



DARLO RUNNERS – APRIL 2024

Darlo Runners loaded up their backpacks (and their car!) once more last month in aid of St. Andrews foodbank and headed out on another foodbank run to deliver food and other essential items to the local foodbank. Over 30 of you lovely lot took part in the run with many more who couldn't make it still donating items to help with the cause. Thank you to anyone who helped in any way!



Just another normal night!



Darlo Runners is in full swing in April, check out the number of runs we've got lined up for you in the calendar below.*

Let us know if you'd like to see more (or less?!) in a newsletter format and we'll keep updating where we can.

Have any ideas for runs or events, let Chloe or the guys know.

Keep an eye out around town for our new flyers and posters and help spread the word of the most up and coming running group in the world (or Darlo at least!).

APRIL

**Don't forget to check out our facebook page and website for all the latest news, updates and run changes.*

Mo	Tu	We	Th	Fr	Sa	Su
1 5K Up & Running 6 pm	2	3 5K Dolphin Centre 6 pm	4 10K Dolphin Centre 6 pm	5 5 Miles Dolphin Centre 5 pm	6 parkRun South Park 8.45 am	7
8 5K Up & Running 6 pm	9	10 10K Dolphin Centre 6 pm	11 5K Dolphin Centre 6 pm	12 5 Miles Dolphin Centre 5 pm	13 parkRun South Park 8.45 am	14
15 5K Up & Running 6 pm	16	17 5K Dolphin Centre 6 pm	18 10K Dolphin Centre 6 pm	19 5 Miles Dolphin Centre 5 pm	20 parkRun South Park 8.45 am	21 Social Half Asda (Whinbush) 9 am
22 5K Up & Running 6 pm	23	24 10K Dolphin Centre 6 pm	25 5K Dolphin Centre 6 pm	26 5 Miles Dolphin Centre 5 pm	27 parkRun South Park 8.45 am	28
29 5K Up & Running 6 pm	30	1 5K Dolphin Centre 6 pm	2 10K Dolphin Centre 6 pm	3 5 Miles Dolphin Centre 5 pm	4 parkRun South Park 8.45 am	5



BORO HALF

**WELL DONE TO EVERYONE
WHO RECENTLY RAN THE NEW
BORO HALF MARATHON – WE
HOPE YOU ENJOYED IT!**