



## NEWSLETTER JULY 2025

### London Marathon Ballot for 2026

Many members will have entered unsuccessfully but all is not lost. Provided the club is awarded an entry you can enter the club ballot if you fulfil the following qualifying requirements;

- 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.

# The Equaliser

By Martin

The first of three races this year took place from North Beach car park centred around Days Park. There was a great turnout with 14 people taking part and 7 marshals. There was positive feedback

about the course, which I tried to make as simple to follow as possible. The Zanconato's set both male and female course records and there were 6 finishers within a minute of their handicap times. For the initial race, where possible, I have used a combination of various park run times to arrive at what I hope are reasonably accurate times. The overall winner was Abi, running an impressive 90

seconds faster than her handicap time, for which I had used PR times recorded in the last two months!! Would be great to see even more of you on the 20th August and 9th September. Same time same place.



## Purbeck Pullers: Heroes at the Carnival Pull-Off!

This weekend, the mighty Purbeck Pullers took to the tarmac in a test of strength, spirit, and sheer stubbornness—

competing in the local carnival's legendary Fire Truck Pull.

Armed with grit, determination, and a questionable warm-up routine and strategic thinking, our team of ten brave souls gave it their all. The challenge? Haul a full-sized fire engine down the seafront in record time. The result? Well... let's just say we made a *memorable* entrance—and an even more memorable exit.



Despite finishing in a noble last place (we prefer the term “crowd favourites”), the Pullers brought unmatched enthusiasm, infectious laughter, and a level of coordination that can only be described as “interpretive.”

The winners, a squad of ultra-serious gym-goers with biceps bigger than our collective ambition, may have taken the trophy—but we took the glory with a show stopping run back to the start line.

There is always next year.....

## Paula’s Coaching Corner

***This week's coaching focus is another challenge. This challenge, though it appears simple, really packs a punch. You will benefit from building strength in the glutes, hamstrings, quads and inner thighs whilst also activating your abdominals - helping to build core strength.***

***So what is this exercise, and what is the challenge? The Wall Squat.***

***This is an isometric exercise, rather like a plank, which means you hold the position without moving through the joints.***

***The great thing about the wall squat is that you don't need any equipment, you can perform them basically anywhere and they are so much more knee friendly than your traditional up/down squat!***

***As with all exercises, correct form is everything, so make sure to set yourself up properly first.***

***1. Begin by standing with your back against a wall.***

***2. Walk your feet forward, allowing yourself to slide down the wall into a sitting position. Your knees should be directly over your ankles and bent to 90 degrees. Keep your head, upper body and back against the wall throughout.***

***3. Chill out here until you can't!***

***As you'll no doubt discover, this exercise will not only build muscular strength but also mental resilience - you'll need to learn to push through the discomfort!***

***Challenge: Beginners can start by attempting 20 second hold x 3 sets, but begin to increase the time over a few days.***

***If you're used to targeting your legs for strength then why not go for 60 seconds x 3 sets?***



***Remember though, discomfort is one thing but pain is another. If you experience pain whilst doing any form of exercise you should stop.***

***Good luck, and let me know how you get on! Maybe we could get some time results posted on the WhatsApp group. How long can YOU hold a wall squat? 🤔***

***Happy squatting,***

***Paula 😊 x***

## Club Runs

Wednesday evening continues to be our main club meet of the week now meeting at the Days Park carpark for a 7pm run. This allows us to be nearer to the beach for the summer so, those that wish, can go for a swim after or to the pub (or both!)

## Purbeck 10K



This year's Purbeck 10k was by all accounts a great success even managing to avoid the worst of the weather – well almost!

There were 413 runners taking part and quite a few people spectating along the finishing straight.

My thanks go out to all of you who helped stage the race in whatever capacity and I know a good many of you were still out on the course when the storms came with the

last person to finish coming in about one and a half hours after the start. Your support was much appreciated by those running, judging by the many comments I have received since the race.

This year, assuming the event would raise sufficient funds, it was suggested before the race that a proportion (20%) of any surplus arising should be donated to charity. As a result, I am proud to say that £500 will be donated to the charity Swanage Dementia in memory of our very own Johnny Burke, one of the original founders of Purbeck Runners.

The Purbeck 10k is now firmly re-established on the road race circuit which means we do it all again in June next year!

## Club Championship 2025 Update

How are we at the end of July already?

Currently there is only 2 points (and a couple of years) separating Taylor and Hamish at the top of the men's Championship table. They, together with Mark and Chris have completed all 6 races to date.

