



## A Message from the Chair

Welcome to the second edition of the newsletter! It's been a good spring for the longer distance runners, with some great performances by our participants in the London, Manchester, Milton Keynes and, of course, North Dorset Village marathons. Abi and Jenny took things to extremes with the 45 mile Lap of Windermere, and Tom went over the top with the 250K six-stage Marathon des Sables. One of the delights of the PurbeckRunnersClubGroup on Whatsapp is that it makes it easy for those of us comfortably ensconced on our sofas to cheer on the runners: most of those races had plenty of timing check points so you could, as someone put it, "watch the dots on the map". The comments on London and Windermere were especially lively, with much virtual cheering. So next time there's a big race, make sure you join the online party!

At the last committee meeting I announced my intention not to seek re-election at the AGM. I was happy to step into the breach three years ago, in that uneasy post-Covid environment, when nobody else was willing. But now we have a well-established and energetic committee, well-attended Wednesday night runs, and enthusiastic participation in, and support at, races, I very much hope someone else will come forward to chair what is very much a going concern. Please contact me if you are interested.

## The London Marathon

By Liz Mulliner

Wow, what an amazing experience London was! I was expecting there to be some crowds, but the hot weather it seemed had brought out the whole of London to cheer. In fact I think the runners had an easier time getting around London than the spectators did! A good spectator plan for where to go and how to get there is definitely required.

It was a brutally hot day running, but there was plenty of showers, drinks stations, and the ice chips every 10k or so were heavenly. I ended up putting them down my back where they stayed until they melted. I had been nursing a slight hip injury from running Brighton 3 weeks previously and after 10k I had to slow to run at a slower “fun” pace and just take in all of the sights, which was a good choice in that heat I think.

It was such a boost reading messages come through on my watch from the PR WhatsApp chat. I had no idea so many of you would be there in the cheer squad.

If you're hesitating about entering the club ballot for next years place just do it! I feel so grateful to have had the opportunity to run London and so many years of entering. It truly was an epic experience! The whole organisation, from the race village vibes to the finish line was seamless and everyone was just so happy to be there. It really is inspiring to see so many of the runners with various disabilities completing the race and raising so much money for charities; it definitely puts things into perspective.

I was on such a high afterwards I entered the general ballot for next year on the train on the way home.



# London Marathon Ballot for 2026

To qualify for a club entry:

- You must be a first-claim member of Purbeck Runners.
- Your membership must have been active for the two years preceding the race.
- You must have unsuccessfully entered the current year's London Marathon Public Ballot.
- You must never have received a Purbeck Runners club entry in previous years.
- You must have helped at our club-hosted **Purbeck 10K** and participated in at least **eight** Club Championship races.

If insufficient members meet all the criteria, previous club ballot winners may apply.

## LIFE AFTER REPLACEMENT KNEES

By Martin



As some of you will know last year, I had both knees replaced.

As part of recent grandparent duties, we had booked Castlerigg Farm, an idyllic restored farmhouse overlooking Keswick.

Although not completely flat I knew the park run course is as "friendly" as you can get.

So, with very mixed feelings I walked the mile to the start,

after nearly two years with no running at all.

I set off at the back with a walk 1 min/run 1 min strategy. To say that I was absolutely delighted with my 42-05 time is somewhat of an understatement, even though I then had to walk back up uphill to our temporary residence. I then backed it up with some fell walking, including the top of Walla Crag which has some amazing views and a circuit of the beautiful Buttermere. On our way back home, I also took in the almost flat, apart from a steep 50ft climb, Milton Keynes parkrun where at halfway I was on for sub 40 mins until my hamstring decided it didn't want to play, but, and this is the important bit, my knees were fine. Once a runner.....

## The Lap -Clockwise

By Abi

The Lap is a 47 mile race starting and finishing on the western side of Lake Windermere. It is billed as an introduction to ultra running, taking on the 'lowland' hills of the lakes with a 'mere' 8,500 feet of elevation.

The Lap takes in classic Lake District sights including the peaks of Latterbarrow, Loughrigg, Wansfell, and Gunner's How.

