



From your Editor.

Welcome to the first ever edition of the Portsmouth Joggers Newsletter. We hope you enjoy reading it. Hopefully you will find things to interest you, help you and amuse you.

Welcome to the first of what is planned to be a regular club newsletter. I am sure the content and format will evolve (and dare I say improve!) over time, but we wanted to start and get this launched to all our members, now that it is apparent that the effects of Covid-19 will be with us for quite some time now.

Indeed, I am keen to encourage contributions and ideas from everyone, whether for the newsletter, website, social media, or help in any other way – I have given a bit more detail below about how this will work and how you can join in.

As to the current situation regarding group runs, we take our lead from England Athletics (EA), who state that any group run is limited to no more than 6 people, all who should social distance from each other during the run. If and when this changes, I will of course share this with everyone – if you are UKA registered, you will also hear direct from EA as well of course.

Before I move on to the immediate future, first of all I huge thank you to everyone who has renewed their club membership. Our expenses are pretty much fixed (membership of UKA/EA, Hampshire Athletics, HRRL and XC League, plus club insurance), while a big source of our income (races like the Ladies 5 and Summer XC) have of course stopped for this year. So your renewals have really helped, and as it looks like it will be sometime before normal club nights can resume, then we are now looking at what we can offer in return in the interim.

The postponement of the AGM has caused us a few problems as a club, as for various reasons (work commitments, moving away from Portsmouth etc), most of the committee were going to stand down, and not being able to formally replace them via the planned AGM in April has left a bit of a vacuum!

So I have formed a group of volunteers to help with ideas and various club activities until we can get back to some semblance of “normal”. If you would like to help out in any way, then please let me know (Chair@pjc.org.uk), and I will add you. This newsletter is the first of such ideas from this group, and includes other ideas, such as the PJC virtual race, with more events planned. A key part of all these events is “inclusivity” – it was the major theme from the survey we did a few months ago, and we will always aim to ensure that whatever we do is available to all club members.

It was great to get such a positive response from this group, and re-energise the club, and I hope it will encourage you all to get your trainers on, and go for a run, either on your own, or with 1 or 2 (or even 5!) others from the club! Happy running all.

Membership Benefits.

Timely reminder of the benefits available to every PJC member.

Mostly discounts on running kit/trainers of course, but 10% off a new pair of trainers is not to be missed. On-line orders don't always give you the option for the PJC discount, so if you cannot get out to the stores, might be worth a phone call – I know Alexandra Sports were very helpful to me in this respect. Click the link below for details.

http://pjc.org.uk/?page_id=2380

News

AGM UPDATE

The Committee postponed this year's AGM which was booked for 23rd April. As you will appreciate in the current circumstances, we don't have a date set yet, but the Committee are keeping this under review and will look at remote options and give members plenty of notice.

We will be looking for new committee members to help run the club. It's not onerous - 6 full meetings a year (2 hours each) and 6 informal meetings a year (45 minutes each). You don't have to be on the committee to help. We particularly need support right now getting the Club's website and social media running better. If you are able to help, please get in touch with chair@pjc.org.uk

Well Done!

Congratulations to Debbie Pentland who has been nominated, by customers as The Coffee Cup's "**Lock Down Legend**". This was to celebrate the launch of their new Facebook Page. Anyone who follows Debbie on Facebook will know that she has been incredibly active throughout lockdown.

I have put just one of the nomination comments here.

Debbie Pentland for her relentless positivity throughout lockdown despite the challenges that came her way.

Au Revoir!

We recently said a sad "Au Revoir" to Sam Goodchild who has moved back to Yorkshire to be near her family. We will miss her and wish her well. We hope she will visit us from time to time and catch up with us at races when they get going again. All the best Sam!

Sad Farewell

It was great sadness that we heard of the death of Irene Pollard on 22nd June, after a long and brave battle with cancer. Irene had been a member of Portsmouth Joggers for many years, representing the club on many occasions. She was a lovely lady, always positive and with a smile for everyone. I am sure we all send our sincere condolences to her husband Phil.

