



## Run Happy Dorset - May 2018



A colourful collection of happy running seniors and juniors pictured at the first of the Upton Time Trials



# Bad Cow Happy



# Parkrun Marshall Happy



## Welcome to the Run Happy Dorset Newsletter



Welcome to the latest edition of the Run Happy Dorset Newsletter. Just like parkrun, it is free, and always will be.

I hope you enjoy this latest edition, we had a massive the reaction to the April edition and you will see that in this new edition there are some interesting and inspirational stories written by some of our members of their running journey, poignant tales of marathon adventures, race reports from recent local running events and parkrun visits; another edition of "story behind the group"; some fitness tips; some news of upcoming local events that are now open for entry; and of course an extract from the race calendar listing all events in the county (and neighbouring environs) for the next three months.

We welcome contributions from as many of you that are willing and have the time to write something. Maybe just a couple of sentences or a paragraph or two about runs or events you have recently taken part in or attended ?; or if you have any articles or comments that you would be happy to have published in a future edition, do please drop me a line ([raygraham58@outlook.com](mailto:raygraham58@outlook.com)). We have a broad range of runners in our group, ranging from complete beginners, recent Couch-to-5K graduates, all the way through to experienced runners of all standards, so wherever you fit in that spectrum, there are some similar-minded runners that would find your perspectives and experiences of interest. In short – we will publish pretty much anything you feel you are happy to write. I'll send a reminder email as I put together the next edition, but do feel free to send me reports as and when you participate in an event and its fresh in your mind.

harmful if I push into an ultra.  
I have another fantasy about being one of those happy runners unmotivated by time – just running for experience. You know the type – they wave to all the spectators, thank all the marshals, talk during the race and smile throughout. I like this. I can see this being the future. I do love running and I want to encourage others.

But in some way I'm wrapped up in the idea of being fast, and I'm annoying myself. This morning, for

**From Runner's World – June 2018**

If you feel this newsletter (or the running calendar that we compile) would be of interest to other runners you know, do invite them to join the group (there is an "add members" option on the top-right of the Facebook page) – they will be sent an invite with the option to be added (or not) to the distribution lists for this newsletter and/or the Race Calendar.

Catch up at an event soon, and in the meantime ....

Enjoy your running in whatever form it takes.



# Bad Cow Happy



# Parkrun Marshall Happy

## Out and About

### London Marathon

**Emma Richman :- "Never have I felt so proud to be British... A day to treasure forever"**



"On Sunday 22nd April I completed my first marathon. The hottest London Marathon on record, which isn't great for a girl who sits in the shade all summer!

I'm not a marathon runner, I'm not a fast runner and I don't chase after PBs but I trained really hard for 4 months in one of the worse winters. This has been by far the hardest challenge I've ever set myself but I wanted to give it everything I had in memory of my lovely mum.

Starting out training I met a lovely lady called Sue Cribb. She came along to my running club (OAKDALE RUNNERS) and said someone had told her I was running the London Marathon and would it be ok for her to do some training with me.

So we began, we started out as strangers and now Sue will be a friend for life ! That's what running can do, what a community to belong to.

We had decided to meet each other in the start pen but would run our own race , it never happened we didn't leave each other's side and we crossed the finish line hand in hand. The race didn't go to plan and we didn't get to put all of training into practice but I've raised over £6,000 for charity and Sue raised over £3,000 of which we are both very proud of.

The support shown to us has been overwhelming. Thank you to everyone who donated and supported Sue & I we are truly grateful.

The whole experience was every kind of emotion you can feel and I personally feel EVERY one who runs or plods like I do should experience the London Marathon at least

once! You can and you will finish !

This was Sue's first marathon too at age 66 .. she's an inspiration ... never say never ... if you want to do something and you train for it you can do it... next time the ballot opens, why not give it a go."

<https://www.justgiving.com/fundraising/emma-richman5-kerry-medina1>

**Spectator's view – Lisa Bones :-** "We had the most amazing time at the London Marathon as part of the Charity Target Ovarian Cancer cheer squad. We travelled up on the Saturday staying overnight in London and made our way to Tower Bridge early Sunday morning. We met Tara the TOC representative on the Bridge and were given our T-Shirts and clapper boards. Tower Bridge is at the 12.5 mile mark just under half way and the weather was scorching, the hottest LM on record. Gruelling conditions. Being runners ourselves we knew this would be a very hard race.

What an atmosphere all the charities were lined up either side of the bridge ready for the runners. We were supporting 18 runners for the TOC team and also runners from our local group





Oakdale Runners. The noise was amazing and overwhelming, a few of us were teary as the first Elite Wheelchair races and Para Athletic runners passed, what determination. We saw MO FARAH - wow what an inspiration to us all.



We were tracking our runners on our phones so knew roughly when they would be passing and Tara had the job of tracking and photographing for the Charity, she was a star catching every one of them. All our runners looked amazing as they passed. We had a few tears with Emma and Sue before they set off for the next TOC cheer point at Canary Wharf determined to finish. They were telling us about running out of water at mile 5 and people buying water in local shops and distributing to the runners, how incredible!

We watched the last of our runners over the Bridge and then made our way to Coutts Bank where TOC were holding an after race reception for runners, their families and cheer squad. As the bank was near the finish line we joined the masses of people queuing all the way to Tower Hill tube station. Not for the claustrophobic but very well marshalled! At Embankment Station we walked up the hill to the glass fronted building that is Coutts Bank where the royal family keep their money!



Feeling rather grubby from our day on the bridge, we entered the huge reception area and went up the escalator where we were greeted by members of the charity. We were offered drinks and something to eat while we waited for our runners.

We met some amazing people who had been touched by this terrible cancer, losing loved ones way too soon; all of them turning an absolute heart breaking situation into a positive while still dealing with their grief!

So Proud of our Emma, Sue, Jules and Julie.

Still buzzing from this fantastic day who knows maybe one day I'll run the London Marathon!"



#TeamTarget #volunteers #targetovariancancer.org.uk

**Runners: Emma Richman; Susan Cribb; Julie Hitching (Jules); Julie Hall Shephard-Walwyn**

**Cheer quad: Janet Temple-Edwards; Nicky Tinsley-Veale; Jenni Bovaird and Lisa Bones**

## Southampton Marathon

**Samantha Laws :- "I crossed the line, in tears. I felt amazed that I had completed that distance, and so proud of the fact that I had made my goal."**



Southampton marathon 2018 – My first!

"This journey started over four years ago, when I met a runner, Ian White! Prior to this I had only ever run with the dog and completed a 5k race for life for Tesco's, back in my 30's!

My running "career" started with Ian inviting me to parkrun on Saturday mornings, which quickly became a regular practice. I made friends and started to enjoy the running and working towards my next PB, don't we all?!

After about a year of running in various guises, I got seriously involved in running, by joining the organising committee of BAC road runners to re-introduce the Bournemouth 10 mile road race. This is a hugely satisfying event to be involved in, helping runners do what they love to do. But, I still had not participated in a road race myself, and felt I wanted to. So my first was the Littledown 5 mile, a stretch for me, as up until this point 3 miles was my max in one single run. To my surprise I made

it, and so got the bug. My next thought was how far could I run next? The suggestion was Boscombe 10k, only a mile or so more, that couldn't be difficult, could it? I increased my weekly mileage and ran my first 10k with a chip time of 59:50. By this stage I had fully gotten the running bug, especially the joy of gaining another medal!! With this in mind I needed another goal, which came in the form of the Lytchett 10 mile road race on February 14th 2016. This was a tough course with what felt like 7 miles up hill, but at least the last 3 miles were downhill, but it's a great event! I achieved a time of 1 hour 36 minutes, received my medal and a red rose and followed this with lots of tears – I was so proud of myself!

However, after this I started to experience calf issues, feeling running was hard work and I started to struggle with being slow. The come down after being so pleased with myself perhaps.

As I was progressing with my mileage Ian mentioned joining him at BAC, (Bournemouth athletic club) on Tuesday evenings with the road runners.

"They're elite, right!!"

I joined with a feeling of trepidation, "what if I couldn't keep up?", "run long enough?, or fast enough?" I need not have worried, I was slower than everyone else, massively, but the other runners ran back after each interval and swept me up. I gradually gained fitness and confidence in myself, and set a goal to hang on to the shirt tails of the next runner. Now, as many of you will know, as I got faster, so the others did too! So, double the frustration but this did not deter me, well it did a bit, maybe a lot actually on reflection, but thanks to all the encouragement I kept going.

And when my calf issues came, this is when I found that being part of a running club is so fantastic. My team mates (yes, those elite ones!), my new friends and





fellow athletes shared their stories with me, encouraged and supported me to keep me going. I got through it!

Then, there was talk of the Bournemouth Bay half marathon, and they suggested that maybe this was a good goal for me too. So we trained together, the team supported me with plenty of coaching advice along the way too and on 3rd of April 2016 I achieved my first half marathon with a time of 2:04. My road running career had gotten well under way, in just two years. I then went through a patch of hating competition, Parkrun or otherwise and had a bit of a break. I think the achievement was so



great for me that it was difficult to see 'what next'. However, I kept running, enjoying the benefits and my interest in another event was rekindled so I entered the Lytchett 10 for the second time, in 2017.

I started the race, quite happy in myself, when a voice said "it's you! You're my nemesis". At first I had no idea who this lady was, but following a brief conversation it became clear that I had overtaken her on my last race, during the last 400m to the finish. I was so motivated, she had spurred me on to run a PB of 1:31!! I'm sure it was that lady's comment that helped me run such a good race. The sense of achievement that comes with gaining a personal best is fantastic, and so drove me forward to look at what next. Over the next year my running was plagued by calf issues and my fitness dropped again. Then at the end of 2017 after missing out on the London marathon ballot, my friend Julia got a place through her club, Christchurch runners. I offered to run with her to get my fitness levels up and to support her during her training.

Julia downloaded the 17 week training guide and we set off on our journey together. Increasing our weekly mileage, Tuesday intervals, Wednesday run, Thursday hill training, Friday rest, Saturday Parkrun, and Sunday our long run. This pattern followed through rain, wind and snow! We kept each other company, encouraged each other, with neither one of us wanting to let the other down, we kept turning up! As we approached the longer miles, 20+! Julia worried I would say, "you know what, I can't make the whole run this week" so she emailed me with the link for the Southampton

Marathon, which was the same day as London, mentioning that, "as I would have completed all the training, it would be good to have a medal at the end"! (She knows me so well!!) So with this enticement, I applied to do the Southampton marathon! Gulp! 26.2 Miles! 42 KM's!

Now I had committed myself, I had to keep turning up! So together we completed three 20 mile runs and a 22 miler being our longest. Then two weeks prior to our big day, we ran the Bournemouth Bay run as part of our wind down. We ran a really good race, achieving a best for me, breaking the two hour barrier with a time of 1:58!!! YES! More tears, Dave Parsons got most of these while handing me my medal.

Two weeks later, on the 22nd April 2018 I went to catch the train to Southampton. It was an early start. I ate, cried, drank, and cried some more, I was so nervous! I checked my bag, dressed, and with Ian there to support me we left the house (this is supposed to be fun right!). On arrival at the running village there was a real buzz of activity, with thousands of athletes congregating, warming up, queuing for the loo's, (which has to be done at least twice!). Finally the time arrived, 09:00 the horn sounded and we were off. Full and half marathon runners, on a very hot morning.

The course is two loops around Southampton passing over the Itchen bridge four times and through St Mary's football stadium twice too. I carried my Lucozade, ate jelly beans every 45 mins, and doused myself with bottles of water. I kept a steady pace early on as I knew it was a long way! The crowds on the first lap were fantastic but I was pleased to see my friend Claire as I crossed the bridge for the third and fourth times with lots of much needed encouragement. After crossing the bridge for a fourth and final time, with 19 ish miles complete, the pre event advice was still ringing in my ears, "make sure you fuel yourself in the first half, ready for the second". "Don't go off hard until after mile 18, as

this will feel like the half way point, and anything earlier will be too soon". Well, they were right! After passing the 22 mile mark, which I knew I could cover due to the training, I was then into new territory. By this time my legs had started to burn, ache, hurt, but mostly feel very stiff. I changed my running gait to extend the legs a little further to try and free them up. This seemed to help, so I kept it up. I then found myself running through Riverside park towards the 25 mile marker, where I spotted Ian again, he gave me a final bottle of water to throw over myself, and drink, and in exchange I lobbed a half empty bottle of Lucozade at him, poor man!

This buoyed me, I knew I was near the end, less than a Parkrun to go, I could do this! I kept my pace, passed the 26 mile mark and knew the end was in sight. I rounded the last corner and saw the finishing flags ahead. The noise started to build as I approached the finish line. The clock showed a time of 4:24:39, I had achieved my goal, under 4 hours 30 mins – Wow! I crossed the line, in tears (this was a first – not!), stopped my watch, and walked through the finish tunnel. I received my medal, bag and T shirt, then went to meet up with Ian. I felt amazed that I had completed that distance, and so proud of the fact that I had made my goal.

