

Dudley Kingswinford Running Club recognised for supporting Action Heart 5 Mile race

Members of Dudley Kingswinford Running Club took to the trails to raise money for a worthy local charity.

On Sunday 13 March, an impressive 27 members of DK crossed the finish line at the annual Action Heart 5 Mile race. Held at Baggeridge Country Park, this year was the first time that the fundraising event took place off-road on a trail route.

The course consisted of two laps around the Green Flag Award-winning woodland park just outside of Dudley. Runners were given a technical T-shirt for finishing the race.

With so many DK Hoops competing, the club was awarded a certificate in recognition of their support for the cardiac rehabilitation charity. Over the years, Action Heart has supported members of DK and it is a cause very close to the club.

The yearly race is one of several events that help to raise funds for Action Heart's cardiac rehabilitation programme at Russells Hall Hospital, Dudley.

Tony Noke is a member of DK and credits Action Heart with getting him back on his feet after a heart attack a few years ago.

He said: "Action Heart is a wonderful charity, and I will always be grateful for the hard work that they do.

"The race was really well organised and is a way for us to give back to the charity as a club."

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 with your current pace per mile and the club will pair you with a suitable running group.

By Rebecca Doody.