



EASTER 2026 Edition

## A Message from the Chair



It seems a long time ago now that we were handing out t-shirts and trophies and dancing the night away at our Christmas awards/party night. It feels like it's been a long old winter.

Change is finally coming though; we can feel it! It's been lovely to see members enjoying running in the first bit of sun and sharing their photos. Now we look forward to seeing this

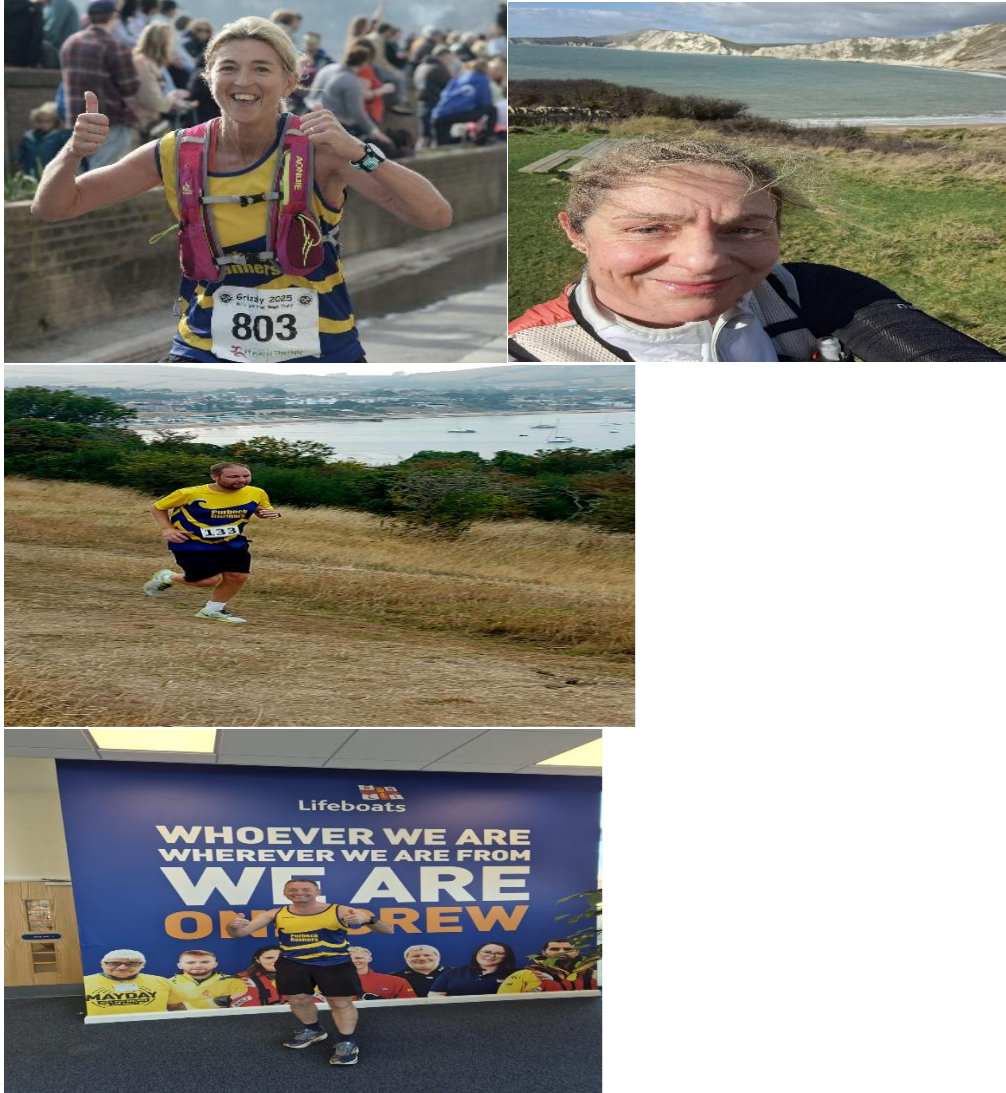
year's achievements unfold. With spring marathons and summer relays as well as the usual shorter distances on offer...what will be your highlight of the year I wonder? Is there a PB on the cards? Or maybe you are simply looking forward to being able to run on our beloved coast paths again, enjoying the precious solitude of running alone or out with friends for a natter and a giggle?

Running offers us so much choice - and we are privileged as runners to live where we do. So, whatever your reason for running - get out there and enjoy our wonderful sport!

Happy running!