On meeting up with Ian, and more tears later I discovered that he had more blisters than me, and had covered over 10 miles in flip flops whilst supporting me! But, he was told to 'man-up' as we could deal with them tomorrow – today was my day, as I had just completed a marathon!"

Samantha Laws

#BAC

#Marathon Runner!



**Southampton Daily Echo :-** SOUTHAMPTON was bathed in beautiful sunshine as thousands of runners took to the streets for this year's ABP Marathon.



Temperatures hit highs of 18C as runners powered past city landmarks such as the Bargate, through St Mary's Stadium and over the Itchen Bridge.

Bursledon's Richard Waldron won the full marathon, finishing in 2 hours and 30 minutes. The 31-year-old, from Bursledon, who is an admin officer for Southampton City Council, said: "It was a great feeling crossing the finishing line. Obviously 26 miles is a lot, I was tired. I did a marathon last week as well, so my legs were tired, and it was hot."

Mr Waldron said his wife and family were his biggest motivator while he was running

the race. He said: "I hope they're proud of me"

The first woman was Orla Tuohy from Grange-Fermoy Athletics Club in 2:58:55.

As well as the full distance, the event also included a half-marathon, a 10k and a fun-run.

The Half Marathon prize went to Aiden Lennan from Winchester who finished in 1:13:46 and Simone Mitchell from Winchester and District Athletics Club who was the first female home in 1:20:39.

Victory in the 10k went to William Bryan from Itchen Spitfires running club with a time of 34:13. Ashley Stone was the first female in 38:07.



It wasn't just grown-ups making the podium. Luc Pearce, 14, from Chandler's Ford won the one-mile fun run which saw 516 children and their parents take part.

The mascot mile - a race between giant furry mascots from local businesses and charities - was won by Chip the Beaver from the 29th Immaculata Scout Group.

Organisers of the event warned runners ahead of the event to avoid wearing heavy and bulky costumes, due to the warm weather.

But organisers, who bought in 50,000 water bottles ahead of the event, say only one person was taken to hospital - and only as a precaution.

Blair Lard from Safe Race said it has been a good year for safety, he said: "Despite the weather I've not had to deal with anything so far which is really positive."

A total of ten thousand people took part and even the unseasonably hot weather didn't hold them back from raising an estimated £400,000 for charity.

Around 30,000 spectators cheered them on with more than 850 volunteers helping the event go smoothly.

It is believed only one runner suffered from the heat and was taken to hospital.

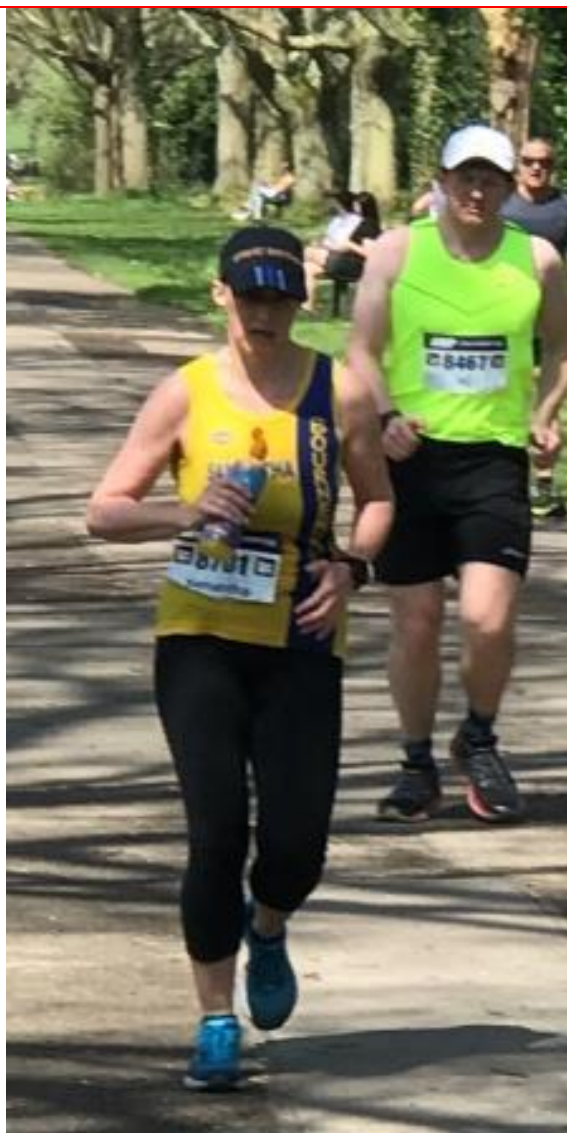
The event also boosted the city's economy, with an estimated £1m spent on hotel stays, dining out, parking and shopping. Scores of local businesses joined forces with Go! Southampton to offer discounts and in some places runners were queuing onto the street to get their hands on free pizza, coffee and alcohol-free beer.

Nikki Rees, one of the race directors, said: "The number of people taking part in the full marathon distance rose significantly this year so we're looking at allowing even more people to take part next year. We also saw unprecedented interest in the 10k, with all the places full weeks before the event. It's early days but we're exploring creating 20 per cent more 10k spaces next year. If that happens it'll make ours the biggest 10k in Hampshire, possibly even the south."

Race director Chris Rees said: "We were absolutely bowled over by the response to this year's event and we're already busy planning 2019 so runners can get their entries in and start training. Some keen runners have signed up already and, with memories of last weekend still in our minds, it's a great time to sign up. "We'd particularly urge those considering running the 10k to sign up quickly, considering how fast it sold out last year."

Alastair Welch, director of ABP Southampton, the event's principle sponsor, said: "We are delighted to see the ABP Southampton Marathon go from strength to strength each year. The city of Southampton has really taken this event to its heart and it is great to see so many people getting involved, cheered on by friends, family and the wonderful Mile Makers drawn from community groups across the city."

Early bird discounts are available for those keen enough to sign up a year ahead of the run.



## **Upton Summer Series**

**Jacqui Ives** :- "The first race of the Upton country park summer series took place on Wednesday 2<sup>nd</sup> May. It is hosted by Poole Runners and has a series of six races staggered across May to August. I had my first taste of these runs when I was introduced to them not long after Ben was born. Back then there was a pretty competitive set up (called the time trials) where I would be lucky if I escaped coming last. Over the years, I myself got better at the going a little faster aspect but also the concept of the run has evolved with a lot more spread across standards and many more of my running buddies have started to take part. Ray I understand is now running this series for his 18<sup>th</sup> season however! If you have not tried an Upton series run yet then put race 2 in your diary for Wed 23<sup>rd</sup> May (you also



have other options for 20<sup>th</sup> Jun, 4<sup>th</sup> Jul, 25<sup>th</sup> Jul and 8<sup>th</sup> Aug).

So the series is for both Juniors and Seniors with the Junior run commencing outside the Upton house at 6.45pm and then followed by the Seniors at 7.15pm. We get there fairly early and have a bit of a social before letting Ben and his friends line up for their run. Ben first ran in this series when he was just 4 and was gingerly accompanied by both me & also Steve Wardman (one of the organisers) from Poole Runners coaxing him round the course..... I thought he'd never want to do it again as his confidence wasn't really there for the first one. That said, he turned to us at the end and asked when the next one was and here we are for his 7<sup>th</sup> season.



I'm not entirely sure if it is the run he does it for or the fact that both he and his accompanying friends get to sit on the wall and watch us in the Senior run whilst consuming their own bodyweight in sweets and popcorn! (I quote from a recent runner's world magazine in the article "How sweet it isn't" that runners do get two short windows of sugar-immunity: during and then immediately after a workout, when the body metabolises sugar for fuel and replenishes muscle glycogen for recovery). So not so bad for them then.... :-)

The Juniors route is approximately 1 mile long and goes from in front of the house and then meanders right and down the hill to the new paths with a quick circuit across the bridges and then back up the hill to finish in front of the house. It's always a scary moment, however experienced the kids are, to stand and watch as the crowd of them set off at high speed and do their best to not end up on the floor in front of us. Once past us, it seems only moments before they are all flying back to the finish funnel in front of the house again. This year, Ben not only had his buddies Lucas & Chloe but also his friends from Poole AC junior athletics (Ethan & Josh) also accompanied him. All came back in safely with no trips or falls - phew !

It was our turn next..... as we approached the start line there seemed an unusually huge amount of runners compared to previous years.... I understand it was about 350 seniors that took part in race 1 (a record entry I think!). I stood next to Carly, Ray & Martin and had time to try out my new phone camera and got a cheeky selfie (*feeling like I am turning into Catherine Midgely lately with my selfies!! :-)*). It was a nice moment though and just great to be around these guys as well as some of the others I saw around from the Run Happy Dorset group. To quote a song I keep listening to by George Ezra "Pretty Shining People" - I always think of his lyrics when I'm running & getting together with my running buddies recently as it's quite fitting!. If you've not heard the one I mean, have a little listen sometime <https://www.youtube.com/watch?v=XP32nDUMYS8>.

So we set off and I gave a quick warning to Martin to take care in the first few steps of the run as it bottlenecks for a few moments where the walls narrow the path slightly. He was glad of this warning as he admitted he nearly fell over (having scooped his son off the floor in the preceding Junior parkrun on the Sunday before I didn't want to have to do the same for Senior Crowley!). Once past this section we continued in a relaxed manner to follow the route which heads off towards the opposite direction around the new paths than where the Saturday parkrun does. It was still quite busy as we headed through the metal gate but then we found ourselves on the more open paths looking out towards the harbour and skirting the livestock areas to our left to enjoy the space a bit more.

I never really like busy starts so felt my pace I'd set off in was a bit fast to escape the crowds, I tried to keep it going but it wasn't too long before a determined Martin caught me up again and made a swift overtake. I could see ahead of me he was chasing Carly down too. Ray I understand was adopting his smiling and waving stance and the sensible one in the heat to just be taking it nice and easy. I always say I will do that but as I am more used to long distance running, I then get carried away thinking I can try and be a sprinter in the "little 5ks". It never works and I think my attitude to the one on 23<sup>rd</sup> May should be to sit back and stay off the pace of the speedsters Martin & Carly.

Hopefully from my written experience, you can gather that this series is an open to all levels, nice & friendly (but competitive if you'd like it to be, either individually or as a club team) set of races and with them happening on a Wednesday night, I tend to think of them as an extra chance to do a parkrun midweek.

Maybe we'll see you there at the next one on 23<sup>rd</sup> May or any others you can make in the series. :-)"

## Maverick Hampshire - Avon Tyrell

**Jacqui Ives :-** "Mad crazy Mother's Day present to me!! Maverick Hampshire didn't disappoint in being a toughie of a mere 14 ish miles with lots of puddles and crazy river currents for me to be Peppa Pig for the morning #runhappy #puddlehappy #mudhappy :-)

I have completed the Maverick Dorset twice which takes place on the Jurassic coast path starting near Corfe Castle. This however was my first time venturing to try the Maverick Hampshire).

It starts & finishes at the Avon Tyrell Activity centre out in the New Forest. There race ethic is to give great scenic routes and usually of a tough nature whether that is scaling climbs or trudging through muddy terrain. I had a feeling this one would be the latter based on the exciting weather we had had in the preceding weeks.

The day itself was pouring with rain and the ground underfoot very soggy following the big snowfall the week before that had now melted away! I sat in my car before going to get my number and remember thinking to myself "what on earth are you doing calling this a Mother's day treat!". That said, there is a strange part of my brain that now seems to think that splashing through mucky puddles is one of the great forms of entertainment in life. It must be too much of watching Peppa Pig with Ben when he was a lot younger. Although weirdly when we got our new smart TV the other day we happened across the episode again and sat there watching it late one evening lol! If you've not seen or even heard of what I am talking about then take a look on [You Tube](#).

Registration was painless once I got myself out of the car.... I saw Gemma & Aaron helping on the desk before doing one of the routes themselves. Toilets - There could have been a few more. Each of the distance races all start together whether opting for the 8k, 14k or 23k. That said I did just manage to achieve my pre-run pitstop with a few mins to go to the off.

Race Direction instructions were fun as we all gathered in the starting area- he stood on the tallest rock and there were some fab tunes to get us all revved up and ready to go. And then we were off meandering up the paths and heading out of the activity centre area and onwards to the road. This was a last minute re-route due to some very serious flooding so whilst I would have said at this stage that was a bit disappointing to have about 2 miles of road initially before hitting the tracks, it was in fact unavoidable to enable to race the go ahead.



However once onto the tracks there were off road pleasures galore!! Dodging deep mud patches wasn't an option and trudging through them and across some deep puddled paths was fun. Just as well as most of the course ended up being that way.

