

# March 2025

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## Club Championship Races

18<sup>th</sup> May 2025 – May 5

1<sup>st</sup> June 2025 – Tarrant Valley 10K

22<sup>nd</sup> June 2025 – Coombe Keynes 10K

29<sup>th</sup> July – Swanage Carnival Run

## DRRL Races

4<sup>th</sup> May 2025 – North Dorset Village

Marathon

8<sup>th</sup> June 2025 – Puddletown Plod

## CLUB 10K

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**Purbeck Runners**  
Running club covering the Purbeck area of Dorset

## A Message from the Chair

Welcome to the first of our newsletters. As a committee we've been keen to up the level of communication within Purbeck Runners, as we recognise that everyone gets their information from a variety of sources. Our focus remains the website, which brings together all current information about the club. We also maintain a facebook page, and have a strong club presence on Strava. The game changer, of course, was the introduction of a WhatsApp group at the end of 2023. This has become the main forum for many members, particularly in exchanging fast-moving information about events. So why add a newsletter? Most of our communications on social media are brief exchanges on individual topics, and really only relevant for short periods of time. We are trying here to bring together news for a given month which can be of a more durable nature. We hope this will provide not only a useful summary of what's happened and what's about to happen, but also something to look back on (I hope, fondly) in the years to come.



*The Club Team for the Swanage 10K*

13<sup>th</sup> June 2025 - Purbeck  
10K

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John flying the club flag having run a 45 mile lap of Bristol

Ali after the 10K race in Regents Park taking the club record for men's 10K



## Paula's Coaching Corner

*Is your ego getting in the way of your performance?*

*I was listening to a podcast the other day that was discussing this point and it got me thinking. How flexible are we with ourselves in the way we train or race? Although hitting paces and being competitive definitely has its place, we also need to remember to tune in to how we are feeling. It's all too tempting to stand on the start line of a race and almost sprint off – maybe because another competitor does, but have they gone off too quickly too? Will they have burnt out already by the halfway point? And what about our own personal training? Our plan says we must run this session at a particular pace so we must - even if we've had a terrible night's sleep or a really stressful day. In the Wednesday night training sessions we have been using RPE as a guide for how hard or easy we should be running any given repeat. RPE simply stands for Register for Perceived Exertion and is a guide that measures how hard you feel your body is working. It can be a powerful tool for gauging your effort without relying on pace or heart rate monitors. Why not have your next run – it will really encourage you to tune into your and work within the effort range required for that session. Reducing the risk of burnout 😊*



*a try on  
body*

*The RPE scale typically ranges from 0 to 10 and looks like this:*

- *0-2: Very light effort like walking.*
- *3-4: Light effort, comfortable pace where you can easily hold a conversation*
- *5-6: Moderate effort, breathing is heavier but you can still talk*
- *7-8: Hard effort, breathing is heavy and it's hard to talk*
- *9-10: Maximum, all-out effort*

## Sport Shoes Discount Code

*The discount code for March 2025 is VH141WE61*

*The code is valid on SS25\* products and will give you 15% off (exclusions apply)*

*The code is valid until 1<sup>st</sup> April 2025*

## Social

*The National Trust 10K runs at Knoll Beach dates are; 23<sup>rd</sup> March, 27<sup>th</sup> April, 25<sup>th</sup> May and 22<sup>nd</sup> June. Members regularly attend and great chance for a coffee, cake and catch up at the end*

*The next parkrun tourism is planned for the 12<sup>th</sup> April with location to be confirmed*

*We are also hoping to arrange a summer event – keep a look out!*

## Club Runs

Wednesday evening continues to be our main club meet of the week. Currently we have 3 groups meeting at The British Legion for a 7pm run. We are still keen to be able to offer a more socially paced group that run around the 5km mark – so if anyone is keen to start running with the club again but feeling that they couldn't quite manage the pace or distance of the 65s group – please get in touch with me (Paula) and I will try my best to sort something out for you 😊

We also have Ross group for our speediest runners that meet at an earlier time. If you'd like to give this group a try also, get in touch for details.

Training specific sessions continue to be available weekly with the exception of the first Wednesday of the month (our Out & About run!)