Paula X

## London Marathon – Which Club Members are Running



**The Club Entry – Tracy Brooks – The Clarlie Waller Trust**

**Tracey Mead**

**James Pond – National Autistic Society**

**Ed Ellwood – RNLI**

We hope we will receive one club entry for 2027 and 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.

## The Grizzly – mud, madness and a brilliant day out

By now, most of you will have seen the photos on the WhatsApp group – runners absolutely plastered in mud, being hosed down at the finish, wading through streams and bogs, or doing their very best to *run* across stony and pebbly beaches (with varying degrees of success). If ever pictures told a story, those did. That can only mean one thing: The Grizzly.

This year's Grizzly took place on Sunday 8 March in Seaton, Devon, and once again lived up to its fearsome reputation. It is very much an endurance race, but it is also packed with camaraderie, laughter and a real sense of shared adventure. You only need to look at Becky's photos to see what a wonderful time their group had – smiles everywhere, despite the mud, the cold water and the terrain doing its absolute best to defeat you or Lorna who seemed to stop and take photos and yet pass me at mile 16 with a smile and a wave!

It was a great club day out, with runners supporting one another from start to finish and plenty of stories (and laundry) to deal with afterwards. The Grizzly is one of those races where, halfway round, you question your life choices... and by the end, you're already talking about coming back next year. For me, Rob was my saviour. We met around mile 5 and then ran/walked and talked the rest of the course. I could not thank him enough for dragging me around

So what exactly is the Grizzly?

Organised by Axe Valley Runners, the Grizzly is a legendary multi-terrain running race and a true fixture of the running calendar. There are two race options:

- The Grizzly – a full 20 miles with over 3,000 feet of ascent
- The Cub – a shorter but still demanding 9-mile version

Both races start and finish on the Esplanade at Seaton and take runners out across an uncompromising route that includes:

- Over a mile of pebble beach
- Two energy-sapping bogs, often involving water, mud and dignity loss
- Streams, slippery descents and exposed clifftops
- And the infamous “Stairway to Heaven” – a brutally steep climb up Hooken Cliff that lives long in the memory (and the calves)

This is a proper running race, not a gentle jog. Runners are expected to keep moving, with strict cut-offs in place, and most people take around marathon time or longer, depending on conditions. In short: it’s hard, it’s relentless – and it’s absolutely brilliant.

More than just a race

The Grizzly is a not-for-profit event, run entirely by local volunteers, and over the years it has raised more than £500,000 for local charities and community groups. This year’s official charity partner is the Farming Community Network, supporting farming families through difficult times – a fitting choice given how much the race relies on the goodwill of the local farming community.

With hundreds of marshals, excellent medical cover and an atmosphere that’s hard to beat, it’s no surprise the Grizzly remains so popular.

Mud, bogs, beaches, hills, laughter, teamwork and a very strong sense of achievement at the finish line – the Grizzly really does have it all. If the photos are anything to go by, our runners wouldn’t have missed it for the world.

## Paula’s Coaching Corner

I’m super excited to share that we have 19 starters on the beginners running course! It’s been so lovely bumping into other groups running when we are out on a Wednesday evening. I think the new gang really appreciate the cheers and encouragement they get from you all so keep it coming 😊

On Wednesday 6<sup>th</sup> May the beginners will be attempting to run their 1<sup>st</sup> 5k nonstop. We will be having an informal presentation afterwards and it would be lovely if we could have as

many Purbeck Runners as possible join us to congratulate them and welcome them into the club.

This would normally be our monthly Wednesday Out & About run, but we will probably change the date of that so that we can all be there to support them. Watch out for more info on this in the weeks to come.

Normal club coached sessions are on hold for now to allow our full attention to be on the new group, but all other groups operating as usual.

Thanks to Anna & Lisa for helping with this! 😊



## Social Update – Social Calendar 2026

Please find a list below of the planned Social Events to be held this year.

### 1. Spring Sunday Out & About 19th April 2026

Stoborough Village Hall, Crumpler Room, West Lane Stoborough BH20 5AD 8.50 am meet for 9am social run of about 6/7 miles and a walk will be available followed by a cuppa and cake in the hall.

### 2. Quiz & Supper Night 9th May 2026

All Stars Sports Bar & Cafe, Purbeck School, Worgret Road, Wareham BH20 4PH

### 3. Summer Sunday Out & About 5th July 2026

The Cake House, Creech, East Creech Farm, East Creech, Wareham BH20 5AP 8.50 am meet for a 9am social run of about 6/7 miles. We also hope to have a walk group available. We can avail ourselves of the lovely selection of drinks/cake/sandwiches at the Cake House post run.