The course beautifully takes in some great areas of the New Forest - starting by Bransgore and then weaving in and out to end up near Wilverley Enclosure before heading towards Burley and back round to Bransgore and the activity centre again.

Approx. 3 or 4 miles in, there was someone to help you across the river. I didn't really understand why until he warned us of the very strong current and the fact that it was well over knee deep and to attack the river with strength and speed so as not to be pulled down! Lol I thought but as I entered that bit it was true enough that you had to brace yourself and just sprint through whilst being pulled to the right as you did so. I wanted to take a picture on the other side but once you had mastered the river bit you then went straight into the semi flooded paths so no relaxing for a few moments.

That section mastered you then continued around more forest tracks and a LOT more MUD, with a bit more MUD through in for good measure. Those who know me know I am a bit more of a clean runner with the preference of the solid road surface to reassure me as I place my foot down. This territory is still relatively new to me but I have to say it is a fantastic and liberating way of running. If lucky enough to not have been abandoned by everyone, you can have little giggle about the mess you are getting into along the way with people too!. That said, I have noticed that the Maverick runs do attract a particular standard of runner due to some of the tough courses, that even though I would call myself confident and experienced I do find myself on my own from about half way in on the long



routes and this happened again by the time I reached Wilverley plain.

I spotted a camera person and was determined to give my biggest smile whilst not going over on my backside as I slipped around the mud until relieved to exit the woods onto a bit more of a track surface. I then crossed the road to find that the mud had now been replaced by a section that was so wet across the whole path that splashing through was the only option again!

The security of a bit of road as I headed to the final feed station made my legs a bit happier but then I was faced with one of my true traumas (even though I was a born on a farm!) and that was the pack of cows, calves and the protective bulls grouped on one section of the road that I had no option than to go past. I didn't dare stop but slowly jogged (without eye contact to any of them) past them, my heart pounding. I really must get over that and can't quite believe it as most of my childhood was spent around these animals when I went to visit my Uncle's farm ☺

Once back on the road this only lasted for a short time before you could see the activity centre a couple of miles sitting on the hill. My legs were still happy, phew!, well they were until I could see that instead of allowing us a nice gentle route back to the finish the route suddenly turned into a typically muddy and very steep hill to end up at the back of the centre grounds. I was nearly there though so I didn't care apart from the fact that the hundreds of runners before me had made it extra slippery near the top so I had to grab hold of the fence to stop me going over.

The finish beckoned, cheers were booming out, tunes were blaring and congratulations from the event helpers as well as spectators were pouring in. The rain had stopped, so once I crossed the line I wasn't so desperate to return to the car. I asked the "man on the can" for a photo and he obliged with a grin as cheesy as mine.

All in all a great, well organised and fun routed run. Not for the faint hearted even though it is relatively flat compared to the Dorset, the time of year and the forest terrain certainly promise a level of difficulty if that's what you are looking for. I ran happy and pretty sure I will return for more of their races over the calendar year. ☺



## MayDay 5



**Ray Graham :-** "I have run at the Olympic Stadium, I have experienced the atmospheres of the London, Paris and Berlin marathons and several big-city half marathons, but despite my diverse running career I got very excited last year when I heard that Mike Cure and co at Poole AC were launching a 5-mile race around Canford Heath. Why was I excited ? Well it's not just that I live on the Heath, it's that when I moved to Dorset from London I was not a runner, and here we were 20 years on, a race had been devised where the route was very much the roads where I had progressed from beginner to runner, and there I was running with dozens of others in a route where I am so used to running on my own.

If there had been a prize for the race entrant that lived nearest the event, I would have had an excellent chance of winning that (I live about 2 mins walk from the Ashdown Leisure Centre) and last year might perhaps also have won any prize for entrant living furthest away as daughter Cheryl had travelled down from Yorkshire for the

race.

The Mayday 5 last year was also the "accidental" birth of Run Happy Dorset – we had bought the tee-shirts "just because" and were looking forward to wearing them for the first time – the current cover photo on the Facebook group, showing assorted colours of Run Happy tee-shirts and hoodies, was taken at Ashdown just before last year's event. Yet last year's inaugural event will also be remembered by us with great poignancy – awaking to the news that our friend and LV colleague Guy Hedger had been tragically murdered. Hard to describe feelings at receiving such news – somehow we just went on "auto-pilot" and went about our business – hard to believe a person you saw fit and healthy on the Friday, and left by saying "Have a good weekend – see you Tuesday" – you will never see again. The juxtaposition of the world still turning and carrying on as normal, whilst you are in shock and disbelief. Within seconds of leaving our house we were greeted by friendly smiling faces – and reminded so swiftly how many nice people we are all lucky to know in our running community. I guess we all know that, and don't always fully appreciate that fact, but it was extremely profound and cathartic to be surrounded by so many nice people and happy people on a day where an act of pure evil devastated so many lives. A reminder to any of us, whether we need it or not, to make every day count and spend your time with people you like. It seemed "incongruous" to be wearing tee-shirts with smiley faces on such a day yet, unexpectedly, we had so many queries and questions about them, and whether this was some new group or something, many comments as to what running is about, why people enjoy it, how it makes them feel, that it made us start thinking.

If you have not done Mayday 5 yet, and are wondering what it's like for next year, I'd say that as road races go it is a surprising pleasant route – better than many people even familiar with Canford Heath expected. A lot of the route is tree-lined pathways and, perhaps helped by a being a sunny day, there was a constant sound of birds singing and a lot of butterflies flying around giving the route a surprisingly "rural" feel for a race on a housing estate. Genius route guys. And from a running perspective the route provides a decent testing run with a little bit of challenging "hillage". Perhaps not many of the entrants are as nostalgic as I about the sites along the route – The race starts and finishes on the athletics track at the Ashdown Leisure Centre (where I spend most Tuesdays watching Ben train), briefly skirts the corner of Adastral road with scenic vistas of ASDA and the Haymoor pub; then heads south along the afore-mentioned tree-lined pathways towards Learoyd Road (where PAC stage the Wessex x-country event) past Canford Heath Infants and Junior Schools where both my (now grown up) daughters attended and Ben attends now; along Bader Road \*\* where I used to park for school (in the race this is the challenging hilly bit – where lots of marshals make sure you don't take a short cut the bend to shorten your distance); then past the Fighter Pilot pub and Iceland supermarket and then back through the houses to pick up the path again and continue climbing before a bit of a loop past the top part of the heath back onto tree-lined path and return to the leisure centre and another lap of the athletics track to finish. The layout of the venue also means that most of the finishers are still there and you get a good cheer when you finish.

A few acknowledgments also for the organisation – firstly what a great touch to organise a water station for such a hot day – rarely is there a water station on a 5-mile race. Number collection and late entry all very painless. With our Ben being a volunteer marshal (*race memento giver-outer – I'll get back to that in a moment*) we arrived early for the marshals briefing – I didn't count them, but I think about forty marshals, and an almost-military operation to co-ordinate marshals to different parts of the route, vans to move water and signage. Recognising all the pre-organisation such as leaflet drops/signage posted around the route in advance to let locals know the event would be taking-place, comprehensive marshal notes – no-one should under-estimate the effort that goes into organising a race, especially a road event with additional safety criteria to consider. Certainly the energy and effort that went in this event was disproportionate to the race entry (97 finishers) and hopefully future years' entries will yield the numbers that the organisation deserves.

Race souvenirs is a topic that is very subjective – for me personally (see above perspective) the best souvenir of any event is the memory, the prize is the gift of life and health. This event promised a chocolate bar for every finisher – Ben was somewhat trepid given the temperature about the prospect of handing melting chocolate to





finishers as they crossed the line but that duty was assigned to a marshal colleague and Ben provided the finishers with the unexpected bonus of also receiving a box of crackerbread as well as a chocolate bar. Appreciating that I was one of the later finishers, my chocolate bar was a bit "bendy" with the heat so I took it home and put it in the fridge and am eating now as I write this a few days later. A box of crackerbread is not a race souvenir I have ever received before – and I can feel an article coming for a later edition relating to the various race souvenirs I have received over the years.

Summing up – great event, highly recommended, great credit to Poole AC and one for the calendar next year."



*\*\* Most of the roads in the southern part of Canford Heath are named after World War Two fighter pilots (hence the significance of the name of the local pub) the most famous of all being Group Captain Sir Douglas Bader (pronounced Bar-Der).*

*In December 1931, while attempting some aerobatics, he crashed and lost both his legs. Having been on the brink of death, he recovered - retook flight training, passed his check flights and after the outbreak of the*

*Second World War returned to the RAF and was accepted as a pilot. He scored his first victories over Dunkirk during the Battle of France in 1940 and took part in the Battle of Britain. But in August 1941, Bader was shot-down over German-occupied France and was captured and imprisoned in POW camps. Despite his disability, Bader made a number of escape attempts and was eventually sent to the prisoner of war camp at Colditz Castle. Bader's life was immortalised in a BAFTA winning film, [Reach for the Sky](#), starring legendary British actor [Kenneth More](#).*

## Marnhull 12K

**Jacqui Ives :-** "Another Sunday morning....another run! This time I chose the M12k at Marnhull, Stur Newton. Cheeky undulating course on road through scenic north Dorset village lanes. Loved it !:-)

Thanks to Neil Comley for not only volunteering to be lead bike to keep everyone safe but also for waiting for me, cheering & riding to the line with me & taking the obligatory post run photo!. #runhappy

I think my best description of this race was a snapshot of North Dorset without needing to do a marathon. That was my other experience of seeing the sights of Marnhull within the North Dorset marathon in previous years. I booked onto this one as I wasn't planning such a long adventure this time round.

The run itself is called M12K, so may have been a bit obscure in attracting the crowds. On the day it seemed like there was a select bunch of approximately 140 people but as I tend to end up running on my own a lot that didn't really bother me. I didn't recognise anyone as I turned up to park in the farm that had loaned their grounds for parking. This was located only a few mins walk from the focal point of the village church where the Race HQ could be found in the school next to it.

Picking up numbers was easy, toilet facilities were sparse but due to the small number of participants this wasn't an issue. If the event was to grow I would suggest that rather than the token 2 portaloos there were, then perhaps at least doubling that amount would be helpful...

The weather was pretty cool compared to some of the heatwaves people have experienced on recent runs. Therefore running conditions in my view were optimum. It felt quite cold as I left the car but knew that as we were in North Dorset there would likely be some inclines early on that would get the heart rate going and increase my body temperature quickly. I wasn't wrong !!





The start is approximately 5 mins from Race HQ and a quick announcement had us heading down the street to a cute little close to congregate in. Again, should numbers increase I am unsure that this is an optimum place if you had say 300 or so as it felt quite cosy with the 150 we did have. The organiser, had brought her PA system to the start area and the residents in the close all came out to show their support as she gathered us all to give a quick race brief. And then we were off.....

The run meandered through the village streets and made its first turn into the church yard area and out towards Todber. Looking back at my Garmin map it then shows we made a big loop round to an amazingly named place called Fifehead Magdalen. The area was as beautiful as the name suggests albeit the weather was getting increasing miserable as we made our way round.

I was making good pace on all the hills - it was a mere 400ft across the 12k (7.5 mile) course - hilly courses after all are my favourite and weirdly my comfort zone. Perhaps because I am not built for sprinting! I had an undisclosed target of seeing if I could achieve a 9:30/mile pace all the way round. As the course meandered back towards the church I knew I was pretty much

on for that target. As promised Neil Comley had stuck around and shouted encouragement to get me through to the end..... one of those ones where you can see the finish line and then you have about 100m to do round a little green before you actually get to it. I had a sprinter approaching my shoulder and having watched Ben & Ethan in their kids races, I dug in to see if I could keep them away (although most that know me, know that I don't do burn ups lol!). I made it..... Yep I kept the last minute sprinter behind me to the line and I also achieved my personal target of 9:30s on a reasonably bumpy course.

For my efforts I got a new M12K scarf & also a lovely piece of flapjack..... the latter was devoured immediately after my finisher's photo was taken. I walked away from the run feeling great and just made it back to the car before the heavens truly opened and the most torrential rain showers began. Phew that was good timing! I would recommend this run to everyone as it is a challenging enough distance at 7.5 miles and has some cheeky hills to keep you entertained. Look out for this next year, I am sure that myself or Ray will be back to do this one :-)"

## Parkrun tourism



### Parke – Yvonne and Barry Gray

"First day of our relaxing holiday. Hmmm.. What should we do? I know let's get up early and do a really hilly parkrun !!!! (And then drink coffee obviously) !!! ☺ Parkrun at Parke estate in Dartmoor!!! Blimey that



was a toughy!! Big respect to those who do it every week!! 🤔”

Carly Hawkins :- “Parke is ace but yes very challenging! My brother James White ran with a buggy when we went! The regulars were surprised and one told him to make sure Elsie was strapped in tightly! 😂😂”

**Mark Evans - Heartlands Cornwall :-** Parkrun tourist today at heartlands parkrun in Cornwall. Very nice weather and a lovely run



## Isle of Wight – Ian Martin

Check out Isle of Wight on Relive  
<https://www.relive.cc/view/1550353418>

I was visiting the in laws on the I.O.W. today so visited their parkrun and I managed to cross the finish line on my head and shoulders after a little fall - no damage done but I do like to leave a mark.