Irene's funeral was on Wednesday 8th July at Portchester Crematorium As it was a closed service members of Portsmouth Joggers, in their club shirts, alongside members of Forton Bowling Club of which Irene was also a member lined the road, socially distanced, from the gate to the chapel, in Portsmouth Joggers tops to pay respect to Irene.

Portsmouth Running Podcasts

Do have a look at Portsmouth Running Podcasts here <https://thepipersbox.co.uk/podcast/>

Portsmouth Jogging Club Members **Tony Conway** and **Naouele McHugh** are the last 2 interviewed. Do have a look.

A Request

Do you have an interesting lockdown story for us? It could involve running or it could be about something personal that happened to you during lockdown. If so, we would love to hear from you, the idea is that it will be published in future newsletter editions, to help support and even inspire others in the club, who may be in a similar situation. Share anything you think would be of interest to fellow Joggers.

Please send your article to chair@pjc.org.uk

Psychological First Aid

If someone you know has been struggling during lockdown here is some timely advice from Sue Clarke, PJC member and Health Professional.

Mental Health Support

Sue Clarke

Some people will suffer Post Traumatic Stress Disorder following the Covid-19 pandemic. Do you know what signs to look for? Are they a friend, family member or a running colleague? Would you be able to offer some first line support to a friend or colleague who may be showing signs of PTSD? Would you like to do a Public Health England Psychological First Aid (PFA) course?

This course offers guidance on delivering psychosocial care in the aftermath of an emergency event, teach key principles of giving psychological first aid in emergencies. This course is aimed at frontline or essential workers AND volunteers - you DO NOT have to be a health care worker to deliver PFA. Many people in helping roles already deliver PFA without realising it.

It is offered through the FutureLearn platform and can be accessed here: <https://www.futurelearn.com/courses/psychological-first-aid-covid-19>

If urgent support is needed call 24hr Helpline: MIND 03001233393



Here is the link is to the form that has the details for payment.

<https://docs.google.com/forms/d/e/1FAIpQLSdFsN-Ed1lcDoNTFyPCclwt0Sd3BB6-aOrZFg4WcprflqHFbQ/viewform>

There is also a facebook event created (only if you are a member of Portsmouth Joggers members page).

<https://www.facebook.com/events/3043168619109767/>

Need A Challenge?

Portsmouth Joggers Club Virtual Race

We are proud to bring you our first ever virtual event which will take place over the summer. This is an inclusive event and we'd love you all to take part along with members of your family (why not get the kids entering the 2k?).

How it will work:

1. Pick a distance (2k, 5k, 10k, half marathon, marathon, ultra).
2. Pay your entry fee (£5 - half of profits donated to MIND).
3. Complete your run before 29th August.
4. Email us your evidence - virtualrace@pjc.org.uk
5. Collect your medal on 29/30th August (we can arrange delivery if needed).
6. Don't forget to send us pictures and wear your club vest

The challenge is yours to choose. You could train for a new distance, target a specific pb, train and run with a friend or create a mini race with 5 other friends. More importantly, we would like you to feel part of the Portsmouth Joggers community so wear your joggers vest and send us your pictures. Enter here:

<https://forms.gle/pmsZQJKGd8oghNXJ7>

Any questions email virtualrace@pjc.org.uk or find us on the Portsmouth Joggers Members Group on Facebook.

Naouele and Rachel

Some Lockdown Stories From Our Members

Not so cool running (a Jogger locked down in the Caribbean) by Ben Stait

On an ordinary day being sent to the Caribbean with a week's notice by the Royal Navy might sound appealing, but these are not ordinary times. Despite a hilltop vista of a blue Caribbean Sea and the bay of Fort de France in Martinique, lockdown is lockdown.

The 18th century Fort Desaix, doubling up as a French army base, is surprisingly spacious and well set up for exercise and a good job. My daily run takes in the Fort bastions, views of the harbour and anchored cruise ships, a volcano, parakeets, cows and a hilltop small holding, where I now have more empathy for the pigs.