#### 4. Skittles & Supper Night 26th September 2026

The Claypipe, Organford BH16 6JY

#### 5. Autumn Sunday Out & About 8th November 2026

Studland Village Hall, Heath Green Road BH19 3BT 8.50 am meet for a 9 am social run of 6/7 miles. Social Walk. This will be the clubs 18th Birthday run and we hope to make this a very memorable occasion celebrating 18 wonderful years of running and friendships.

#### 6. Christmas Party & Awards Ceremony 18th December 2026

Kingston Courtyard, Kingston BH20 5LR

Full details of all events will be emailed out prior to each event and posted on WhatsApp and the PR website. This is our first year as social secretaries and we hope that you like the events we have planned

and will come along to support them. Purbeck Runners has always had a strong social ethos and we would love to see this continued through 2026. If there are any events that you would like to see planned for next year please let us know and we will see what can be arranged.

Christine Hart Burke

Jenny Sheehan

Social Secretaries

## Club Runs

Wednesday evening continues to be our main club meet of the week meeting at The British Legion for a 7pm run.

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 RUNNERS 65's Wednesday Evening Running Group**

65's means that in race times you could run a 10k in about 65 minutes on road, but the reality is our group is a mix of different paced runners within that loose time frame. We typically run between 4 - 5 miles.

In winter time, our group runs on the street-lit roads of Swanage, apart from the monthly 'out & about' on the first Wednesday of the month where the club meets in a different location. In winter the plan is to increase our running fitness by incorporating the many inclines/hills of Swanage with a different route each week. Jenny creates the run route and each month a short steep incline is chosen as our 'Legion hill of the month". On week 1 it will be run only once with the frequency increasing with each week which means if we have a 4 week month from the British Legion then we have the joy of running it 4 times in succession!! The idea is that once the clocks go back and we can get back to trail running on a Wednesday we will have increased our strength and fitness.

Once the evenings get lighter then we will head out for trail runs to enjoy the lovely countryside and wildlife with Tim taking over the route planning and always incorporating some new information or quirky facts to keep the group entertained. In the hot weather we often run from a location nearer the sea giving the option of a sea swim post run.

There is always a post run drink to chat and socialise each week.

If leading a group is something that you think you would like to try please come and have a chat.

You could trial leading within the group and we would be more than happy to support.

Tim & Jenny



## **SUNDAY RUNS**

The first Sunday Run Leader rota has worked really well and we have had lots of positive feedback about the runs. It's lovely to get Sunday club runs happening again on a regular basis. I have just posted a poll for the new rota, covering April - June inclusive, on our WhatsApp group and hope to see some of you signing up to lead.

Just as a reminder:

You don't need to have any running qualification to lead, just a willingness to do it.

### **Details of how to plan your run:**

Meet at your chosen location on your chosen Sunday at 8:50, ready to run at 9am. Please consider the requirement to have access to toilet facilities and an option for coffee post-run. Suggest using what-three-words for meeting point when giving out details of run, if not a well-known location.

Have a route planned.

Run a distance between 5 – 10miles approx. (people wanting to do half-marathon distance can either post their own runs on maybe add in a bit extra? 😊) but with potential cut-off points, for runners who want a shorter run.

Run at the pace of slowest runner or use loop-backs to keep group together and/or stopping points to allow runners to re-group.

Carry a mobile phone with you.

Carry a basic First Aid kit (you can either use your own one or pick one up from the porch of 50 Bell Street, Swanage ahead of the run BUT needs to be returned ready for the following week).

Think of a good place to have a cuppa after the run 😊.

Post details of your run on WhatsApp group and website by the Friday before your run.

Any questions, please don't hesitate to contact me, using the above email address or message me on 07879 476992.

Jayne

## Purbeck 10K Update

The Purbeck 10K will take place on Friday, June 12, 2026. After the race committee met in February, planning has been progressing well and we're on track for another great event. Entries opened on 1<sup>st</sup> March and the confirmed numbers are ticking up. The race is designated as the 10K for the Dorset County Championship.

Thanks to Paula, we have a fantastic response from members volunteering to marshal. If you are willing/able to marshal please contact Paula.

And yes, we've put in an order for some good weather!

## Club Championship 2026 Update

I am struggling to make this report a) interesting and b) different to the last ones I've written, so I am just going to reel off the facts I am afraid. Please do try and stay awake until the end!