## Lucas and Carly Hawkins @ Blandford parkrun



## James White @ Southampton parkrun



Where will you travel to next? What is your favourite parkrun venue visited ? Been to a different parkrun venue lately ? What is the most exotic or intrepid parkrun you have ever visited ? If you would like to share your experiences, please send details to [raygraham58@outlook.com](mailto:raygraham58@outlook.com)

## Any event reviews for the next edition of the newsletter ??

Please send in your thoughts and comments regarding events you have taken part in recently. What was good about it ? Why did you enjoy it ? Would you recommend to like-minded runners ? - Pretty much



anything you feel you are happy to write ? . in the next edition we will feature comments from Wessex Cancer Charity, Marnhull 12K, Trust10, Upton Time Trials, Mayday 5or any other event you are happy to write about ...

Comments please to [raygraham58@outlook.com](mailto:raygraham58@outlook.com) for the next edition by 10<sup>th</sup> January please.

### ***Parkrun happy - Some shots of group members enjoying our local parkruns***



***Pacing day at Poole parkrun***



***James, Elsie and Olivia @ Winchester***



***Celebrating Louise's toe @ Moors Valley***



***Injured and still smiling @ Poole Juniors***

### ***Upcoming Local Running events***

**Parkrun** – Every Saturday – 9 a.m.

**What is parkrun ?** It is a 5km timed run\* - it's you against the clock (or you can jog, or walk).

**Where is it?** You now have a choice of several venues – there's a parkrun at Upton, Bournemouth, Poole,





**Blandford, Weymouth, Brockenhurst,  
Lyminster, Moors Valley and Salisbury.**

**When is it?** Every Saturday at 09:00.

Junior ParkRun at **Poole, Moors Valley or Weymouth** Every Sunday at 9:00



**How fast do I have to be?** We all run for our own enjoyment. Please come along and join in whatever your pace!

**What does it cost to join in?** Nothing - it's free! but please register in advance (click **Barcode** for entry details (Note some of the venues charge £1 for parking)

**Never done a parkrun before ? :-** [Take a look at this video](#)

Registration is incredibly easy by simply filling out an electronic form via this link: - <https://www.parkrun.org.uk/register/form/> and then you get access to your own personal barcode. You simply print it off and take it with you to the event. Everyone starts together at 9am and then as you finish you get handed a laminated position barcode which is then scanned along with your own personal one.

*RUN HAPPY DORSET has now been added to the Parkrun database. If you are unaffiliated, you may wish to follow the link via parkrun to "manage my profile" and "edit details" to update your parkrun profile to list "Run Happy Dorset" as your club name. This link can be found in any of the parkrun newsletters, in any of your run results emails, or in your registration confirmation email.*

## Junior Parkrun - Poole Park / Moors Valley Country Park / Weymouth

Every Sunday – 9 a.m.



Junior parkrun was launched in [Poole](#) at the start of the 2016 and since inception over 2,000 different children have now participated. [Moors Valley](#) Junior parkrun was introduced in November 2016 and has had over 1,000 different runners as has Weymouth that began during 2017. All are great events for young runners of all standards between the ages of 4 and 14 - the events are free, well marshalled and children do not need to be accompanied (but can be if desired).

Registration is incredibly easy by simply filling out an electronic form via this link: - <https://www.parkrun.org.uk/register/form/> and then you get access to your own personal barcode. You simply print it off and take it with you to the event. Everyone starts together at 9am and then as you finish you get handed a laminated position barcode which is then scanned along with your own personal one.

If you are free for twenty minutes or so on Sunday morning from time to time, why not be a volunteer ?

As most of you know, the roles are easy and only take a few minutes to learn, ranging from marshalling (bit of pointing and cheering) to timekeeping, to barcode scanning. Find out more [by clicking here](#).

If you think you can help out at any time, do contact [poole - juniorshelpers@parkrun.com](mailto:poole-juniorshelpers@parkrun.com) or [moorsvalley-juniorshelpers@parkrun.com](mailto:moorsvalley-juniorshelpers@parkrun.com)



## Trust10 - A 10k running event at Studland – Next event 27<sup>th</sup> May

Trust10 - A 10k running event at [Studland Bay](#) Dorset

- Booking not needed
- Free event

Trust10 is a free monthly trail run across selected National Trust sites, open to both members and non-members. Come along with your friends and family,



explore the landscape and enjoy the outdoors.

**2018 schedule now announced – Fourth Sunday of most months (except peak summer Season) :-**

**Sun 27<sup>th</sup> May**

**Sun 24<sup>th</sup> June**

**Sun 23<sup>rd</sup> September**

**Sun 28<sup>th</sup> October**

**Sun 25<sup>th</sup> November**

**Sun 23<sup>rd</sup> December**

Run registration is from 8.30am. The race start time is 9am and everyone sets off together, the route is fully signed and we have marshals on the road crossings. We look forward to seeing you on Sunday morning! The café is open from 9.30am.



The minimum age for runners is 14 years if accompanied by an adult or 16 years if unaccompanied.

**Prices** - This event is free, but normal parking charges apply for the venue (Free parking for National Trust Members)

**The basics** - Unfortunately dogs are not welcome at this event.

**Meeting point** - Meet at the Knoll Beach Centre  
- At registration we will need your name, e-mail and emergency contact details. If timing is important to you, bring your own device and monitor your time each time you take part. Please arrive dressed and ready for the event. Bring warm clothing and a clean kit to change. Normal running shoes or trail shoes are suitable.



## **Poole Runners Summer Time Trials – Upton Country Park**

A Summer Series of time trials has been organised by Poole Runners for the past thirty years. All ages and abilities welcomed. You don't have to be a member of a running club. The routes are traffic free paths starting in finishing in front of Upton House

This is a "turn up and run" series of six races now on **Wednesday** evenings. Juniors at 6.45 pm, Seniors at 7.15 pm. Registration is from 6 pm at the rear of the main car park.

Prizes awarded after last race. £50 overall male and female and age category prizes. Four races required to qualify.

Entry is just £2 per race for EA registered runners (£1 for under 14s). £4 for first race for non-EA runners, then £2 for the remainder of races. Parking is chargeable.



Course is off road and approximately three and a half miles. (one mile for Juniors). Seniors run two laps of the perimeter of Upton Park (approx. 3.5 miles) and U14 a little over a mile.

Runners can compete in as many or as few races as wanted. An entry form has to be completed just once at your initial event. You will be given a race number to use for the remainder of the series.

The event is now an England Athletics registered race; results will be published on Run Britain and Poole Runners website (<http://poolerunners.co.uk/summer-series-2018/>) shortly after each event.

**The 2018 Series will be held on Wednesday evenings.** The dates are as follows : ~~2<sup>nd</sup> May~~ / ~~23<sup>rd</sup> May~~ / ~~20<sup>th</sup> June~~ / ~~4<sup>th</sup> July~~ / ~~25<sup>th</sup> July~~ / ~~8<sup>th</sup> August~~.

For more info visit : - <http://poolerunners.co.uk/summer-series-2018/>





**Next race of the 2018 Season - Wednesday 20<sup>th</sup> June.**

**Social Event – Play – 5<sup>th</sup> June 8.45 p.m. – Gold Hill Farm**

Living Spit  
present...

5<sup>th</sup> June  
Open 8.00pm for 8.45

**TURTLE DOISE VS HARE**

Doddlers... Don your bibs and cheer on your favourite!

£6/person  
01258 861916

Living Spit bring their trademark hilarious rhyming play to Gold Hill Organic Farm DT11 8HB.  
A tale of two men, one running club and race to end all races!

Andrew and Sara Cross of Gold Hill Farm, Child Okeford (Mile 22ish of the NDVM) are hosting the fantastic Living Spit theatre company.

It is open to all and if you fancy a run first there a couple of options available to you.

Email Sara at [vegetables4@hotmail.com](mailto:vegetables4@hotmail.com) for tickets and more details.

**Social Event – HAVING A BALL - Friday 29<sup>th</sup> June**



An invitation from Carole Ingham to ALL Dorset running club members and their partners

**"HAVING A BALL 2018"**

**Friday 29<sup>th</sup> June, 7 pm - 11:30 pm**

An opportunity for the whole Dorset running community to get together and enjoy an evening of great food, good company and Rock 'N' Roll!

**The Hamworthy Club, Canford Magna, BH21 3AP**

**£25pp to include a 3-course meal + dancing to live band "CURVEBALL".**

To sign up and register your food choices visit :-

**<https://poolerunningevents.co.uk/events/dorset-runners-having-a-ball-2018/>**

**Corfe Mullen 5K - Tuesday 12<sup>th</sup> June – 7.30 p.m. (Juniors at 7 p.m.)**

***"Nice venue, nice atmosphere" "Truly a "fun run, village fete" kind of feel to it "***

This friendly charity race is ideal for beginners, first-timers, and improvers.

Race is fully off-road (grass) around [Corfe Mullen](#) with scenic views towards Wimborne; a two-lap course, with a couple of gradual



inclines to make things easy.

This year's Carnival 5km will take place on the evening of Tuesday the 12th of June.

The event will consist of a junior 1 mile race for 8 to 13 year olds and a 5 km race for adults and juniors ages 14 and over.



The junior event will start at 7:00 pm, followed by the 5km at 7:30 pm.

All junior participants will receive

a commemorative medal for successfully completing the course. There will also be prizes for the first non-club runner male / female / boy / girl who reside in Corfe Mullen.

**Corfe Mullen Carnival** :- The race is planned to coincide with the Corfe Mullen Carnival, which takes place this year on Saturday 9th June. Click [here](#) to link to the Carnival's own website to find out more about the various activities taking place during this year's Carnival.

**2018 Nominated Charities** :- Profits from the race will go towards the Corfe Mullen Carnival's nominated charities: Harlequin Care, Ashley's Birthday Bank, Friends of Dolphin, Montacute School and Forest Holme Hospice.

Click [here](#) for more details and Entry Form

**Corfe Mullen Carnival committee** :- "The time has come once again for the Corfe Mullen Carnival 1 mile and 5km run.

Last year, we again increased the number of kids running on the night, and hope to have even more again this year. It is such a good opportunity to get together within the community with people of all ages, including club runners and people who have never run before. The run supports the Corfe Mullen carnival local charities, but also gives us the opportunity to get out there and challenge ourselves and our kids to run.

Even running for 10 minutes around the block is enough to get our endorphins (a chemical in the brain makes us feel happy) flowing. Combine that with the joy of being outside, away from school or homework, and you've got a recipe for success. Running with your kids allows you time to catch up with what they are doing away from other distractions. Studies have shown that just a little bit of aerobic exercise each day can actually create new brain cells and improve memory.

So come on, you've got plenty of time to tempt friends and family that haven't done it before to get up and give it a go. Please encourage your kids' school to promote the run, and tell as many people as you can. Young and old, experienced and first timers, you are all welcome.

We look forward to seeing you on the evening of June 12<sup>th</sup>."

## **Purbeck 10K - Friday 22<sup>nd</sup> June - 7:30pm**

Purbeck Runners are proud to be hosting the Purbeck 10K on Friday 22nd June, 7:30pm. The picturesque rural undulating course takes in stunning views of Corfe Castle and surrounding heathland. With no big hills, PB's are frequently recorded year on year. All proceeds from the race go to a chosen charity, with Julia's House receiving £3,000 in 2017. For 2018, our chosen charity is Cancer Research UK.

Entries are now open for this race, which has always received rave reviews – Race Headquarters are the Norden Park & Ride (near Corfe Castle).





The route follows a Picturesque rural undulating course taking in stunning views of Corfe Castle taking in the stunning Purbeck Scenery and the Legendary Corfe Castle.

Entries

<https://www.fullonsport.com/event/purbeck-10k-2018/profile>

Webpage - <http://www.purbeckrunners.co.uk/our-races/purbeck-10k-2018>

**Comments from previous years :-** "I cannot fault the organisation with clearly so much thought put in to every detail. Pre-race info excellent, website excellent, entry status and info excellent, having the entry list on-line really helpful, good pre-race communication re parking facilities, on the night marshalling superb (including parking) and again Ross' commentary at the finish adding to the atmosphere."

"Once again a privilege to witness the very impressive organisation that Purbeck Runners put into this event – so many touches and "added extras" – if there was a competition for "best local race" – this really would be a prime contender."

"Many congratulations to all at Purbeck Runners involved in this event, and thanks for assistance with entries and results and such before and after the event."