Ladies/Women wise (whichever is politically correct), Barbera is now top of the charts, with Syliva in 2<sup>nd</sup> place, ahead of Abi in 3<sup>rd</sup>.

The Carnival Fun Run was fab as usual. Stur Half is this Sunday.

It does appear that the Lifeboat Loop on Wednesday 14<sup>th</sup> August might well be more of an occasion than in previous years. I believe it will start and end at PAG and I have been reliably informed that there will be post-race refreshments available. It is slightly vague as to who that might be provided by: Carve Coffee? Burnt Toast? Rick Stein? OK, I made that last one up.

Again though, this might not actually be the case. 'Under promise, over deliver' is a thing I do believe.

September is a bit of a bonkers month I am afraid. The Marnhull 12K has now been replaced by the Boscombe Seafront 5K on 14<sup>th</sup> September. The week before that is The Beast and the week after is Black Hill 10k. We do get a week off before the Studland Stampede though on 5<sup>th</sup> October. You're welcome!

The DRRL are looking for a new chairperson and secretary. There are role descriptors if you are interested.

## Awards & Christmas Party

We are excited to bring a new venue to the 2025 Purbeck Christmas Party and awards celebration. We will be celebrating this year at Kingston Country Courtyard on Friday 19th December.

The venue is exclusive use and so we have more privacy to do the Christmas party the Purbeck Runner Way!

2 course £36.50

3 course £39.50

Price inclusive of DJ to keep the party going all night.

This is just a save the date for the time being while the menu is finalised but put it in the diary! 🎄



## Park Run

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

### **Lifeboat Week parkrun – 9th August**

Join Stormy Stan & friends and start Swanage Lifeboat Week the very best way at our special themed parkrun.

Dress up in RNLI colours, White, Blue & Lifeboat Orange.

Nautical themed fancy dress very much welcome.

### **Saturday 27<sup>th</sup> September- NEW, Supper Quiz**

We are so delighted to welcome you, on the evening of Saturday 27th September 2025 to our 1st ever Supper Quiz, at the Seventhwave,, Durlston Castle.

#### **The Supper**

just £10.95 per person -

Chicken Tikka Massala

Or

Beetroot & Sweet Potato Chilli con Carne - mild (Vegetarian).

With sides of: Basmati Rice, Poppadoms & Nachos.

#### **The Quiz**

A fun & interesting challenge! Teams of 4-6. Prizes!

## To Book

To secure your place simply let Rossi know whose coming and if they would like the Chicken Curry or the Veggy Chilly.

## Saturday 13th December- Christmas Party

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

## Fancy a Challenge ?



SBS Beyond Limits Presents..

**BACKYARD 12**  
SBS EDITION

13 Sept 2025 Sunrise to Sunset

**JUST ONE MORE!**

12 Hours | upto 12 Laps

Be part of a unique coastal, trail-running event coming to Swanage this September.

Your Challenge:  
Run, jog or walk a stunning 4.167mile lap each hour.

Complete as many laps as you can. Run solo or in a team of two or three people.

Get to lap 12 and it's a race to the bell!

[www.swanagebaysauna.co.uk](http://www.swanagebaysauna.co.uk)  
[contact@sbsbeyonlimits.co.uk](mailto:contact@sbsbeyonlimits.co.uk)

Be part of the SBS Backyard 12



13 September | Swanage

Join us for 'Just One More'... Your entry includes:

- Signature SBS event vibes and camaraderie
- Fully marshalled route with panoramic views of Old Harry and the Purbecks
- Mixed trail terrain with a significant hill to get your lungs pumping
- Supporter zone
- A custom backyard medal
- Fully stocked nutrition station
- Lots of local campsites and hotels - so make a weekend of it
- Post-event Purbeck Cider - for rehydration!
- Discounted Swanage Bay Sauna sessions
- Event photographer

This is a UK Trail Running Association approved event

All event from



Supported by



## Martin's Merch (Club Kit)

Cap or no cap that is the question. Some members have asked about club baseball caps and we have made enquires of our suppliers. Below is the design but we could have to purchase a minimum of 50. Caps are made using the sublimation process in performance 180g eyelet fabric (breathable / wicks moisture). The costs will be around £18/£19

If you would be interested could you please speak to Martin. If there are enough members interested then we will place the order.

Minimum: 50



Small 56cm	Medium 58cm

Anybody requiring kit please contact martin.

Tel 07979854851 or email [martingrimsdale@btinternet.com](mailto:martingrimsdale@btinternet.com)

*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)*