



Hi there fellow joggers. Here is Edition 9 of our wonderful Newsletter.

Since the last edition your editor has been training hard for the Ladies 5 which took place on Sunday 26th June. I have to say it was a really excellent event, extremely well organised Rachel and Naoele, under the current restrictions. There were loads of wonderful marshals at the start/finish and out on the course ensuring our safety and cheering us on. I would like to say a huge thank you to Run Directors Rachel and Naoele, and to all the volunteers for making it such a great event. Just so you know I ran it in just under an hour, a bit slower than previously, but not by much. Read on for the Run Directors' report and lots more!!

From The Chair

Welcome to the latest PJC newsletter and thank you to our editor Celia Oxley for putting together this latest edition. When I last wrote, it was with the sincere hope that we would have seen the Covid restrictions lifted nationwide and be back to some semblance of normality, alas that is not the case, yet!

The club continues to operate in a covid secure running environment which requires club members to book on through the Eventbrite system and continue to meet in the car parks at Lakeside on club nights. We are keeping these arrangements under review and eagerly await the government announcement in respect of relaxing restrictions. Once we have any update in what we are able to do as a club, I will communicate this through the club website and Facebook pages. I am also in contact with Lakeside in respect of resuming meeting up in the Atrium but for the time being, we must continue to meet in the car parks.

The new club website is currently under construction and should hopefully be available by the end of July. The new website will make it easier to upload information in respect of groups, races and events as well as general club information. We are also hoping to be able to offer club kit for sale through the website for collection on club nights. The intention is to have a club shop for club kit on sale on the first Tuesday and third Thursday of each month, so watch this space. We can obviously make club kit available at all other times but this will enable you to view and try before you buy on those nights. The new website will also be easier to navigate on handheld devices.

Events and races are beginning to take place again and whilst the format of them may be slightly different, it is nice to be able to get back out there running. I took up running just under 5 years ago when I completed the NHS choices couch to 5k programme on my own. This led to me getting the running bug and joined PJC about 8 months later as I wanted some help and direction to give me the confidence to complete my first Great South Run. I will always be grateful to Ian Jones for guiding me through his GSR training group and went on to complete my first GSR in 2017. Having joined the club I started running with the Inbetweeners and just about 2 years ago, a group of us thought it would be a good idea to complete the Race to the King. We couldn't complete it last year due to Covid but successfully completed it this year, which you can read about in this edition.

The very popular Purbrook Ladies 5 went ahead last weekend, leading to a lot of happy smiling faces and an enjoyable day back racing. Thank you to Rachel and Naoele for putting this race on despite the last minute changes to the format.

The summer cross country race at QE Country Park is scheduled for Wednesday 21st July, so if you haven't yet booked on, please sign up, it promises to be a fab evening of running.

On Tuesday 6th July we are piloting a 9 week 5-10k programme for club members. This is at the request of members who have completed the C25K programme but don't yet have the confidence to complete 10k. The 9 week programme will take them through a structured programme consisting of club training sessions on Tuesday and Thursday each week and a homework session to be completed by members at the weekend. On completion of the 5-10k programme, members will be better placed to determine which group best suits their running needs and move in to that group. We will review the effectiveness of the 5-10k programme and determine the frequency for future 5-10k groups, if required.

There will be a further C25K group this year but this will not start until the 5-10k group is complete in September and will likely commence in late September/early October.

Hopefully things will continue to allow us to meet and run together, the Hampshire Road Race League is restarting and plans are in place for the Winter Cross Country League which provide opportunities to wear the PJC colours with pride and represent the club.

I hope this edition of the PJC newsletter finds you and your family and friends well and I look forward to seeing you out running on a club night.

Tony Quinn

Purbrook ladies 5 road race 2021.

This event has been long awaited with a few hectic couple of weeks leading up to the day to try and ensure a COVID secure race.

The training nights were well attended leading up to the race, ensuring runners were able to try out the course and remember those hills! Race week had us checking the weather forecast every few hours. We came prepared for rain and somehow the sun made a surprise (and at times unwelcome) appearance. The Wave start went well and before we knew it, the runners were off! As the ladies came racing in, it was clear that it had been a pretty hot race, we tried to predict who had come in first but we wouldn't be sure until the all the runners had come in. As usual, the PJC volunteers did us proud, coming together to help up set up, run and clear up as well and cheer all the ladies on the course.