**Tarrant Valley 10K – Sunday 15<sup>th</sup> July – 10.30 a.m.**

# THE TARRANT VALLEY 10



On Sunday 15<sup>th</sup> July, the peaceful village of Tarrant Monkton in North Dorset will put on its running shoes once again and play host to the annual "Tarrant Valley 10", a 10km race on roads, bridleways and farm tracks set in the beautiful Cranborne Chase. The TV10 and a separate 1 mile children's fun run will start at 10.30 and 10.35 respectively, directly in front of The Langton Arms pub in the heart of the village.

Runners can look forward to a challenging race, though the scenery is magnificent. The course is approximately 50% in shade, passing through wooded copses and open farmland. Upon cresting the final ascent, runners enjoy a spectacular view over the north Dorset countryside. The event is open to runners of all standards. Whatever your level, you are likely to find others running

alongside you.

The TV10 is hosted on a non-profit making basis with all proceeds going to local charities; The Louis Ross Foundation and Bus Shelter Dorset are this year's beneficiaries.

This popular event is held under UK Athletics rules (Licence 2018-31557 ). Full details, including online and postal entry methods, are on our website: [www.tarrantvalley10.webs.com](http://www.tarrantvalley10.webs.com)



The 10km race begins on tarmac roads but, after the first kilometre and a challenging ascent into Hogstock Coppice, the course continues on well-surfaced bridleways and farm tracks. Relatively flat through Sing Close, Long Row and Calcott's Coppices, half-way is reached at Six Cross Ways in Chetterwood. Past Strawberry Coppice and a gentle climb to Launceston Wood, the course

then opens out to deliver a quite spectacular view over the North Dorset countryside. An exciting 800m descent on Common Drove leads to the road once again and a 600m sprint through the village to the finish. Approximately half of the race is in shade.

The 10km race begins at 10.30am, shortly followed by the 1 mile children's race. The prizes for the 10km race will be for the 1st, 2nd and 3rd male runner and for the 1st, 2nd and 3rd female runner. There will also be veteran category prizes, and others for the first under-20 runner and the first Tarrant Valley runner. A team prize will also be awarded.

Refreshments, including a BBQ, teas/coffees, ice cream and cakes will be available at the start/finish area.

### **New Forest Stinger - 4<sup>th</sup> November 2018 – 10 a.m.**



Entries for this year's New Forest Stinger are now open. This year we have gone back to the 5 and 10 mile routes with a slight change to the finish. There is no chip timing this year but feel it more beneficial to the runners so we can keep costs down. Would be great to see as many of you as possible again for our popular event. We have changed the date but we hope this doesn't put you off, this was done to help out the Forestry Commission and to stop us clashing with other trail events locally.

Entries are available through either [www.tottonrunningclub.co.uk/stinger](http://www.tottonrunningclub.co.uk/stinger) or via

<https://www.eventbrite.co.uk/e/new-forest-stinger-2018-tickets-44681565766>

We also have a dedicated Facebook page for our event so please go and like the page so we can keep you up to date with what's going on in the lead up to the race. We have a team of people that will be posting photos of the course and its condition, as well as some updates as to what the race bling will look like this year - there will be an exclusive medal

@NewForestStinger is the way to find us.

### **Race Organisers – Promote your event here**

**Race organisers** - You will see some of the race adverts above, and if you have a race coming up in the next three months or so that you think would appeal to members of our group, and you would like to advertise here, please drop me a line with race details (maybe with an image and



website link).

**Runners** – Is there is a local event that you would recommend to our group ?, then also please drop me a line with race details, and your comments as to why you'd recommend it, and/or get the race organisers to contact me.

I guess we would all be particularly interested to hear about "less famous" events that might otherwise not be "on our radar" ? And events for first-timers / improvers ???

Please send your thoughts to [raygraham58@outlook.com](mailto:raygraham58@outlook.com)

## Forthcoming Local Running events – May to August 2018

I have listed below local events for the next few months, to give you a chance to enter early and tailor your training. If you would like further information on any of the races click on the hyperlink to visit the race website.

A fuller list of races for the whole of the forthcoming year is now maintained on a Race Calendar which I maintain and re-issue at least monthly (If you are not currently on the distribution list for this and would like to be added, please send [Ray](#) your email address.)

The latest version is also accessible via the DRRL website – take a look via : - <http://drri.co.uk/wp-content/uploads/local-fixture-list.pdf> (add this to your favourites on your browser ?).

If you are a race organiser and would like your race listed, or details amended, contact [Ray](#) (If you have additional information and would like to advertise your race in this newsletter contact [Ray](#))



Date	Race	Link
Every Sunday	Moors Valley Junior Parkrun 2K (ages 4-14)	<a href="http://www.parkrun.org.uk/moorsvalley-juniors/">http://www.parkrun.org.uk/moorsvalley-juniors/</a>
Every Sunday	Poole Junior Parkrun 2K (ages 4-14)	<a href="http://www.parkrun.org.uk/poole-juniors/">http://www.parkrun.org.uk/poole-juniors/</a>
Every Sunday	Weymouth Junior Parkrun 2K (ages 4-14)	<a href="http://www.parkrun.org.uk/weymouth-juniors/">http://www.parkrun.org.uk/weymouth-juniors/</a>
Every Saturday	Blandford Parkrun (5K)	<a href="http://www.parkrun.org.uk/blandford/course/">http://www.parkrun.org.uk/blandford/course/</a>
Every Saturday	Bournemouth Parkrun (5K)	<a href="http://www.parkrun.org.uk/bournemouth/course/">http://www.parkrun.org.uk/bournemouth/course/</a>
Every Saturday	Moors Valley Parkrun (5K)	<a href="http://www.parkrun.org.uk/moorsvalley/course/">http://www.parkrun.org.uk/moorsvalley/course/</a>
Every Saturday	Poole Parkrun (5K)	<a href="http://www.parkrun.org.uk/poole/course/">http://www.parkrun.org.uk/poole/course/</a>
Every Saturday	Upton House Parkrun (5K)	<a href="http://www.parkrun.org.uk/moorsvalley-juniors/">http://www.parkrun.org.uk/moorsvalley-juniors/</a>
Every Saturday	Weymouth Parkrun (5K)	<a href="http://www.parkrun.org.uk/weymouth/course/">http://www.parkrun.org.uk/weymouth/course/</a>
19/05/2018	Jurassic Quarter (46 mile Ultra)	<a href="https://www.endurancelife.com/jurassicquarter">https://www.endurancelife.com/jurassicquarter</a>
20/05/2018	Wessex Ridgeway 100k Relay	<a href="http://www.wessexridgeway.co.uk/">http://www.wessexridgeway.co.uk/</a>
20/05/2018	Hard Way Half (Portland)	<a href="https://rmpacportland.wordpress.com/the-half-way-har/">https://rmpacportland.wordpress.com/the-half-way-har/</a>
20/05/2018	Southampton AC Netley 10km	<a href="http://www.southamptonathleticclub.org.uk/wordpress/netley-10km/">http://www.southamptonathleticclub.org.uk/wordpress/netley-10km/</a>
20/05/2018	Hook 10 Miles (+ Fun Runs)	<a href="http://www.hookfunrun.com/">http://www.hookfunrun.com/</a>
20/05/2018	Race for Life (Ladies only) 10K - Dorchester	<a href="https://raceforlife.cancerresearchuk.org/find-an-event">https://raceforlife.cancerresearchuk.org/find-an-event</a>
20/05/2018	Race for Life (Ladies only) 5K - Dorchester	<a href="https://raceforlife.cancerresearchuk.org/find-an-event">https://raceforlife.cancerresearchuk.org/find-an-event</a>
23/05/2018	Upton Country Park - Junior Time Trial - 1 Mile	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
23/05/2018	Upton Country Park - Summer Time Trial 3.5M	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
26/05/2018	Wimborne & Ferndown 5K Charity Muddy Fun Run	<a href="https://www.facebook.com/events/185227105593149/">https://www.facebook.com/events/185227105593149/</a>
26/05/2018	Egdon Easy	<a href="http://www.egdonheathharriers.com/ourraces/race.php?id=2">http://www.egdonheathharriers.com/ourraces/race.php?id=2</a>
27/05/2018	Dorchester Marathon (White Star)	<a href="http://dorchestermarathon.co.uk/">http://dorchestermarathon.co.uk/</a>
27/05/2018	Trust10 - National Trust 10K at Studland Beach	<a href="http://www.nationaltrust.org.uk/events/75cbe61d-717e-455a-b3a339101e744/pages/details">http://www.nationaltrust.org.uk/events/75cbe61d-717e-455a-b3a339101e744/pages/details</a>
27/05/2018	Casterbridge Half Marathon (White Star)	<a href="http://dorchestermarathon.co.uk/">http://dorchestermarathon.co.uk/</a>
02/06/2018	Poole Festival of Running - Run for Cancer 5K	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
03/06/2018	Poole 10K	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
03/06/2018	Poole Festival of Running - Half Marathon	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
03/06/2018	Romsey Braishfield Beer Race - ENTRIES CLOSED - RACE LIMIT REACHED	<a href="http://www.romseyroadrunners.co.uk/beer-race/">http://www.romseyroadrunners.co.uk/beer-race/</a>
03/06/2018	One Fun Run, Salisbury	<a href="https://jdrf.org.uk/event/one-fun-run-salisbury/?utm_source=FB&amp;utm_medium=FB+awareness+ad">https://jdrf.org.uk/event/one-fun-run-salisbury/?utm_source=FB&amp;utm_medium=FB+awareness+ad</a>
03/06/2018	Poole Festival of Running - Children's 1	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>

