby Club on Tuesday and Thursday evenings. Groups leave for runs at 6pm and 7pm with a range of paces to suit everyone. There are also Sunday morning runs for those who want to run longer distances. The club caters for all running abilities, from beginners to more regular runners, and is open to new members who are welcome to try out a test session.

If interested, send an email to [dkrunning@gmail.com](mailto:dkrunning@gmail.com) with your current pace per mile and the club will pair you with a suitable running group.

By Rebecca Doody.