

TOTALLY BALMY!



THE LEAPING FISH NEWSLETTER



Spring 2021

Latest news

Welcome to Leaping Fish's Spring Newsletter.

As a sports-facing company, we - like many others - have been waiting for the pandemic restrictions to ease so that we can get back to what we do best and enjoying competitive sport and outdoor activities. Many event organisers are still struggling with presenting Covid-confident events with restricted entries and no spectator support which make for difficult trading conditions for all involved in the sports sector. Let's hope that the situation will improve and we can safely get back to full participation as soon as possible.

We have been enormously impressed by the creativity and range of virtual events that have taken place during the lockdown period with virtual running, rowing and cycling challenges helping to keep the nation's sporties fit and focused on competition opportunities in the year ahead.

- Did you know that 63.2% of adults did at least 150 minutes of active exercise every week before lockdown? That's 28.6 million people! (Sport England 2018/19)

Outdoor Expo 2022

One of the many events that have been postponed this year is the National Outdoor Expo which is now being held 19th - 20th March 2022 at NEC Birmingham. This is a fantastic show covering mountain biking, hiking, swimming, trail running, watersports and more - if you and your family enjoy any of these activities why not come to the Expo and grab a chance to see some of the latest technology and equipment and listen to some of the most outstanding speakers on sports and the outdoors. We'll be there too so come and find us and say hello!

The event is very family focused with lots of activities - find out more at <https://nationaloutdoorexpo.com/>



Welcome to Claire!

We are really stoked to announce our support for Claire Warburton, who has been selected as a Team GB Age Group Duathlete. Claire uses Leaping Fish Triathletes Skin & Suit Lube during her events to keep her chafe- and saddle-sore free so that she can achieve her goals.... Claire says 'I am really pleased to represent GB in my age group, but I also want to encourage others to see that it is possible to succeed when you are also a mother and have a job as well'.



Claire is entering the Marlow Middle Distance Duathlon (5k/86k/21.1k) at the end of May, the Hever Long distance Duathlon (21.1k/90k/10.5k) in July as well as the European Duathlon Champs in Romania - also in July - and the World Duathlon Championships in Holland in September. Find out more at www.leapingfish.co.uk.

We wish Claire every success in her training and competition this year, and we have everything crossed that the Covid conditions allow all the events to take place! Why not help her with the price of a cup of coffee towards her unfunded costs? - find her on Facebook and <https://www.crowdfunder.co.uk/help-me-get-to-euro-champs>.

Pedal 4 Parks

Leaping Fish shares the aspirations of the Pedal 4 Parks team (previously known as Bokes on Spokes) who are planning an eco-adventure to highlight the significance of our National Parks as a vitally important resource for our wellbeing. Setting a world's first, they will be cycling across both land and sea (using water bikes) from Orkney to the Scillies. The pandemic has raised the issue of mental health and the P4P team will visit 6 parks en route to understand the level of human impact and how we need to sustain and protect them. Their journey will be self-supporting and as 'clean' as possible. We have donated our Cyclists Chamois Balm to ease their long days in the saddle!

Follow their progress and have a look at the amazing water bikes they are using to cross the sea in a unique first.

To find out more about this really important effort visit and support them at <https://pedal4parks.co.uk/>



Going surfing?

We are offering our last stocks of our original Surfers Skin Balm at a discount price - ideal for the summer season on the beach...

To reflect the lifestyle choices of many people today, we have changed the formulation of our Surfer's Skin Balm to use Candellila wax so that the balm is now Vegan. As a result, we have a few stocks of our original version with beeswax available on our website for only £6:00 a tin (+p&p). Both styles are brilliant at keeping the skin clean and abrasion-free, and this blend smells fantastic with grapefruit and lemongrass essential oils for freshness and their anti-bacterial qualities. When they're gone they're gone!



Purbeck Walx

Leaping Fish are delighted to be attending the Purbeck Walx festival in our corner of Dorset from 17 - 19th September. Participants have the opportunity for walks in iconic locations like Brownsea Island, Thomas Hardy's cottage and Old Harry Rocks. With hundreds of walks for all levels, with or without poles, led by trained leaders and all incorporating adventure, food and fun. There are also two distance challenges of 16 and 27 miles.



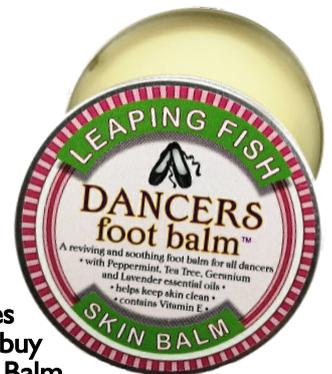
This is a great way to get fit and take in some stunning Jurassic coastline. Leaping Fish will be on hand to give advice on blisters and foot care with liberal amounts of our Ramblers Rub made with Avocado and Shea butters with

Cinnamon and Bergamot oils for freshness. Find out more from www.nordicwalking.events

RUNFESTRUN 21

The Leaping Fish Team is so looking forward to being able to get out and about to sporting events again so that we can meet our customers and learn from your experiences. Being able to show you our balms and for you to sample them is an important part of developing the customer confidence in our range. Like so many customer-facing businesses, ALL of our planned events for 2020 were cancelled or postponed as many have been this year too. So we are SUPER EXCITED to be going to RUNFESTRUN 2021 at Laverstoke Park Farm on the weekend of 27th to 29th August!!! We can't wait! This year the event is running alongside Chris Evans' CarFest, the family festival raising millions of pounds for UK children's charities. We are hugely proud to be part of the festival. There is going to be a massive range of running events for you to take part in: 2.5k, 5k, 10k, half marathon, sunset shuffle, running club relay, families on track and funrun – something for everyone. Not only this, but there's music including James Blunt, James Bay, Rick Astley, Texas, McFly and a whole lot more. It's destined to be a fantastic weekend and we will be showcasing our Runners Rub, Triathletes Skin & Suit Lube, Muscle Rub and all our other balms. Come and find us there...looking forward to meeting you all.

Special offer!



Dance schools and classes are now back in action - buy 2 or more Dancers Foot Balm and save 15% - down from 11.99 to just £10.19.