	Mile Races	
10/06/2018	Weymouth Half Marathon	<a href="http://www.justracinguk.com/event/2018/weymouth-half-marathon-tbc">http://www.justracinguk.com/event/2018/weymouth-half-marathon-tbc</a>
10/06/2018	QOF badass 10km (Andover) Trail Half Marathon	<a href="https://www.facebook.com/events/335275536949901/">https://www.facebook.com/events/335275536949901/</a>
10/06/2018	Yeovil Marathon	<a href="http://yeovilmarathon.co.uk/">http://yeovilmarathon.co.uk/</a>
10/06/2018	Puddletown Plod Half Marathon	<a href="http://www.puddletownplod.co.uk/">http://www.puddletownplod.co.uk/</a>
10/06/2018	Yeovil Heron Half Marathon	<a href="http://yeovilmarathon.co.uk/">http://yeovilmarathon.co.uk/</a>
10/06/2018	Collingbourne (Andover) Trail Half Marathon	<a href="http://andovertrailrunners.co.uk/events/collingbourne-half-marathon">http://andovertrailrunners.co.uk/events/collingbourne-half-marathon</a>
10/06/2018	Race for Life (Ladies only) 10K - Bournemouth	<a href="https://raceforlife.cancerresearchuk.org/find-an-event">https://raceforlife.cancerresearchuk.org/find-an-event</a>
10/06/2018	Race for Life (Ladies only) 5K - Bournemouth	<a href="https://raceforlife.cancerresearchuk.org/find-an-event">https://raceforlife.cancerresearchuk.org/find-an-event</a>
12/06/2018	Corfe Mullen 5K	<a href="http://www.cm5k.co.uk/">http://www.cm5k.co.uk/</a>
17/06/2018	Eastleigh 10K	<a href="http://www.runningmania.co.uk/">http://www.runningmania.co.uk/</a>
17/06/2018	Bransgore Fun Run 5K	<a href="http://www.rotary-ribi.org/clubs/page.php?PgID=590629&amp;Club">http://www.rotary-ribi.org/clubs/page.php?PgID=590629&amp;Club</a>
17/06/2018	Bransgore Fun Run 5K 10K	<a href="http://www.rotary-ribi.org/clubs/page.php?PgID=590629&amp;Club">http://www.rotary-ribi.org/clubs/page.php?PgID=590629&amp;Club</a>
17/06/2018	Race for Life (Ladies only) 10K - Poole	<a href="https://raceforlife.cancerresearchuk.org/find-an-event">https://raceforlife.cancerresearchuk.org/find-an-event</a>
17/06/2018	Race for Life (Ladies only) 5K - Poole	<a href="https://raceforlife.cancerresearchuk.org/find-an-event">https://raceforlife.cancerresearchuk.org/find-an-event</a>
17/06/2018	Race for Men Salisbury 10K	<a href="https://www.active.com/salisbury-wiltshire/running/distance-races/race-for-men-salisbury-2018">https://www.active.com/salisbury-wiltshire/running/distance-races/race-for-men-salisbury-2018</a>
17/06/2018	Race for Men Salisbury 3K	<a href="https://www.active.com/salisbury-wiltshire/running/distance-races/race-for-men-salisbury-2018">https://www.active.com/salisbury-wiltshire/running/distance-races/race-for-men-salisbury-2018</a>
17/06/2018	Race for Men Salisbury Half Marathon	<a href="https://www.active.com/salisbury-wiltshire/running/distance-races/race-for-men-salisbury-2018">https://www.active.com/salisbury-wiltshire/running/distance-races/race-for-men-salisbury-2018</a>
20/06/2018	Upton Country Park - Junior Time Trial - 1 Mile	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
20/06/2018	Upton Country Park - Summer Time Trial 3.5M	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
22/06/2018	Purbeck 10K	<a href="http://www.purbeckrunners.co.uk/">http://www.purbeckrunners.co.uk/</a>
23/06/2018	Giants Head Marathon (White Star)	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
23/06/2018	Sydling Hill 10K (White Star)	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
23/06/2018	Ferndown 10K Charity Run	<a href="http://www.ferndown10k.co.uk">www.ferndown10k.co.uk</a>
23/06/2018	Ferndown 5K Charity Run	<a href="http://www.ferndown10k.co.uk">www.ferndown10k.co.uk</a>
23/06/2018	Ferndown Charity Children's Fun Runs	<a href="http://www.ferndown10k.co.uk">www.ferndown10k.co.uk</a>
24/06/2018	Sydling Hill Advanced Bell Race 9K (White Star)	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
24/06/2018	Trust10 - National Trust 10K at Studland Beach	<a href="http://www.nationaltrust.org.uk/events/75cbe61d-717e-455a-b3a339101e744/pages/details">http://www.nationaltrust.org.uk/events/75cbe61d-717e-455a-b3a339101e744/pages/details</a>
24/06/2018	Lordshill 10K	<a href="http://www.lordshillroadrunners.org.uk/lordshill-10k">http://www.lordshillroadrunners.org.uk/lordshill-10k</a>
24/06/2018	Sydling Hill Fun Bell Race 3K (White Star)	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
24/06/2018	Lulworth Castle 10K	<a href="http://www.lulworthcastle10k.com/">http://www.lulworthcastle10k.com/</a>
01/07/2018	Littledown Marathon (Date TBC)	<a href="http://www.littledownharriers.co.uk/">http://www.littledownharriers.co.uk/</a>
01/07/2018	St Catherine's Challenge (Winchester) 10K	<a href="http://www.stcatherineschallenge.co.uk/">http://www.stcatherineschallenge.co.uk/</a>
01/07/2018	St Catherine's Challenge (Winchester) 5K	<a href="http://www.stcatherineschallenge.co.uk/">http://www.stcatherineschallenge.co.uk/</a>
01/07/2018	Dorset Rainbow Run 3K (Upton Country Park)	<a href="https://www.naomihouse.org.uk/events/392-dorset-rainbow-run">https://www.naomihouse.org.uk/events/392-dorset-rainbow-run</a>
01/07/2018	<b>Portland 10</b>	<a href="https://rmpacportland.wordpress.com/portland-10-2/">https://rmpacportland.wordpress.com/portland-10-2/</a>
01/07/2018	Sway 5	<a href="https://www.eventbrite.com/e/sway-carnival-5-mile-run-tickets-41707942579">https://www.eventbrite.com/e/sway-carnival-5-mile-run-tickets-41707942579</a>
04/07/2018	Upton Country Park - Junior Time Trial - 1 Mile	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
04/07/2018	Upton Country Park - Summer Time Trial 3.5M	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
07/07/2018	Cider Frolic (White Star) 12-hour event	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
07/07/2018	Honeypot Lepe Loop 10K	<a href="https://www.eventbrite.co.uk/e/honeypot-lepe-loop-10-km-tickets-42079850967">https://www.eventbrite.co.uk/e/honeypot-lepe-loop-10-km-tickets-42079850967</a>
08/07/2018	Cider Frolic (White Star) Piggy Plod 10K	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
08/07/2018	Cider Frolic (White Star) Kids Piggy Plod 2.5K	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
08/07/2018	Portchester Castle 10K	<a href="https://ruralrunningevents.com/event/portchester-castle-10k">https://ruralrunningevents.com/event/portchester-castle-10k</a>
08/07/2018	New Forest Ten (+ Fun Runs) - NOT TAKING PLACE IN 2018	<a href="http://www.nf10.co.uk/">http://www.nf10.co.uk/</a>



14/07/2018	Lulworth Cove Running Challenge Ultra Marathon (53K)	<a href="https://trailevents.co/events/lulworth-cove/">https://trailevents.co/events/lulworth-cove/</a>
14/07/2018	Lulworth Cove Running Challenge Marathon	<a href="https://trailevents.co/events/lulworth-cove/">https://trailevents.co/events/lulworth-cove/</a>
14/07/2018	Lulworth Cove Running Challenge Half Marathon	<a href="https://trailevents.co/events/lulworth-cove/">https://trailevents.co/events/lulworth-cove/</a>
14/07/2018	Lulworth Cove Running Challenge 10K	<a href="https://trailevents.co/events/lulworth-cove/">https://trailevents.co/events/lulworth-cove/</a>
14/07/2018	Lytchett Summer Relays - Holton Lee	<a href="http://www.lytchettmanorstriders.org/lytchettRelays.php">http://www.lytchettmanorstriders.org/lytchettRelays.php</a>
15/07/2018	Tarrant Valley 10K (and 1 mile fun run)	<a href="http://www.tarrantvalley10.webs.com/">http://www.tarrantvalley10.webs.com/</a>
15/07/2018	Colmers Hill 10K Challenge	<a href="https://www.fullonsport.com/event/colmers-10k-challenge/profile">https://www.fullonsport.com/event/colmers-10k-challenge/profile</a>
22/07/2018	D'Urberville Dash 10K (Wool, Nr Wareham)	<a href="http://www.egdonheathharriers.com/ourraces/race.php?id=5">www.egdonheathharriers.com/ourraces/race.php?id=5</a>
25/07/2018	Upton Country Park - Junior Time Trial - 1 Mile	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
25/07/2018	Upton Country Park - Summer Time Trial 3.5M	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
28/07/2018	Dorset Invader (White Star) Marathon	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
28/07/2018	Dorset Invader (White Star) Chaos	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
29/07/2018	Dorset Invader (White Star) Half Marathon	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
02/08/2018	Swanage Carnival 4M	<a href="https://www.swanagecarnival.com/funrun.aspx">https://www.swanagecarnival.com/funrun.aspx</a>
<b>05/08/2018</b>	<b>Sturminster Half Marathon</b>	<a href="http://www.sturhalf.co.uk/">http://www.sturhalf.co.uk/</a>
05/08/2018	Bridport Power Fun Run 3K	<a href="http://www.beyondevents.org.uk/bridport_powder_run.html">www.beyondevents.org.uk/bridport_powder_run.html</a>
08/08/2018	Upton Country Park - Junior Time Trial - 1 Mile	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
08/08/2018	Upton Country Park - Summer Time Trial 3.5M	<a href="https://poolerunningevents.co.uk/">https://poolerunningevents.co.uk/</a>
11/08/2018	Maiden Newton Madness (Date TBC)	<a href="https://www.fullonsport.com/event/maiden-newton/profile">https://www.fullonsport.com/event/maiden-newton/profile</a>
12/08/2018	Beaminster 10K	<a href="https://www.facebook.com/events/116654219174707/">https://www.facebook.com/events/116654219174707/</a>
12/08/2018	Beaminster 5K	<a href="https://www.facebook.com/events/116654219174707/">https://www.facebook.com/events/116654219174707/</a>
12/08/2018	Salisbury 5-4-3-2-1 50K Trail Ultra Marathon	<a href="http://www.salisbury54321.com/">http://www.salisbury54321.com/</a>
12/08/2018	Salisbury 5-4-3-2-1 Trail 50K	<a href="http://www.salisbury54321.com/">http://www.salisbury54321.com/</a>
12/08/2018	Salisbury 5-4-3-2-1 Trail Marathon	<a href="http://www.salisbury54321.com/">http://www.salisbury54321.com/</a>
12/08/2018	Salisbury 5-4-3-2-1 Trail Marathon	<a href="http://www.salisbury54321.com/">http://www.salisbury54321.com/</a>
12/08/2018	Salisbury 5-4-3-2-1 Trail Marathon	<a href="http://www.salisbury54321.com/">http://www.salisbury54321.com/</a>
12/08/2018	Bridport Jurassic Coast Run 10K	<a href="https://www.fullonsport.com/event/bridport-jurassic-coast-run-halfmarathon/profile">https://www.fullonsport.com/event/bridport-jurassic-coast-run-halfmarathon/profile</a>
12/08/2018	Bridport Jurassic Coast Run Half Marathon	<a href="https://www.fullonsport.com/event/bridport-jurassic-coast-run-halfmarathon/profile">https://www.fullonsport.com/event/bridport-jurassic-coast-run-halfmarathon/profile</a>
<b>12/08/2018</b>	<b>Round the Rock 10K</b>	<a href="https://rmpacportland.wordpress.com/round-the-rock-10k/">https://rmpacportland.wordpress.com/round-the-rock-10k/</a>
12/08/2018	Salisbury 5-4-3-2-1 Trail 33K	<a href="http://www.salisbury54321.com/">http://www.salisbury54321.com/</a>
12/08/2018	Salisbury 5-4-3-2-1 Trail Half Marathon	<a href="http://www.salisbury54321.com/">http://www.salisbury54321.com/</a>
25/08/2018	East Farm Marathon (White Star)	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
25/08/2018	East Farm Half Marathon (White Star)	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
25/08/2018	East Farm 10K (White Star)	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
26/08/2018	East Farm Frolic (White Star)	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>
26/08/2018	Studland Country Fair 5K	<a href="http://www.purbeckrunners.co.uk/our-races/studland-5k-2016">http://www.purbeckrunners.co.uk/our-races/studland-5k-2016</a>
27/08/2018	East Farm Chaos (White Star)	<a href="http://whitestarrunning.co.uk/">http://whitestarrunning.co.uk/</a>

## Upton Country Park Saturday Morning Running Group - "The story behind the club"

Runners in the Dorset area are blessed to have so many running clubs, groups and communities in the local area. There are around 20 or so fully affiliated clubs registered with England Athletics, plus a few more non-affiliated community groups, and a number of running communities that have proliferated via social media also. There are big clubs, there are small clubs; there are clubs that cater for the highest standards, groups that cater for beginners; and everything in between; and groups that focus more on the social side of the sport than the competitive side; groups that operate across clubs and groups for members of clubs and non-members alike.

This is another episode in our regular feature telling "the story behind the club".



**Tony Weaver :-** "Hi I'm Tony and I lead a small friendly free running group on a Saturday morning in Upton country park.

I started this group with the backing of Lytchett Manor Striders to coincide with the opening of Upton parkrun, the plan was to focus on beginners and aim to get them up to doing their first parkrun. Shortly after this Poole runners began the couch to 5k program in Poole park which was very popular, and being friends with some of the coaches enabled me to offer this Saturday run as an extra session for their group and many came and ran with us.

Fast forward to present day many have been through the group and moved onto to doing 10k's and beyond although some of the original beginners still attend as they enjoy the session, we regularly get new beginners coming through so the group continues to thrive, new faces are always welcome, we start at 10am and meet in the main car park near the dog wash/ toilet block area so if you are at a loose end feel free to come along bring your enthusiasm and sense of humour!

Our session starts with some stretches and warm ups followed by some running, we usually break up the session with some leg strengthening and balance exercises then continue with some more running until we finish with some more stretches. The session lasts about an hour in total and when finished we go for tea/coffee in the cafe.

if you have any questions or would like more information about this group then you can contact me via posting on Facebook on [Run Happy Dorset group](#) page or Lytchett manor striders group or you can email me at [weavertony106@gmail.com](mailto:weavertony106@gmail.com) or text me 07757 283843.

All the best and happy running."

**Lorraine Bowdler :-** "I started Tony's group last year during my couch 2 5km course and I am still going !!

There are at least 5 of us who went into his group from last year's couch - so we have all been there and know what it is like 😊.

It's a lovely friendly group, who support each other. Hope you will give it a try"

We would like to feature your group/club in a future edition of the Run Happy Dorset Newsletter. I am thinking on the lines of (but not restricted to), things like :- What is the story behind your club/group ?. How long is it been going ? How did it get started ? What is your club philosophy (who do you cater for, etc...)?

If you, or one (or more) of your members would be willing to put a few words together do please get in touch at [raygraham58@outlook.com](mailto:raygraham58@outlook.com)

## My running story - by group member Fiona Pawsey

My story is that I started running in August 2016 at Weymouth parkrun encouraged by a friend. No idea how to run and started running from August to April in my sons trainers (2 sizes too big with thick socks) as the first parkrun realised I had no trainers!





Got hooked and next thing I know I'm entering races. First one was the Egdon Easy 10k in May 2017 (that's the point that I thought I had better get my own running shoes).

Since then I have run 2 x 10k's, the Ash Excellent 8, Weymouth and Wimborne 10 miles (2017). The Dark moors 5 miles and Sika 10k (2018).

I've also entered two half marathons this year (Weymouth and Casterbridge) as well as the Ash 8 and 3 x 10k.

