



NEWSLETTER SEPTEMBER 2025

THE AGM

The upcoming Annual General Meeting (AGM) of Purbeck Runners, which will take place on Tuesday, 4 November 2025 at 7:30pm at Swanage RBL.

In accordance with the constitution, the officer positions open for nomination this year are:

- Chair
- Honorary Treasurer

Further, the role of social secretary will be vacant.

Ali, our current Honorary Treasurer, is willing to stand again. He was elected last year out of order and is happy to continue serving in this role.

If you wish to put yourself forward for either of these positions, please send your nomination to me, as Club Secretary, no later than 6 October 2025 (four weeks before the AGM, pursuant to the constitution).

Finally, please send any questions you wish to be raised at the AGM by 24 October 2025.

Purbeck Runner of the Year

Please can you send your nominations for Purbeck Runner of the Year to the Secretary by 3rd October 2025 please. The list of nominations will be circulated by the 17th October and voting will close on the 31st October 2025

Paula's Coaching Corner

This edition's coaching corner, I thought I'd share with you a technique that I have started using after some of my runs. You may already be familiar with it, it's called box breathing. Box breathing is a technique that has been used for some time to calm the mind and body and often used to help with anxiety.

When we return from a run, our bodies are in a heightened state due to the release of mood improving chemicals and adrenaline released into the body. We may have spent an hour or more breathing heavily and pushing ourselves too. How many times do we rush in the door from a run, run upstairs and straight into the mad rush of showering and off to work? Once at work, we are often still in this state of high alert and never really give ourselves the chance to 'come down' from it.

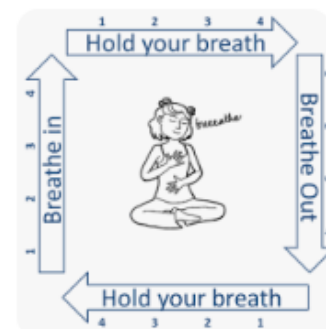


Taking 2-3 minutes of your time to just relax and practice box breathing can bring your body from a high energy state (fight or flight) to a relaxed one, contributing to your overall wellness. Box breathing '*stimulates the parasympathetic nervous system, leading to reduced heart rate, a sense of calm, and a return to physiological*

balance.'

So how do we do this?

Firstly, find a comfy position, either sitting or laying down. Inhale through the nose for the count of 4, then hold the breath for the count of 4, exhale through the mouth for the count of four and hold the breath for the count of 4. Repeat! Give it a try after your next run 😊



CROSS COUNTRY

It's that time of year again—which I know many of you are eagerly looking forward to (perhaps with the exception of Tracy Brooks!). The club is delighted to announce that, in addition to the Wessex Cross Country League, we have now joined the Hampshire Cross Country League.

This means your membership fee now includes nine cross country races, all free to enter. These events are a fantastic opportunity to enjoy the camaraderie of being part of a team. Ability doesn't matter—it's all about taking part.

 Hampshire League Fixtures:

- 11 October 2025 – Hosted by Bournemouth AC at Kings Park
- 15 November 2025 – Hosted by Aldershot, Farnham & District AC at Wellesley Woods
- 6 December 2025 – Hosted by Winchester & District AC (venue TBC)
- 10 January 2026 – No host confirmed yet. Clubs interested in hosting are encouraged to get in touch.
- 7 February 2026 – Hosted by Reading AC (venue TBC)

More details can be found on their website:

 <https://www.hampshireathletics.org.uk/cross-country/league/>

 Wessex League Fixtures:

- 26 October – Learoyd Road, Canford Heath (Club Championship Race)
- 2 November – Bryanston School, Blandford
- 30 November – Kings Park, Bournemouth
- 14 December – Canford School, Canford Magna (Dorset County Championships)

Website:  <https://dorset-athletics.org/cross-country>

We hope to see many of you taking advantage of this wonderful part of our sport!

CLUB RECORDS

Guy is kindly updating the club website to include not only existing records across most distances, but also age group records from V35 upwards, in five-year bands for both men and women.

If you believe you have a valid claim to better an existing record, please contact me or any committee member. To be eligible:

- You must have entered as a Purbeck Runner
- You must have run in club kit
- Your result must be verifiable

We will also consider claims if you were representing a charity, county, region, or country.

