

A North East fitness expert has been putting people of all ages and abilities through their paces on Tynemouth's Longsands beach for more than 15 years. Dominic Musgrave went on a glorious Sunday morning to find out more.



David proving doubters wrong with success of his beach bootcamps

DAVID Fairlamb has built up a loyal and committed following who turn out on Saturday and Sunday mornings to the stunning North East location for a workout whatever the weather.

His pay-as-you-go Beach Bootcamp workout sessions consists of aerobic and bodyweight exercises designed to suit every fitness level, and he can regularly attract around 100 people who work at their own pace.

David told me that people laughed at him and asked him who in their right mind would choose to train on a windswept, freezing cold beach in the North East when he first mooted the idea of running the classes.

So far he has never had to cancel a session and the sun was thankfully shining when I joined a class, which began with a range of stretches to get

the body warmed up.

David is currently not using any equipment in the sessions due to Covid, but the wide variety of exercises for the whole body mixed in with runs and sprints soon had the heart beating and the sweat flowing.

What struck me was just how welcoming and encouraging everybody was – the classes are designed so that there is no sense of competition and everybody doing it had a smile on their faces.

There's a social aspect to the sessions too as many who take part then head for a coffee at a nearby beach cafe afterwards.

The 45-minute class flew by and ended with the infamous two laps of the ramp from the beach up to the top of the cliff to really finish me off before we did one final set of stretches.

The group is fun, different and left me feeling inspired and energised, with that wonderful feel good factor at the end of the session.

David's passion for fitness comes across in spades, and prior to lockdown he hadn't missed a single Saturday bootcamp in all of the years that he had been running them.

Even when Covid restrictions meant that he wasn't allowed to run the sessions on the beach, he still made sure he kept in touch with his clients and their families by running them over Zoom from his own living room.

As well as running the highly successful beach bootcamps, David has also transformed a warehouse in nearby North Shields into a gym complete with the country's first custom-built VersaHub featuring 10 Versaclimber machines.

He was forced to move to a new site after he lost his existing gym due to the closure of the nearby Queen Alexandra Sixth Form College but, thanks to a lot of blood, sweat and tears, the future is now bright.

The soundproof facility features a bespoke lighting and music system put together by one of David's friends who works in the events industry to create a fully-immersive experience.

He runs a range of exclusive 30-minute classes for people of all ages throughout the week that book up fast, as well as one-to-one sessions.

David was recommended the Versaclimber to help with a spinal disc injury as the machine is non-weight bearing, meaning less pressure on his joints and back, and he has never looked back.