Jenny and I set off at 6am across the starting field with around 1000 starters, the nervous chatter of what was to come, mingled with the drifting sounds of the bagpipes. It wasn't long before we were in our first ascent, a short and sharp rise up through some woods and past a Claife viewing station, a purpose built platform in the 1790's framing the lake and the sunrise.

Onwards the race continues up Latterbarrow and Loughrigg. The sun well and truly in the sky the miles passed by in a pattern of calf burning climbs and quad crunching ascents.

Through the woods leading to Latterbarrow, carpets of bluebells stole the show—their sweet scent hanging in the air, clearly bewitching the runners around Jenny, several of whom dramatically 'threw' themselves to the ground in admiration... or, more likely, tripped over the rocks while trying to look graceful.

A friend met us each at Ambleside and guided us through the busy town. A pop-up aid station outside a shop also provided cold water in preparation for the biggest climb of the course. Ambleside was bustling with the tail end of park runners, supporters and holiday makers bemused by our endeavours.

Wansfell is a deceptive hill with a gentle start, a false summit, and a steep climb. Jenny smashed out this climb in testimony to her repeats along the Lulworth rollercoaster.

Troutbeck arrived with a bang, it was a busy hub of runners and supporters grabbing their 'halfway' bags, swapping out socks, applying much needed suncream, changing tops and for those that wanted to eat the famous fresh, handmade pizza.

Through the top of Windermere and passed several unofficial aid stations we were onto Gammers How. By this point I'd decided I was well trained for 50 km and felt done in, my knees were painful on every descent and the heat was unending with very little shade or breeze. I met my brother and his wife at the bottom of this descent. After some hugs and encouraging words, I felt a bit more boyed to continue.

The beauty of this race is that whilst it's a very individual journey, you are only alone for around 10 minutes before you either catch someone or someone catches you and the friendly nature of the entrants resulted in lots of random conversations and the sense that we were all in it together. Not only that, whilst there were only 5 aid stations on the way round there were so many families out there that had created additional aid, cars boots dotted along the route boasted jelly babies, water, and cheer. The longest gap between aid stations was towards the end of the race. However just as you feel like you might melt or never make it to the next section a gift arrived in the form of child running towards you with ice pops! This family gave out 600 ice-pops, refilled empty waters, cheers and provided for some a shower.

The turn at Newby bridge brings a sense of relief that the back of the race is broken, however the sting in this race's tail is that you're heading straight back up again to Finsthwaite tower. A descent along tracks takes you back to the final aid station at 41 miles. A welcome sight!

The route climbs again to High Dam before dropping back to the final stretch. Whilst a cursory look at the map shows that the route follows the lake back and one could assume it was flat, it is indeed more undulating terrain, with the odd tree and rock to clamber and whilst it is no longer the summits of Wansfell and Loughrigg, tired legs and aching body's notice every change in elevation. The mood around is jovial, runners encouraging each other to the finish. Which is a treat of 2 fields up hill and the white finish line seemingly just out of reach. Well of course it isn't and the cheering crowds, of supporters and finished runners sees you home.

A wooden medal and dinner are your reward. And finally, it is time to sit for a beer and watch the sun go down on a memorable day!

## Joolz and Jayne run in Finland

On a recent trip to Finland to visit Joolz's friends and relatives both Jayne and Joolz took the opportunity to take part in some running events.

On the first Saturday, Jayne ran in the Tokoinranta Park Run around the lake directly opposite the hotel in Helsinki. Home from home there were two very steep climbs in the run, each as steep as Durlston's Castle Hill though not as long. An encounter with a Pokémon with the opportunity of a photo shoot made Jayne's day. Jayne ran 27.19.

The next day Joolz took part in the Finnish Half Marathon Championship held in Salo 120km west of Helsinki. There were different races in the town for all age groups throughout the day. Children and youths in the morning, senior's early afternoon and the Masters at 3pm. The race was centered on the market square next to the Uskela river. The course went northwards along the river for about 1.5km over a bridge to the other side and then south for 2km before going over another bridge and back to the start/finish area. The half marathon was 7 laps of about 3km! Much of the course was on grit roads and not on tarmac.

Joolz's main rival for the M65-70 title was to be Seppo Kykkanen. Joolz had come across Kykkanen before in the World Masters Cross Country when it was held in Jyväskylä, Finland in 2012. Joolz had finished third and Kykkanen seventh on that occasion, so he knew that he had beaten him once before. The race went to form and Joolz finished well clear in a time of 1.22.51 to Kykkanen's 1.27.32.