There was a real sense of people enjoying being at an event and a sense of normality returning which was a pleasure to see. A slight glitch with the results meant we couldn't carry out the award ceremony but results were published until the evening. We thoroughly enjoyed being able to put the event on and are looking at changes we can make for next year.

Thanks again for all that helped before and during the event, we couldn't do it without you.

Rachel and Naouele – Run Directors



Race To The King (RTTK) 2021 – Arundel to Winchester

It was with both trepidation and excitement that in late 2019, along with fellow PJC runners Richard Bailey and John Gosling, I signed up to run the straight through double marathon RTTK. Could I really manage to run 53 miles in one go? After previously running Brighton and London and walking Beachy Head marathons, it was definitely pushing myself to another level. And hence training commenced in January 2020, following a training plan albeit probably from a stronger fitness base.

It made sense to train by running sections of the South Downs Way, as this covers the race route. However, this needed a certain level of commitment with the winter/spring 2020 weather being particularly changeable (meaning wet and windy). One run took us out, when the met office advice was to travel for essential journeys only – foolhardy? Gradually we increased the mileage until...and we all know what came next.

So, after the 2020 race cancellation, serious training began again in January 2021. We had already run the Coastal Marathon together in a time of 3:42, so were still relatively fit. Again, we trained on sections of the South Downs Way – helping us to understand the terrain and choose the appropriate footwear. This time the weather was much kinder, with many Sundays (long run day) being cool and bright. One aspect of training that I had not previously encountered was eating on the move, whilst still actually breathing.

Following the team name of “Meet at the Butchers” (sic) being chosen for the usual departure spot of Bransbury Butchers we ran QCEP Spring marathon, followed a week later by our longest training run on the Pilgrims Trail – 34 miles from Portsmouth to Winchester; this taught us several lessons – hydration and nutrition at regular intervals is very important, walking the hills saves your energy and wet shoes/socks give you blisters.

Finally, the week of the race was here – it had been a long time coming. Numerous weather checks throughout the week, race pack being packed/unpacked many times and confirmation the race was still taking place. The Friday weather was horrendous – torrential rain throughout the day – would this continue? Up at 5 the next morning to drive down to Goodwood (a change of start venue), numerous toilet visits before finally at 6:50 we were off.

The weather was very kind – low cloud, even slight mist so keeping temperatures cool (after the heatwave of the previous weekend). The recent rain had softened the ground nicely too. The race went largely to plan – all the training paying dividends. Fuelling worked out well – peanut butter and marmite sandwiches, the odd salt chew, and welcome bananas/crisps/coke from the pit stops. The race atmosphere was amazing with fellow racers chatting and supporting each other. It was quite an emotional moment coming round the corner of Winchester cathedral to see our support crew (wives) and “The King” waiting on the finish line. We had done it in a time of 10 hours 27 minutes.

What a fantastic day we all had! Eating our post-race meal later in the evening, we could sympathise with competitors still on the course as the rain had now started to come down quite heavily – we could count ourselves very lucky. And to top it off, we have since been informed that we won 1st team prize.

Neil Dyer

(Neil was running in aid of The Rosemary Foundation caring for his father-in-law who has terminal cancer www.justgiving.com/fundraising/neil-dyer2)



Parkrun and Run-Walk Local Portsmouth Updates

Both these events have decided to delay re-starting until after, hopefully, all restrictions have been lifted in July.

Parkrun are hoping to restart on Saturday 24th July.

Run-Walk Local Portsmouth have not set a date yet, they will see what 19th July brings and then decide.

Keep a look out on their Facebook pages for updates in the next couple of weeks

Sun Protection And Skin Cancer

Unpredictable weather and busy lives means we've all done it – we go off early in the morning when the sun is low for a 'short run', only to come back many miles later in the blazing heat and in desperate need of the after sun. While sunburn can increase your risk of skin cancer, the year-round daily exposure caused by an active lifestyle also adds skin damage and ageing. None of us want to cut a good run short just to go home to put on their sun cream so here are a few tips on how to protect yourself, some reasons why you should, and information on some of the things to look out for if you do become concerned.