We are already 4 championship races down. We kicked off with the Broadstone Quarter on New Year's Day which already seems a lifetime ago - to me anyway. That was swiftly followed by the SSRC 10K and then we had the Lytchett 10 in February. At the time of

writing my legs are still recovering from the Bournemouth Bay Half last Sunday. We haven't had this race as a championship one for a few years. As I said in the race report, there will be a discussion I am sure as to whether we keep it in for next year. It was quite pricey compared to our other races and it did fill up pretty quickly. However, I think the consensus of those that ran it was that it was very well organised and it was great to experience a race with a big field of runners with lots of spectators all along the route. I can also report that my t shirt has survived its first wash and remains white. That won't last, it will have a pink tinge soon for sure.

Oh there's that tangent I've gone off on.....

24 men and 31 women have competed in at least one championship race this year. Hamish is top of the men's table. He along with James, Chris and Syliva have raced in all 4 so far. Next up is May 5 on 17<sup>th</sup> May. This is the 3<sup>rd</sup> in the DRRL so it would be great if we can get as many of us out as possible to represent the club for that.

The Purbeck Trail Series then gets going with the Coome Keynes 10k on 14<sup>th</sup> June. There are 6 races in the PTS, 5 of them are championship races. The 6<sup>th</sup> is the Blue Castle Run on 7<sup>th</sup> November. Ages away but it gets filled up quickly if you are looking to do all the PTS races.

Right then, congratulations and thank you if you have made it to the end of this report. Will try harder next time. Promise.

## Sand Dune Training

On Most Sundays at 10am I will be leading a session in the Sand Dunes near the Knoll Beach car park at Studland. Meeting point by the toilets at the main visitor area. I will normally post details on the group chat during Thursday with a request that anyone intending to come along please let me know. This is separate to the clubs normal Sunday run but as always chance for a relaxed catch up in the Cafe afterwards. The only word of warning I would add is that it is not suitable for anyone carrying any sort of injury. The session is suitable for all abilities from beginners to very experienced and would definitely enable you to better your racing times if that is your objective.

*Martin*

## Achievements

It would be nice to have a section where we recognise the achievements of our members. Many hide their light under a bushel – Nigel and Chris who run for England are good examples

So could you please email me and tell on your friends what they have achieved.

This edition the spotlight is on Julian – on Sunday 22<sup>nd</sup> March he ran the Bournemouth Bay Half Marathon and, it seems he broke the Finnish age group half marathon record. I am told there are lots of hoops to go through for his achievement to be recorded and recognised but well done Julian !!!

## **A TALK BY LIZ YELLING – 4<sup>th</sup> June 7pm**

We have been extremely fortunate in being able to book Liz Yelling to spend an evening with us on Thursday 4th June from 7PM at the Royal British Legion. Liz is a two time Olympic marathon runner who will be happy to talk to us about all aspects of running and training, including those affecting complete beginners right through to Olympic standard. This sort of opportunity is very difficult and rare to get so we do hope that as many of you as possible will attend. It would be helpful to have an idea of numbers in advance so please do let Martin know if you intend to come along. If you have already responded, you do not need to do so again.

## **Martin's Merch (Club Kit)**

We currently hold a large stock of unisex vests and T shirts covering all sizes. I also have a smaller stock of racerback style unisex vests, with some ladies racerbacks vests on order although they won't be here until around end of May/early June.

We have now engaged with a company in Weymouth - Dorset Embroidery & Printwear to supply our very popular club hoodies. They will be made of exactly the same material and in the same design as our previous supplier, who you may recall unfortunately had to cease trading. Full details on how to order and pricing will appear on our website in the near future. As always anyone wishing to purchase club T shirt and or vest please contact me direct. My details can be found under the 'kit tab' on the website.

## Membership News

Your club membership is due for renewal on 1st April. You will already have received an email outlining the costs for the coming year.

Membership fee requests will be raised as normal via the England Athletics portal so you will receive an email with a payment link, hopefully during the first week of April. Please look out for this and pay by 20th April as this will help the renewal process run smoothly.

Please will you also log into your account on the England Athletics portal and check your personal details as it is important that we hold up-to-date emergency contact information for you. I have placed a link below for you.

[Log in - Athletics Portal](#)

[myathleticsportal.englandathletics.org](https://myathleticsportal.englandathletics.org)



Finally, if you have decided not to renew your membership, then please let me know by emailing [jayne.wallington@btinternet.com](mailto:jayne.wallington@btinternet.com) so that I can cancel your membership.

Thank you.

Jayne

Membership Secretary

[Thank you to all our contributors and please email me contributions  
for the next edition](#)

*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)*