The following Saturday both Jayne and Joolz ran the Tokoinranta Park Run again. No Pokémon this time though. Jayne improved on her previous run with a time of 26.44 and Joolz got outpaced at the end by a 16-year-old Australian visitor with a time of 18.38.

On the Sunday both Jayne and Joolz joined the KU58 club on their Sunday run along the Keravan river before their flight home.



## Paula's Coaching Corner

Why not take on a 30-day squat challenge? Each day commit to do a minimum of 30 squats. For an added challenge increase the number of reps each day. Mix the squats up by changing your foot position and the width of your stance. So maybe one day try toes slightly pointed out with wider legs, another day a narrower stance squat. Add a resistance band just above the knees for an extra bit of umph! **IMPORTANT:** get your hips back first to prevent knees coming forwards of toes. Feel free to grab me if you'd like me to check out your squat technique! 😊 Happy squatting

Squats are a powerhouse exercise for runners, offering a range of benefits that can enhance performance and reduce injury risk. Here's why they should be a staple in your training routine:

- **Strengthens Key Muscles:** Squats target the glutes, hamstrings, quadriceps, and hips, all of which play a crucial role in running efficiency.
- **Improves Running Economy:** Stronger legs mean better endurance and less energy wasted with each stride.
- **Enhances Knee Stability:** Squats help stabilize the knee joint, reducing the risk of common running injuries like runner's knee.
- **Boosts Speed and Power:** By building leg strength, squats can improve your ability to sprint and tackle hills more effectively.
- **Increases Flexibility:** Proper squat form encourages mobility in the hips and ankles, which can contribute to smoother running mechanics.
- **Supports Injury Prevention:** Strengthening the muscles around your joints helps protect against overuse injuries.

## Sport Shoes Discount Code

The Sports Shoes code for May is UD1G7I6913K. Please note, the code is valid on SS25\* products and will give you 15% off (exclusions apply, including but not limited to Brooks, Coros, Garmin, Maurten and Shokz), valid until 01/06/25.

## Club Runs

Wednesday evening continues to be our main club meet of the week meeting at The British Legion for a 7pm run. We hope to shortly move our starting venue to nearer to the beach for the summer so, those that wish, can go for a swim after. We will keep you updated via the website.

The weekly Wednesday night coached sessions have been well attended and we have now gone down to a monthly session so that we can also enjoy running the beautiful coast paths in the lighter evenings. Great feedback with some members reporting recent pbs. These sessions are suitable for everyone so please come and give it a go. You never know, you might end up loving the hills!

We currently are down to 2 to 3 regular groups on a Wednesday but if there are any members that are returning from injury or time out and need a more socially paced 4 ish mile run, please let me know and I'll make sure you have someone to run with! 🏃🏃

## 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.

All we need now is for the good weather to turn up!

## Club Championship 2025 Update

It seems a lifetime ago that we had the last Championship race, Lytchett 10 back in February. By the time you read this we will have had our 4<sup>th</sup> race in the series, the May 5 race around Canford Heath. Well done to all those that did that.

I will update the Championships tables shortly. Bear with me while I work out how to do that. What could possibly go wrong? As things stand, 44 of us have competed in at least 1 race. This is weirdly the same number as this time last year if we don't include Lisa (in the nicest possible way). Julian is leading the pack for the men on 149 points, while Beccy is top of the table for the ladies.

We now have a glut of races to take us through the summer months.

These are:

Sunday 1<sup>st</sup> June Tarrant Valley 10k.

Sunday 22nd June Coombe Keynes 10K - Purbeck Trail Series (PTS) race 1.

Tuesday 29<sup>th</sup> July Swanage Carnival Fun Run.

Sunday 3<sup>rd</sup> August Stur Half - DRRL race 4.

Wednesday 14<sup>th</sup> August Lifeboat Loop PTS race 2.

I have been reliably informed that this year the Lifeboat Crew are all over it and it will be the slickest one ever with even the correct prizes actually being given out. That might just be in my head though.

Details on how to enter each race are on the website.