My mornings are not alone, the French are keen runners with the 400m track, 5k perimeter trail and tarmac path busy in the mornings with soldiers in regulation shorts that are a throwback to 1970's football strip. I may only speak 'un petit peu' of français, but we are all out together and the French hospitality is refreshing as everyone on the trail greets each other. A smile and a 'bonjour!' is perhaps a trait that we could all adopt.

After 6 weeks of lockdown, separation and a niggling concern about the lack of flights back to Europe, my sanity is preserved though fresh air and a pair of trainers.



Reflections on Running During Covid19 by Sue Carke

Like many people I was put into lockdown very suddenly at a date in March 2020. I thought OMG how on earth the am I going to keep running. I am someone who does not like to run alone; I lack motivation when I'm alone and quite frankly find it boring. I managed to drag myself out the first Tuesday of no club run and it was not a pleasant experience at all. I very quickly realised I would have to learn to like running alone. I reached out to my PJC group virtually hoping that sharing running maps (I love a good running map) would motivate me, and it did - a little bit. I then realised that I 'owned' my runs, that I was choosing to run 5km and that I could also run 2km if I wanted - that little bit of 'power' helped; one evening I didn't want to run so agreed with myself I would just do 2km - I went out and did a full 5km with one super speedy split (just because I felt like it!). Tony Conway's facebook posts have helped me hugely, although I don't think I have managed to stick to Tony's directions very well - I was however quite proud of offering up 'sweat' for the water related run :) and I remain determined to find a war stone - so far I have had two failed attempts. But just like running and love - it is better to have tried and failed than not to try at all - so I will find a war stone. After 10 weeks (ish) of lockdown I have learning to run alone and realised that it has helped my mental health hugely - in fact after a pretty awful day at work I set out to do 5km - and if not for the fact I live on a hill I would have got a massive PB - I was running so fast (for me!) to let off steam. As we come to the end of this first phase of Covid19 I have started some runs with running pals - OMG I missed then so much. So my reflection on running in lockdown is I don't like running by myself - but I can, and I much prefer to run with people.

Lockdown Thoughts by Tony Quinn

In July 2016 I took part in the NHS couch to 5k programme on my own having not run since my 20's, I was 50 a few months later. This led to me developing a love for running and I joined Portsmouth Joggers in March the following year as I had signed up to do my very first Great South Run. I have subsequently become a Leader in Running Fitness (LiRF) and Coach in Running Fitness (CiRF) and have been handed the baton to run the Couch to 5k for the club. The third C25K group started a few weeks before lockdown and was the biggest group I have taken yet with 24 people signed up to do the course. Sadly after week 3 the whole country went in to lockdown and we were unable to continue running as a group. We used the C25K Facebook page to encourage the group to get out and exercise and if possible, continue with the programme. Quite a few of the group completed the course and graduated at the end of week 9 by completing a 5k run or running 30 minutes non-stop.

As I didn't have a C25K group to look after, I needed to make sure I kept myself active on Tuesdays and Thursdays. It didn't get off to a great start as I had my first running injury whilst out for a run in Cardiff a few days before lockdown and fractured my left hand. Fortunately I don't run on my hands and the cuts and bruises to my knees and arms didn't hold me back. By continuing to run on regular club nights as well as Saturdays and Sundays, I was able to keep to my usual running routine and it helped me to remember what day it was when they all felt the same.

A few of the Inbetweeners group had signed up to run the Race to the King from Arundel to Winchester in June and our training for this challenge had started before lockdown. When it became obvious that Race to the King was going to be rescheduled, I needed to do something to keep my mind and body active. During lockdown, I have run 8 half marathons, 2 15 mile runs and my longest ever run to date of 18 miles. I have run 450 miles, which included taking part in the Miles for Mind challenge in May to raise awareness and funds for Mind charity. As we can't take part in any races at the moment, the group who were due to do Race to the King have opted to do an ultra along the Pilgrims Way from Winchester to Portsmouth which will incorporate my first ever marathon.