Can't believe that I run still but love it and love the community. I now also help out on the core teams for Weymouth parkrun and Weymouth junior parkrun.

Love it 😊

## “From the couch” - by group member Nikkii Small

**Nikkii Small :-** “Wow, I did couch to 5k with BHAM (Bower Hinton, Ash, and Martock) .last year.

At first I found this so hard.... found myself at the back every time and ran (jog) alone. But I wasn't going to let that stop me. I graduated in over an hour BUT I did it. (Job change) I had no time at all to even celebrate Xmas with working. (Reindeer and Santa)

In November I did my first 5K race at the poppy run. It was hard, again on my own. I ran over that line with the thought they did so much more than I could ever do, suck it up and finish.

I found myself able to start running again in late January. I live near the moors in Langport so mud, falling over, shouting at my head I started. I was posting my running, but found the it's for me head space I stopped. I gave up again. So I find myself writing this email and can tell you it's still hard. I have to stop a parkrun and my head and body were fighting, after going to the doctors it was because I have a chest infection.

Today I went along to another park run and completed it. Alone with the tail runners. In this beautiful heat.

I'm a 40yr old, over weight female (Not a lady) who is strong minded with a few medical conditions. But I do it.

Today I'm proud to say I'm up out and crossing the line.

Don't give up, ask for help... run for yourself. Stay strong..... you are amazing “

### My latest 5k parkrun

Street parkrun started 6<sup>th</sup> May - hubby wanted to go, I wanted to stay in bed. But him moaning p\*\*sed my off so in a grump I got up. Dressed in my gear. Thinking of a way to get out of it on the car drive over. But found myself a little “maybe do it”. Head telling me “You haven't done anything for ages and you might want to do it ?”. So with the sun shining and so many friends I haven't seen in a while I went to the runners briefing, standing on the start line..... I took off.

“What are you doing ?” my feet said to my head, so me being me..... shoes went off and I ran the next 2 laps without them. When I came to lap 2 I was so close to pulling out. NO YOU ARE NOT STOPPING - GET YOUR BACKSIDE ROUND 2 MORE TIMES!!!!

So round I went on lap 2, getting more cross with myself in every step. BUT I did it. 5K in under an hour.... Thank God as I need to do rock and roll Liverpool 5K in under the hour.. I was standing with the first runner next to me, they wanted photos! Great - just what I needed. After nearly killing myself, have a



photo and smile !!

Into the coffee shop, to my surprise some of my friends had waited for me. Already eaten and drank, some even changed..... there they were. ☺☺☺ I haven't got "the running bug" nor do I enjoy it. All I can say.... Every time it's a little quicker in recovery.

I am a member of a running club, it isn't something you have to join but it's always nice to feel part of a team and people cheering you on. You make friends with likeminded people. I have way before I started running made friends for life.

Give it ago, try different things.

- **Why do you run? What got you into running ? What do you get from it ?**
- **When you get the chance feel free to write your story for this new regular feature**

Please send your thoughts to [raygraham58@outlook.com](mailto:raygraham58@outlook.com)

## Have you done a Couch to 5K programme ?? - Help others by completing this survey



**Steph Hatt :-** As a postgraduate student at The University of Winchester, I'm currently undertaking a project around individual's experiences of the Couch to 5K programme and the impact of this on physical and mental health.

As such, I'm looking for people to complete an online survey, lasting around 15 minutes, that can be done via computer or various multi-media devices with an internet connection (such as a tablet). This research is anonymous and any data given will not be attributed to individuals.

Should you have any questions or queries about this research however, then please feel free to email: [S.Hatt.15@unimail.winchester.ac.uk](mailto:S.Hatt.15@unimail.winchester.ac.uk)

<https://Winchester.onlinesurveys.ac.uk/couch-to-5k-experiences>

Many thanks. Steph

## Think you can't run? Surprise yourself



### Couch to 5K – Flying Feet

**Esther Downes :-** I run Couch to 5k (and 5k plus courses) in Broadstone and Bournemouth. Currently I have 3 groups that run from The Junction gym in Broadstone that start approx. every 3 months. Wednesday at 10am and 1 evening at various times.

The course is run via the gym and includes a free month's membership on completion of the course and full attendance. It is £28 for the course which lasts 8 weeks. Numbers are limited to 12 per group. Next one will start after Easter.

Again Facebook support is given throughout the programme direct to myself as coach as well as a parkrun buddy during the course.

There are follow on courses for those wanting to carry on running after completing 5k distance which are 6 weeks for £20.

More details can be found via website ([flyingfeetrunning.co.uk](http://flyingfeetrunning.co.uk)) or Facebook page ([flyingfeetrunning](https://www.facebook.com/flyingfeetrunning))



**Does your group / club offer a Couch to 5K programme ? If you would like to mention it in the next edition of the newsletter, please send details to [raygraham58@outlook.com](mailto:raygraham58@outlook.com)**

## Beyond the couch – Improvers Courses

**Improvers Group:** A 6 week course for those recently completed the 5k distance.

The course builds on the foundation of Couch to 5k with introductions to different types of training and sessions as well as building up techniques and strength. This course will build on your knowledge of running and help you plan going forward from 5k. It caters for all speed abilities in small groups.

**5k 2 PB Course:** A 6 week course for those more experienced at 5k runs

The course is focussed on building speed each week! Each session is different giving you knowledge of how to improve your running with drills, techniques and session designed to make you run faster.



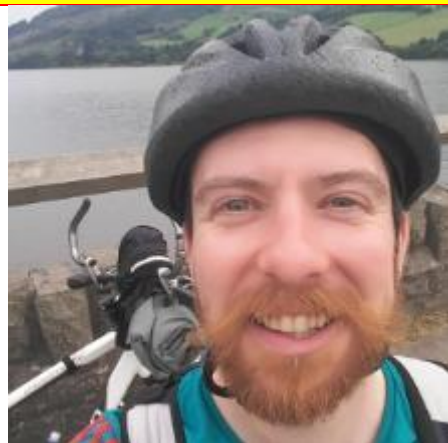
Personalised training plans and guidance also available by request.

Courses run from Bournemouth or Broadstone and are approx. £20 for 6 weeks.

For more info of up and coming courses and dates please see the Facebook page ([flyingfeetrunning](https://www.facebook.com/flyingfeetrunning)) or email [info@flyingfeetrunning.co.uk](mailto:info@flyingfeetrunning.co.uk) More details can be found via website ([flyingfeetrunning.co.uk](https://www.flyingfeetrunning.co.uk))

**Does your group / club offer improver's programme(s) ? If you would like to mention it in the next edition of the newsletter, please send details to [raygraham58@outlook.com](mailto:raygraham58@outlook.com)**

## Runners News – Jon Humphreys



**Jon Humphreys :-** "I'm semi-retired from running at the moment with a mild shin issue that I'm not having time to fix, as I'm full time Deliveroo-ing ...which means every day is leg day!□□

But in the meantime, starting on May the Fourth (Star Wars day!) I'll be riding ~1500 miles from Orkney to Bournemouth via John O'Groats and Lands' End. I'm doing this to raise money for two charities: Socks and Chocs, a homelessness charity; and SusTrans, a cycling and sustainability charity. Details on both the charities and my ride are included in the links in my signature.

I'll be collecting a bottle of 12 year-old whisky while in Orkney, donated by the most northerly distillery in the UK, Highland Park, to raffle off on my return to Bournemouth. I'll then deliver it by bike, to the lucky winner. Entry details in the blog too!

To see how I'm doing, take a look at my blog at [vacuumdiagramwords@wordpress.com](https://vacuumdiagramwords.wordpress.com)

Or donate at <https://uk.virginmoneygiving.com/JonathanHumphreys2>

## Happy runs

- Happy runs – your favourite training routes and why
- Anything else you'd be happy to contribute

Please send your thoughts to [raygraham58@outlook.com](mailto:raygraham58@outlook.com)

## Kit tips of the month – by Nikkii Small



**RUNNING SHOES** – “Get them right. Go to a shop and run on a running machine. Don't feel like you have to buy them right now. They cost far too much to see if you like running. I have had 2 pairs so far (New five fingers ordered) they have been good, I have a health condition which effects my whole body but my feet is a big trigger point.

**RUNNING CLOTHES** - I have shall we say large, very large, breasts. Get a good bra from day one. Running with over bouncy boobs isn't safe - black eyes, falling under your armpits - try them on.

I've lost some weight - ow my leggings full down! Not a good look. So don't pay too much out straight away.

They say running is "free" it's not.

I hope you all enjoy your next adventure from start to finish. “

**Bought any good items lately you'd recommended ? (Whether that's a gadget, or a sports bra, or some apparel) ?**

**Anything else you'd be happy to contribute**

Please send your thoughts to [raygraham58@outlook.com](mailto:raygraham58@outlook.com)

## Fitness And Training tips

### Tips For Avoiding Or Handling Unwanted Attention On A Run

... courtesy of “Realbuzz.com” – 4<sup>th</sup> May 2018



**Seem to attract more than your fair share of unwelcome attention while out on your run? Find out from athlete Louise Damen how to avoid or handle it should it occur.**

*Note – the article contains a number of hyperlinks to other articles on the Real Buzz website which may be of interest*



#### Written by Louise Damen

Louise has been running for over 20 years, with the last 16 of those at International level. She has represented Great Britain on all surfaces (track, indoors, road and cross country). Louise finished 7th in the 2014 Commonwealth Games (marathon) and has won the English National Cross Country Championships three times and the UK Inter Counties Cross Country Championships three times.

Louise studied English and Sports Science at Loughborough University and since graduating has juggled the demands of being an international athlete with teaching Anatomy & Physiology and Exercise Science at one of the country's largest sixth form colleges.

If I had money for every time that the words “run Forrest, run” have been yelled at me whilst out running I'd have made a fair sum! Whether it's “knees up geez”, “keep on running” or in some cases something sexually suggestive, I've never been sure why people think that it's acceptable to harass runners and exactly what they intend to achieve. With that in mind, here are some tips for avoiding or handling unsolicited attention on a run:

#### 1 - Don't retaliate

Most of the time the people who shout patronising, rude or lewd comments are looking for a reaction.



Often the best approach is not to give them the satisfaction and ignore them; they don't dignify a reply. However, there are times when, if you are able to stay calm, and don't fear for your safety then you can ask them how they would feel if it was their wife, husband, girlfriend, boyfriend, daughter, son or friend who was subject to such harassment. After all if harassing behaviour isn't challenged, it won't be changed.

## 2 - Report it if necessary

If the comments you receive whilst running are of a racial, sexual or homophobic nature then it's definitely time to up the ante and report them to the police. If it's appropriate and you are able to, then it's definitely worth taking details of the company, organisation or even school that the offenders are from.

## 3 - Vary your routes

Although this won't completely eliminate the risk of being harassed, it's a good idea to vary your routes. If you regularly run the same routes at the same time of day you're more likely to become noticeable to potential harassers.

## 4 - Consider your clothing

Unfortunately being catcalled or harassed is a disturbingly common occurrence amongst [female runners](#). In fact a recent survey of 2000 women commissioned by England Athletics found that a third of women had been subject to some form of harassment whilst out running. Such unsolicited attention can be frightening, threatening and degrading.

Whilst women should of course be free and able to wear whatever they wish whilst running, the sad reality is that wearing short shorts and sports bras may make you more vulnerable to unwanted attention. For many women it is ultimately about finding the balance between feeling comfortable and feeling safe.

## 5 - Canine chasers

It's important to remember that sources of unwanted attention when running aren't just reserved to fellow humans; whilst [dogs](#) can make excellent training partners, they can also be a runner's worst nightmare. Despite it being both frustrating and sometimes frightening, the vast majority of dogs who give chase to runners are simply wanting to play.

If you start to receive unwanted attention from a dog it's important not to make eye contact as this will signal to the dog that you want to play or in the worst case scenario, that you are a threat. Try to look over the dog's head if possible.

If you are forced to stop then it's best to turn sideways on to the dog and cross your arms as dogs tend to lose interest pretty quickly if you don't engage in their game. If the dog is barking or is behaving aggressively then try if you can to avoid screaming as a loud, high pitched voice may activate the dog's fighting instinct.



# 8 Running Troubles Fixed

... courtesy of "Realbuzz.com" – 27<sup>th</sup> March 2018



**Experiencing problems when running? We've got answers to 8 of the most common running troubles and advice on how to overcome them.**

**xxxx.**

*Note – the article contains a number of hyperlinks to other articles on the Real Buzz website which may be of interest*

1Runners often suffer in more ways than one. There are all manner of potential issues that a runner

will face in the course of training or an event, so find out about the most common problems, from cramp to stitches to the dreaded 'runner's trots' and learn how to solve them.

## 1 - Stomach and bowel problems

Half of all runners have experienced some kind of bowel or stomach problem during training or racing, from stomach cramps to diarrhoea and nausea, the so-called 'runner's trots'. Among the many and varied causes are dehydration, sensitivity to a particular food, reduced blood flow to the intestines (due to eating too close to running) and the jolting action of running.