The Committee are looking into a replacement for the cancelled Marnhull 12k in September. We will of course update you all as soon as we have news on that.

Don't forget to wear your PR vest/t-shirt to be eligible for the Championship points nor to enter each qualifying race as a Purbeck Runner. Please don't make me have to get jobs worth with the rules, I am rubbish at that!

## Wessex League Cross Country

Great news; the dates for this season have now been announced. As far as I can see there are no clashes with any championship races so the first race

on 26th October at Learoyd Road in Poole will be the club championship race. The other two dates are 2nd November at Bryanston school and 14th December at

Canford School, which will also serve as the county championship race.

As always that last race will provide an opportunity to be selected to represent the County at the Inter Counties race, normally held in Nottingham either late Feb or early March

and usually has full live TV coverage, so, like the London Marathon a chance to spot familiar faces!!

There are also races in early January for the Southwest of England championships and the national cross-country championships. Once I have details I will advise.


## Looking for a Challenge?


The club has been contacted by MYTIME Young Carers who supports children, as young as 5, who care for a family member. They are based in Bournemouth and have sent us the below which we have agreed to circulate to our members.


These young people often miss out on the chance to be kids, as they juggle school with cooking, cleaning, and emotional care at home. We're here to make sure they're seen, supported, and given opportunities to enjoy childhood, build confidence, and connect with others who understand.

Why not run for a reason this October and help support young carers through the Bournemouth Half Marathon, 10K or 5K – all in aid of MYTIME Young Carers.





 11–12th October 2025

 Bournemouth Seafront

 Choose your distance: Half Marathon, 10K or 5K

 No entry fee – just raise a minimum of £150 for MYTIME

We'll kit you out with:

-  A FREE place in the race
-  A MYTIME running vest
-  A fundraising pack and support to hit your target
-  Loads of support from the MYTIME team

By running for MYTIME, you're not just taking on a personal challenge—you're standing up for children who rarely get the chance to just *be kids*. Your miles can give them the break, the joy, and the future they deserve.

You don't have to be a seasoned pro – just passionate about making a difference.

Ready to go? Just click below to sign up or find out more:

 You can find out more about the event [here](#) or [Click here to sign up to run](#)

## Park Run

Members are an integral part of Parkrun and the forthcoming events are;

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

Please follow us on facebook & instagram for all the latest news.

Our parkrun friends have also been able to secure a discount for us at Swanage Bay Sauna who would like to offer all Durlston Parkrun participants and all members of Purbeck Runners an exclusive 15% discount at Swanage Bay Sauna every weekend.

Whether you're looking to relax tired legs after your run or simply enjoy some time to unwind by the sea, our sauna on Swanage Beach is the perfect post-parkrun or race treat.

Just show your Parkrun barcode or your Purbeck Runners Membership on arrival to receive the 15% discount on any booking. You can secure your spot if you book online at [www.swanagebaysauna.co.uk](http://www.swanagebaysauna.co.uk) and enter the code FRIENDS15 at the time of payment to receive the discount.

## Martin's Merch (Club Kit)

The snoods have finally been delivered as well as the Ladies Racerback style vests. Snoods are priced at £10 and as the latest fashion accessory to hit the Purbecks

I'm sure will prove very popular. Obviously despite the warmer weather they can be used as a sweatband/headband as well. Please let me know if you are interested. tel 07979854851 or email [martingrimsdale@btinternet.com](mailto:martingrimsdale@btinternet.com)

## Membership News

Thank you to everyone who has now renewed their membership for the coming year, there are still a few of you yet to renew so could I please ask that you make your payment as soon as possible, but by 31<sup>st</sup> May at the very latest. Additionally, anyone taking part in the May 5 on 18<sup>th</sup> May and wanting to earn points for our Club Championship will need to have paid their membership ahead of the race to qualify (as per the Championship criteria on the website).

Finally, I very much hope that you will be renewing your membership, but if you do decide not to for any reason, could you please email me at [jayne.wallington@btinternet.com](mailto:jayne.wallington@btinternet.com) so that I can update our records, and stop chasing you.

Thank you and I hope you have another enjoyable year with the club.

Jayne

Membership Secretary

*Thank you to all our contributors and please email me contributions  
for the next edition (July)*

*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)*