One thing that lockdown has made me realise is that keeping mentally active is as important as keeping physically active. As a running coach, England Athletics have offered a free course on mental health and running which I will be undertaking soon and will share this with you. If anyone wants to have a chat about their running or needs somebody to run with, socially distanced of course, feel free to contact me at C25K@pic.org.uk

Take care and stay safe'

Lockdown on The Front Line by Alex Benyon

It was the day of the Southampton Half. I was up and ready and leaving nice and early as I'd planned. Having postponed it the year prior due to injury, I had been looking forward to ticking this race off my bucket list. However, rather than driving down the motorway, I parked my car at QA, donned full uniform and mask, and prepared to start another 12 hour shift on the ward that had become my home for the last 3 weeks.

I spent the rest of that day in amongst the chaos of the ward but every so often I remembered that the day should have gone much differently. Just before lockdown I had run two half marathons in two weeks - now I was struggling to fit in a regular 5km run in between shifts, dog walks and child care.

Three weeks later I was finally on my first Sunday long run since lockdown had started. I had returned to my normal unit so no longer had to work weekends and I was finally allowed to run with someone else. The day was sunny and hot and the 10km got eaten up in gleeful chat and banter, with a celebratory ice cream at the end.

That first long run was hard but fun. However, a two month break in those long runs and the indulgence of cake and biscuits on the ward had taken a toll on my fitness that I denied to take into account until a couple of weeks later when I completed a 13- miler that ended in cramping legs and profuse swearing. My ambition had yet again reached above actual physical ability!

My long runs are now more comfortable but pace is still a work in progress. Never the fastest, lockdown and no races to train for has obliterated all pace gains I'd made over the last 12 months. However, hopefully next April I will finally be standing on the start line of the Southampton half. In the meantime, if you see me on the sea front on a Sunday, you may wish to cross the road - there will be swearing!

My Lockdown Story by Celia Oxley

We very nearly got locked down in France! We were over there for a short visit in March, to help our daughter and Son-in-law prepare for the arrival of their new baby, due in April.

French lockdown started at mid-day the day we were due to go home on a train from the Disney station. We were dropped at the station at about 11.45 and waited in a spookily quiet station next to a deserted Disneyland for our train which was due shortly after mid-day. It was really surreal, not a soul around! The trains were still working and we got home safely, not knowing when we would be able to visit again.



On the Thursday that week my husband, Peter and I ran with the joggers for the last time before lockdown.

Once lockdown started Peter and I went running a few times 'together'. I plodded along at my speed while Peter ran ahead, looping back whenever he got too far ahead. Then disaster struck! We were running on one of the rough flinty paths near Foxes Forest and I tripped and fell heavily on some sharp flints. Result-2 grazed and very bruised knees! I was off running for several weeks! I did do regular walks though, to try and keep my knees mobile.

On 10th April, Good Friday, our Grandson, Oscar Harry was born in France! All went well. That was brilliant news when everything else seemed so gloomy. Multiple social media platforms have been in constant use since then, enabling us to keep in close contact over the last couple of months.

Shortly after Easter I did a few very slow 5ks on my own, but I find lone walking rather tedious. Then Peter and I started going down to the seafront together and I would do the Parkrun 5k course while Peter headed off towards Clarence Pier, turned round at some point and ran back to wherever I had got to about 40 minutes later.

Lately we have been meeting up with a few others and running with them, socially distanced at all times of course. I love the socialising that goes with jogging as much as the exercise, so this has helped me to get going a lot more.

Hopefully I will get back to 34minute 5ks in the not too distant future.

Final Note From Your Editor – Thank you to all the contributors and thank you to all of you for reading this newsletter. I hope you enjoyed it and that it has inspired you in your running endeavours. Do send in anything you think might interest or inspire your fellow members. Keep running and stay safe - Celia