Club Runs

Wednesday evening continues to be our main club meet of the week, but we have now reverted back to meeting at the British Legion. Please can you arrive in time to start running at 7:00pm.

As the evenings are drawing in, headtorches are now required for safety.

Club Championship 2025 Update

I have only just been able to update the Championship tables now that the organisers of the Black Hill 10k have managed to sort their results faff bless them. I have therefore handed in my homework in the nick of time to avoid getting a detention from the Club Secretary for failing to meet the Newsletter deadline – phew!

Julian has now taken the lead in the men's table having completed his 8th race. Adam is in silver position with Taylor hot on his heels in 3rd. Taylor has competed in all 12 races of the year so far and is the only club member to have done so.

Barbera is leading the charge for the ladies with Sylvia running the most number of races to date for the women/ladies/girls.

The Studland Stampede is up next. It is also the 5th of 6 races in the Purbeck Trail Series. After the Beast, Purbeck Runners were winning the Club competition, and I reckon we definitely had the greatest presence at Black Hill. Just saying.....

3 more races after the Stampede will take us to the end of the year (scarily!) plus your best Durston Park Run time and best marathon time count towards your scores. If you have completed a marathon, please can you email me the details tcbrooks70@gmail.com so that it can be included in the Championship. I will send out a reminder nearer to the end of the season. Plenty of GR8 tee shirts still up for grabs I reckon.

Finally, there is a distinct lack of entries for the Far Flung Vest competition this year. So, if you have photographic evidence of you wearing your PR vest in any exotic far away places then please do add them to the Far Flung Vest page on the website.

RETURN OF THE EQUALISER

Thank you to everyone who supported this year's three races—whether by taking part or helping with marshalling at the Days Park venue.

The series was keenly contested and thoroughly enjoyed by all who participated.

🏆 The winner of the “winner takes all” final race was Paula—congratulations on a fabulous effort!

👏 Also, well done to Ali and Izzy, who are the current course record holders.

Awards & Christmas Party

The 2025 Purbeck Runners Christmas party will take place on Friday *19th December.* We are excited to host at a new venue this year, at Kingston Country Courtyard exclusive for Purbeck Runners. 🥳

There will be an awards ceremony to celebrate the years' running achievements, followed by your choice of a 2 or 3 course meal. The evening will include a party in the barn with a DJ all included in the price of the meal. Plus one's are welcome, the more the merrier!

If you would like to attend, please email Izzy (isabeldavis@hotmail.co.uk) with your name, menu choice (including any dietary requirements) and any seating preferences by *5th October*. Please send payment to the club account (details below) also by *5th October* if possible please. Please reference initials and Xmas party e.g. AZxmasparty.

Bank Details:

Name: Purbeck Runners

Sort Code: 30-93-45

Account Number: 00087301

Travel: Venue on bus route to Swanage and Wareham. (No. 40 bus from Swanage) alternatively would recommend booking taxis in advance.

Prices:

2 course meal- £36.50

3 course meal- £39.50

kingstoncountrycourtyard.com



CATERING

We're delighted to share our thoughtfully crafted Christmas party menu – a true celebration of the season's flavours.

Wherever possible, we source the finest local produce and prepare each dish fresh on-site to ensure the best quality for your festive gathering.

STARTER

Butternut tart, goats cheese mousse
Artichoke & truffle soup
Beet & dill pollen cured salmon, chestnut crème fraîche

MAIN COURSE

FAMILY STYLE SIDES

Turkey ballotine, cranberry gel
Baked cod, white wine and basil cream
Mushroom & artichoke roulade

DESSERT

Mint chocolate aero cheesecake, chestnut cream
Clementine mousse, granola
Christmas pudding



KINGSTON COUNTRY
COURTYARD



AT KINGSTON COUNTRY
COURTYARD

Social Secretary – Vacancy

Izzy will be standing down as social secretary at the AGM. The social secretary plays a vital role in fostering a welcoming and inclusive atmosphere within the club as we experienced at The Beast recently. If anyone is interested please speak to Izzy about the role and please email the Secretary.

Park Run

Saturday 13th December- Christmas Party

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

Martin's Merch (Club Kit)

I previously posted about club-branded baseball-style caps, but so far only one person has expressed interest.

As always, please contact me directly for **club vests and T-shirts**.

Club hoodies must be ordered via the link on our website. You'll need to obtain the password from Martin.

Martin

Tel 07979854851 or email 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