If you can identify what caused your trouble, so much the better – simply avoid the trigger, if you can, when important training runs or races are approaching. If, however, you aren't sure what's causing the problem, consider the following strategies:

- Avoid eating too close to a run – allow two to three hours' break between your last meal and the start of your run. Some runners can only avoid diarrhoea by running on an empty stomach.
- Ensure you are well hydrated at the start of your run.
- See if it helps to run more slowly.
- Consider taking Immodium or the prescription-only Lomotil before important training sessions or races.



While causes of gastrointestinal discomfort are a very individual thing, the following are some of the most common irritants that cause running problems:

**Caffeine.** This can irritate the gastrointestinal tract (which is why we often need to go to the toilet after drinking coffee or tea).

**Sugar.** Highly concentrated sugar solutions – such as sports drinks – can cause GI distress in some people. That's why it's vital you experiment in training with sports drinks that have different sugar concentrations, to see what works for you.

**Fibrous foods.** Prior to a race or training run is one of the rare times when you shouldn't opt for fibrous foods, as they take a long time to digest and absorb a lot of water, making you feel bloated and heavy.

**Dairy products.** Some people find dairy products hard to digest.

**Fruit.** The high acid content can cause stomach cramping.

**Aspirin and ibuprofen.** Non-steroidal anti-inflammatories can cause stomach upsets and even bleeding if taken too often, or when taken on an empty stomach.

## 2 - Stitches

Although there can be few runners who aren't familiar with the pain of a [stitch](#), the science bods still don't really know what causes it. Some experts believe that the pain is caused by the jolting of the diaphragm and the internal organs connected to it by ligaments, while others argue that if this were the case then cyclists and swimmers wouldn't suffer from stitches (which they do).

Another theory relates to the outer sheath of the diaphragm muscle becoming fatigued and rubbing on the outside of the abdominal wall. If this is correct, then strengthening the 'core muscles' may help. Regardless of the cause, researchers from the University of Newcastle in Australia suggest you avoid big meals prior to running – particularly foods that are high in fat and sugar – and warm up thoroughly. If you do get a stitch, then slowing down or stopping and kneading the painful area is the simplest solution.



### **3 - Muscle cramp**

Cramp is an involuntary, sharp contraction of muscle that happens either during or immediately after exercise. As in the case of stitches, the cause of cramp is not well understood, but it is often associated with extreme exertion, dehydration and an imbalance of electrolytes. Cramping most often occurs in muscles that span two joints, such as the calf or hamstrings, and may be to do with a malfunction in the muscle contraction process due to fatigue.

It certainly seems to occur most frequently when the body is fatigued, which is probably why 67 per cent of marathon runners have reported experiencing cramps. Research from the University of Cape Town shows that stretching provides almost instant relief from cramp, so try this first. Next, ask yourself whether you have been drinking enough – if you've had around 220ml (approx 7.5 fl oz) every 15-20 minutes, you should be fine – and also what you have been drinking. If the answer is water, try switching to a sports drink, to replace your sodium and potassium. If you are regularly afflicted by cramp, ensure you are getting sufficient calcium, too, as this has a major role to play in muscular contraction.

### **4 - Jogger's nipple**

Although it may sound mildly amusing, there's really nothing funny about jogger's nipple at all. It most commonly affects men, as they are more likely to be wearing a top against bare skin while running, but women can suffer from jogger's nipple too, as a result of [sports bra](#) friction. The most important thing is to check the fit of the clothing layer closest to your skin. It should be non-abrasive, tight-fitting and sweat-wicking so that it doesn't rub, move around or allow moisture to linger.

This goes for a sports bra, crop top or running vest. Next, protect vulnerable areas with a lubricant, to create a barrier between clothing and skin. You can use petroleum jelly or a designated anti-chafe product such as Bodyglide. The lubrication strategy works well for other areas that chafe, too – such as the armpits, the bra strap area, the navel and the inner thighs.

### **5 - Blisters**

A blister is a build-up of fluid between the upper and lower layers of the skin, caused by friction between your foot and your shoes or socks. Blisters are hardly life-threatening, but they can cause untold misery to runners who are prone to them. If you are one such runner, avoid cotton or seamed socks and ensure your shoes fit perfectly. If you get a blister, protect it from further friction with a blister plaster, moleskin or even surgical tape.

You only need to pop it if it feels painful. If you do opt to pop, then use a sterilised needle heated in a flame, and pop it in two places, close to the unblistered skin, to drain the fluid. Dab on antiseptic lotion and then cover with a blister plaster for at least 48 hours before leaving bare. Always have a stash of blister plasters handy. Look for those that create a 'second skin' between the blister and your footwear, such as Compeed or Hydra-Gel, which help to cushion the skin. These are also breathable and waterproof so will prevent your blister from festering or getting sore.

### **6 - Urinary incontinence**

It is the unmentionable problem, yet urinary incontinence affects as many as 50% of all women, particularly after pregnancy – and it can really hamper your running. Urinary incontinence is usually caused by pelvic floor weakness. The muscles on the pelvic floor form a figure of eight shape around the vagina and anus – the main muscle is called the pubococcygeous – and support the contents of the pelvis and abdomen, as well as controlling the emptying of the bladder and bowels and the contraction of the vagina.

When these muscles become weakened through misuse, disease or damage, then anything from a cough or sneeze to a knee lift on the spot can cause urinary leakage.

The first course of action is to do pelvic floor exercises, and lots of them. Providing they are done correctly, these exercises are 90 per cent effective in stopping urinary incontinence. Often, when women say such exercises don't work, it is because they have done far too few of them to make a difference, or have done them incorrectly.

#### **How to do pelvic floor exercises**

Sit, stand or lie with your legs slightly apart and with your buttocks, abdominals and thighs relaxed. Now pull 'up and in' as if you were trying to stop yourself having a wee (don't actually do this more than once, though, or you may cause a urinary tract infection). Breathing normally, continue to pull up and in through the vagina and the anus. The most common mistakes are to pull in the tummy or

clench the buttocks. Make sure you are doing neither. Mix both fast and slower contractions for best results and do these exercises as often as you can. It is consistency that is the key to success.

As well as strengthening the pelvic floor, there are other things you can do to alleviate the problem:

- Always visit the toilet last thing before you leave the house.
- Make it a habit to always go and urinate when your body tells you to. Don't 'hold on' unless it's absolutely necessary.
- Don't be tempted to avoid drinking fluid to reduce your chances of an incontinent episode. A small number of people get symptoms of urinary tract infection when they are dehydrated – including burning, stinging and abnormal frequency of urination. If you do have a UTI, it will not cause you problems if you are well hydrated, but as soon as you become a little dehydrated, the UTI will flare up. The above symptoms may also occur due to the concentration of your urine, so it is essential in all cases to maintain normal hydration by drinking fluids.
- Keep [caffeine](#) (in coffee, tea and caffeinated fizzy drinks) and alcohol to a minimum if you have a problem – all of these are diuretics and can cause dehydration.

## 7 - Black toenails

Black toenails, often worn like a badge of honour among runners, are the result of bruising and blood blisters under the nail. These are normally caused by your toes repeatedly hitting the front of your shoe because the shoe is too tight or has an insufficient toe box, or because the end of the toes are rubbing against a sock seam, or because the toenails are simply too long. Running downhill, which causes the feet to 'jam' into the toe box, can also be a contributing factor.

If a black toenail just looks ugly and doesn't hurt, leave it alone. It will either grow out or, more likely, fall off. If, however, there is a soreness and pressure behind the nail, then you may need to have the blood blister drained by a podiatrist or doctor. Some runners use foam toe protectors (rather like a soft thimble that goes over the toe) to protect from bruising but the most important thing is to address the fit of your shoes. And if you do end up nail-less just before sandal season, you can get a nail salon to apply an acrylic false nail while your real one grows back!

## 8 - Sweat rash

A sweat rash under your arms, under or between the breasts or in the groin area is an unpleasant but surprisingly common running affliction. Minimise the risk by always showering immediately after running, wearing fresh gear and by using petroleum jelly to prevent chafing. Tea tree oil is a natural anti-fungal agent and many shower and body products contain it. If you do get a rash, treat it with an anti-fungal lotion or cream – preferably one combined with hydrocortisone to reduce redness and itching.

## Kit News - Run Happy Vests, Tee-Shirts and Hoodies



A lot of people have asked about the "Run Happy" tee-shirts and vests that some of the group are wearing – these popped up on the internet and seemed "spot on" in describing what running is all about – so we bought a couple (and then a couple more, etc...). These are on general sale on-line from a company called "justalittlebit.co.uk" who offer a wide range of sportswear and clothing (including reflective night clothing which might be worth a review also).

The Run Happy Tee-shirts and vests are "technical" material and perfectly suitable for running in. Those of you that are members of running clubs probably of course want to wear your club vest in competitive races, but many of our group do wear their "run happy" tee-shirts at parkrun, or for training and/or before and after races. The hoodies are very popular too for wearing on colder mornings before and after your runs (or even for leisure !).

Tee-shirts and vests come in a variety of colours, have appropriate fits for ladies or men (and junior sizes of tee-shirt too) and the hoodies come in 58 different colours !!!! So feel free to choose your own colours, wear what you want to wear – whatever makes you feel happy !!!!



					
<a href="#">Ladies Vests</a>	<a href="#">Hoodies</a>	<a href="#">Men's Tee-Shirts</a>	<a href="#">Ladies Tee-shirts</a>	<a href="#">Junior Tee-Shirts</a>	<a href="#">Men's Vests</a>

Run Happy Dorset and newsletter contributors have no connection with JustALittleBit.co.uk and receive no commission or anything for any sales of these items.

## Sports Massage – Mary Hosking-Ellis - BA(Hons) Dip FTST Dip Reflexology



I have been so lucky to find a career that I really love. I have been a Sports Therapist, Deep Tissue Massage Therapist and a Reflexologist for 18 years. I was fortunate to work alongside a fantastic chiropractor for the first 4 years of my career. I gained invaluable experience in spinal issues at this time. I also ran for Poole Runners and managed to complete 5 marathons. So I have first-hand knowledge of how running affects the body, and how important sports therapy and Massage is for Runners, and other sports people.



I then needed to dedicate a lot more time to my career and had my 3 children so had to reduce my running. I am thrilled that my children are now taking part in Junior Park runs and are Run Happy Junior Runners.

I will write more within future newsletters about different running injuries and give helpful advice on how you can prevent these injuries and self-help tips to treat them.

I have seen a pattern with my clients over the past 18 years. Most clients initially come to me with a particular problem. Once this is better many clients have continued to have maintenance Massage and treatment. In many cases these clients have not had other injuries due to muscles being maintained and in a better condition. Injuries are also caught in their first stages often before they actually cause significant pain and discomfort.

I will offer any Run Happy Newsletter recipient £5 off each treatment. I also do a block booking discount.

You also don't have to be a sports person to benefit. Over 50% of my clients do not participate in sports. I now work from my own clinic room at my home in Wimborne and parking is available on our drive.

I am happy to answer any questions so please feel free to email me on [hoskingellis@aol.com](mailto:hoskingellis@aol.com)

Call or text me on 07802 729739, Or message via my Facebook page :- <https://m.facebook.com/Mary-Hosking-Ellis-Riverside-Health-Therapies-744323195616215/>

**Mary Hosking-Ellis Ba(Hons) Dip FTST Dip Reflexology**

## Run Happy Dorset Facebook Group

If you are not already a member, [Join the Run Happy Dorset Facebook Group](#) to receive updates on events, links to entry forms; share your own news, view photos.

Feel free to post your photos, or to post news of events in the local area that you like, or that you think other like-minded runners may be interested in.

If you are already a member, use the "add members" option (on the top-right of the "discussion

facebook

page”) to invite your friends and running colleagues to join the group also – they will be sent an invite with the option to be added (or not) to the distribution lists for this newsletter and/or the Race Calendar.

<https://www.facebook.com/groups/1840096142972041/>

## Run Happy Dorset Newsletter



The Run Happy Dorset Newsletter is available to members of the [Run Happy Dorset Facebook Group](#).

Just like parkrun, it is free, and always will be.

Its purposes include providing information that may be of help or of interest to runners within our community, or might encourage other runners; and to provide information re forthcoming events that runners may be interested in

If you have any articles or comments that you would be happy to have published in a future edition, do please drop me a line. Or if you have been passed this newsletter and would like to be added to the distribution list, or know of anyone else that is interested in running please also contact me

[Raygraham58@outlook.com](mailto:Raygraham58@outlook.com).



**Newsletter**

Circulation figures for the April 2018 Edition : - **391**

*"Enjoy your running, in whatever form it takes"*

**NO MATTER  
YOUR PACE...**



**RUN HAPPY**

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