How to protect yourself:

- Seek shade when the sun is at its strongest.
- Use a minimum of factor 30 sunscreen, with at least a 4-star UVA protection
- Remember to change discard your sunscreen every 12 months, unless it has a clear expiry date.
- Runners may need to consider formulations that are light, non-greasy, fast-absorbing and sweat-proof
- As sun damage is accumulative, runners need to protect themselves all year round.
- Aim for regular re-application. A good rule of thumb is to re-apply at least every 2 hours
- If in doubt, refer to the UV index , which is available on most weather apps / sites
- make sure you never burn
- Cover up with suitable clothing and sunglasses. Some sports fabrics may need additional sunscreen underneath (especially under mesh).
- Take extra care with children
- Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better.

Skin Cancer

Although I hope you will never find anything of concern, it is worth getting to know your skin. If you check your skin regularly (roughly every 4 – 6 weeks), you will spot anything that is out of the ordinary. If you are concerned, please go to your GP who will refer you to a Dermatology unit if necessary.

Take a look at your skin, do you have....?

1. A new skin growth that increases in size and appears pearly, translucent, tan brown, black, or multicoloured.
2. A mole, birthmark or any skin spot that:
 - Changes in colour, and has multiple different shades of pigment
 - Is asymmetrical and irregular in shape
 - Has an uneven border, with ragged or notched edges
 - Increases in size or thickness
 - Changes in texture
 - Is bigger than 6 mm, the size of a pencil eraser
3. A spot or sore that:
 - Itches or hurts
 - Crusts or scabs
 - Ulcerates or bleeds
 - Fails to heal within three weeks

In other words, be concerned by any new or changing lesion that looks different from your other skin spots, or is the 'odd one out'. The good news is that most of these turn out to be harmless but it is always worth getting them reviewed by your GP.

LINKS:

<https://www.wessexcancer.org.uk/blog/stories-and-information/check-skin-for-skin-cancer/>

<https://www.wessexcancer.org.uk/blog/stories-and-information/basal-cell-carcinoma/>

Alex Benyon – Welfare officer

Notice Board

Sports Massage for PJC Members

Portsmouth Joggers members can now claim £5 discount for sports massage from the following local businesses. Please contact EBSportsmassage (Emma Bird) and Active Recovery (Naouele McHugh) via Facebook for more information.



£5 Off
PJC Members

Summer Cross Country

The summer XC is on 21st July.... If your able to volunteer at the event, please let Joanna Langley know! (via the PJC Facebook page) She is in need of a few...!! There are lots of roles available; marshals, finish area etc. Hoping to be able to offer catering and if we can, there will be free food as always for those volunteers! Thank you in advance!

If you want to run in this event sign up through Eventbrite. Link on the PJC Website and PJC Facebook page.

Memorial Benches

As many of you are aware there is a bench in memory of Irene Pollard, long-time member of P.J.C. near the lake at Lakeside. My request for information about any other memorial benches around the city came up with one on Portsdown Hill for Ian Morrison. He died ten years ago and his anniversary was marked in the March edition of our Newsletter.

Anyone know of any others? If there are any others it would be good to know so we can all keep an eye on them.



The Lock-up

There will be working party to empty, catalogue and tidy our lock-up at lakeside on Saturday 17th July from 1.00 pm. If you are able to help, please message Tony Quinn or email him at chair@pjc.org.uk beforehand so he has an idea of numbers likely to be coming.

Awards Please!

If you received an award trophy at the last in-person AGM and Prize-Giving in 2019 please can you return it to the committee as soon as possible so we can see what we've got and plan for our next award ceremony. Thank you so much.

Summer Cross Country

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Hampshire Road Race League

We don't at present have an H.R.R.L. Team Captain. Is there someone out there willing to take on the role?

Here are the dates for all the League Races :-

Sept. 5th.Overton 5

Sept. 19th.Lordshill 10k

TBC. Hayling. 10

Nov. 21st. Gosport Half

Dec. 5th. Victory 5 Jan.

16th (prov) Stubbington 10k

Feb.6th. Ryde 10

May 15th. Netley 10k

June 19th. Alresford 10k