We've had some fabulous new members become Wednesday night regulars – so a huge welcome to you all!! 😊

## Purbeck 10K Update

This year's Purbeck 10k is set for 13<sup>th</sup> June and preparations are well under way with entries now open. We are expecting a bumper field so your help on the day would be greatly appreciated as without it we wouldn't be able to stage the race. Last year's event was a great success and once again it has been selected for the DRRL championship.

The event is unique as it's held on a summer's evening where the race village can be enjoyed by marshals (after the race) and runners alike. This year as well as teas and coffees, we will have local businesses the Salt Pig and Purbeck Ice Cream with, hopefully, some banging music! And if you have any ideas how we can improve the event then please let me or a member of the committee know. We are also looking for sponsors for this and next year's race, this being an opportunity to promote local businesses. All we need now is for the good weather to turn up!

## Club Championship 2025 Status Update

*This year's Championship has already seen sizeable participation, superb performances, and supportive camaraderie. Great stuff!*

*An amazing 45 runners have entered at least one of the 3 Championship races that have taken place so far this year. While most of us are still finding our 2025 race groove after an indulgent Christmas and a few early season niggling injuries, Julian has begun his campaign for the Men's Championship with aplomb by picking up 149 points out of a possible 150! In the Women's Championship, there has been a different winner at each event, showing great strength and depth. And I'm predicting that when Izzy enters the Championship, we'll be adding her name to that elite group, too!*

*The next race in the Championship calendar is the May 5 (5 mile road race around Canford Heath), on 18 May. Good luck all entrants.*

*Don't forget to wear your PR vest/T-shirt to be eligible for Championship points in our qualifying races. And talking of this garment, can I remind you that if you have photographic evidence of wearing it in some exotic or unusual place, you have a chance of winning the prestigious, and frankly, ridiculous, annual Far Flung Vest competition! Editor's note – the definition of "far flung" used to determine the winner is both ambiguous and undisclosed! Good luck!*

## Park Run

We totally love Purbeck Runners at Durlston Country Park parkrun. Nearly 100 Purbeck Runners have walked, jogged & run our beautiful course around 2000 times.

And many of our nearly 5,000 volunteer occasions have been by Purbeck Runners. Thank you all for your fabulous contribution, everyone is welcome each & every Saturday morning.

And, we've got a fantastic programme of special events coming up (all welcome) :

Saturday 15th March - Our 3rd Birthday parkrun

Saturday 29th March - Spring Social (5pm till 7pm)

Saturday 19th April - parkrun Easter Extravaganza

Saturday 31st May - Jurassic park(run) II

Saturday 12th July - Summer Social (5pm till 7pm)

Saturday 27th September- NEW, Supper Quiz

Saturday 13th December- Christmas Party

Follow us on facebook & instagram for all the latest news.

### [Martin's Merch \(Club Kit\)](#)

*Delighted to advise that we will shortly have a supply of Snoods in our design and colours. I expect the price to be around £10 so get your name down now!! I am also getting in some racerback vests in Ladies cut, I will confirm once they are available but please feel free to preordained, together with confirmation of your normal ladies sizing. Happy trails everyone*

### [Membership News](#)

*Memberships are due for renewal on the 1<sup>st</sup> April. However, a lot of clubs tried raising their payments links at the beginning of April last year, resulting in the England Athletics portal crashing and being out of action for over a week. Therefore, I have decided to delay raising the payment links until around the 20<sup>th</sup> April. Hopefully, most clubs would have sorted their memberships by then and the portal will be running smoothly.*

*On receipt of the payment link email, could I please ask that you pay promptly, as this will save me having to chase anyone for payment.*

*If you do not intend to renew your membership or would like to change the type of membership you hold, it would be very helpful if you could let me know by 1<sup>st</sup> April, so I can amend our records accordingly.*

*An email confirming membership renewal costs and EA benefits will be emailed to all members during March.*

*Thank you.*

*Jayne*

*Membership Secretary*

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### *Comments and Feedback*

*We hope that you have enjoyed reading this edition of the newsletter.*

*The newsletter is for everyone so if you have any feedback or suggestions for future editions, please email Chris at [info@purbeckrunners.co.uk](mailto:info@purbeckrunners.co.uk)*

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