

DK runners cross Manchester Marathon finish line with friend who suffered heart attack at event four years ago

They say you should always finish what you have started. And it was with this in mind that one runner from Dudley set out to do just that.

Tony Noke, who runs with Dudley Kingswinford Running Club, took part in the Manchester Marathon four years ago. His challenge was cut short mid race however, as he was blue lighted to hospital after suffering a heart attack at mile 13.

On Sunday 3 April 2022, Tony finally got to cross the finish line as part of a DK Manchester Marathon relay team. The course was split into four legs of roughly 10 kilometres each, with Tony running the final section of the route in order to finish what he started.

As an added sentiment, the DK runners who were with Tony when he suffered his heart attack also returned to the northern city to run in his relay team.

There were five teams from DK that turned out to take part in the relay, along with eight superstars who completed the full marathon. Richard Jones, Andrew Weaver, Daniel Davey, Neil Mason, Dirk Baynham, Hannah Garbutt, Sam Gordon and Kirsty Brook all pounded the pavements to run 26.2 miles through Manchester.

“It’s a huge privilege to finally be able to cross that finish line in Manchester,” said Tony.

“I can finally put it to bed, and it was an amazing experience to share with my fellow DK members. Everyone ran brilliantly, especially the marathon runners who are the real winners.”

After a successful weekend of racing, the runners are now looking ahead to the long-awaited DK 10K, which returns to Wall Heath on 4 May after two years absence due to Covid.

The race is largest mid-week 10K race in the Midlands, and can be entered online at www.stuweb.co.uk/events/2022/05/04/3833.

If you don’t fancy running a 10K just yet, the DK coach to 5K beginners course begins on Tuesday 12 April. There will be two sessions per week at 7pm on Tuesdays and Thursdays. At the end of the course, participants receive free entry into our Gavin Tipper 5km race. Sign up at <https://dkrugby.rfu.club/products/80255> or email admin@dk-rfc.co.uk.