

Portsmouth Joggers Newsletter Edition. 10 – August 2021



Hi there wonderful PJC members! Well, this is a landmark, the 10th Edition of your Newsletter in its current incarnation!! I hope you all have enjoyed reading it and contributing to it. You are the ones who provide all the stuff in it, so you really decide what goes in it. I just put it all together.

In this edition we have some wonderful write-ups of Joggers' experiences attending various events round the country now Covid restrictions have been eased. Congratulations to them all.

I hope it will help you all in your thinking about if and when you want to join an event and what event you want to enter. We are all different and have all had different experiences during the pandemic so we need to make our own assessment of when/if/what to take part in.

PLEASE NOTE: below are a couple of announcements. Including one about the rescheduling of our Summer Social.

Chairman's Report

Welcome to the latest edition of PJC newsletter, I hope you and your families are well. The running community is starting to get back to running and putting on events. It's good to see Park Run back and was lovely to see some PJC colours running Eastleigh 10k. I know some people are still apprehensive about mass start events which is understandable but hope to see you back running when the time is right for you. The Hampshire Road Race League has also resumed so have a look at the forthcoming race calendar and see if there's something for you to get involved in. The Great South Run is due to take place on Sunday 17th October and the club have been approached to provide support with the water stations on the route, watch out for future announcements for volunteers. The winter cross country league is due to resume later in the year and it would be great to see good participation from the club, all that is required is a club top. The club kit is available and will also soon be available to order through the new website. If you need anything, just email me on chair@pjc.org.uk.

I am looking for someone to take on the role of kit person, if you're interested, please get in touch and I'll explain what the role involves.

A big thank you to Rachel and Naouele for putting on the Purbrook Ladies 5 and to Joanne for putting on the summer cross country. Both events went really and were very well supported. It was good to see the running community coming together to support these events.

On a personal note, together with a group of members from the Inbetweeners group, we completed our first ultra in June having taken part in Race to the King. I'm now training for the Loch Ness marathon in 8 weeks time. When I joined the club 4 years ago, I had just completed my first Park Run. Thanks to the support and encouragement from within the club I've gone on to achieve many personal goals in my running. I am so grateful to what PJC has done to support me and look forward to continuing to support others with their running.

I hope you have a great summer of running and I'll be in touch again soon when the new website goes live and with any updates about running at Lakeside. For the time being, we continue to meet outside in the car parks.

Take care and stay safe

Notice Board

Our Store – Our store at Lakeside has now been tidied and catalogued. It would be great if we could all try to keep it tidy, so event organisers can easily find the equipment they need.

Any Awards – Please can any annual awards that are out there be returned to the committee as soon as possible, so we can see what we've got and start planning the next presentation.

PJC Summer Social

RESCHEDULING

Please Note!

Apologies but we are going to reschedule the summer social to something nearer Christmas. The bank holiday/victorious festival that weekend means many people are busy. We'll get a date out soon for something nearer to Christmas.



Reports on 2 regular weekend runs in Portsmouth

Parkrun Southsea

Southsea Parkrun with a buggy return.

So good to be back, always enjoyed running with the nipper, feels like a parent and child moment. Was advised to start at the back, which I was happy to do but as a faster runner, didn't think it was the safest thing to do, but still happy to do so. Just great to see old faces, and new. 5k maybe a small distance to some, but a longer distance to others. Mentally it was nice to have something to look forward to. Extra bonus was it was ideal weather conditions and got hotter later on. So let the nipper run around the splash park nearby. I do appreciate the people who give up their free time to marshal, be a race director or scan barcodes. They don't have to do it but without them Park Run can't happen.

Update on 2nd week, started in the middle of the pack and felt much safer as running with people own speed. Bumped into someone I knew, but not seen in a while. Just had a nice chat. Again, it's great to see people, but do wish people listen to the race director at the start. So rude people talking over them.

Note: Numbers Attending – 27-07-21 – 306, 31-07-21 – 400, 07-08-21 – 302

Run-Walk Local Portsmouth

My Run-Walk Local Review

For those who have not tried it yet, the Run Walk Local race that starts at Hilsea lido in Portsmouth is just as good as, if not better than, the original Great Run Local event that ran before Covid hit.

I was a little bit concerned that my fitness levels weren't where they should be after consuming nothing but pie and beer for a year and a half, whilst working from my 2m x 2m box room, but I found there were allsorts of people from different backgrounds, different sizes, ages and different fitness levels.

The race itself is really flat and follows the shoreline round to the Mountbatten Centre and back past the wakeboarding centre.

For those of you who do not know, this whole shoreline has been redeveloped over the last three years and is a beautiful, safe place to run.

I think I came 3rd from last, beating an 83-year-old man and a lady who had recently had a hip replacement, so there's plenty to work on for me!

If you see a chubby bald chap with a bright red face, say 'hello!'..... I will try to speak but might just have to give you a mini wave!

Right, where's those chips?

Filbo Robinson

Note: Numbers Attending – 28-07-21 – 136, 01-08-21 – 144, 08-08-21 - 130

London Landmarks Half Marathon – Two Views

On Sunday 01 August fellow PJC'ers Emma Jennings, Rachel Smith and I did the 2021 London Landmarks Half Marathon (LLHM). Having spent the previous two weeks praying that we didn't have to run in a heatwave or a deluge of rain (good old British weather) that day was a balmy 17o with some big black clouds that didn't produce rain until the end of the race. There were two very welcome misting tunnels during the race that I made full use of the cool down. Pre-race communications were fantastic through a LLHM APP and regular emails. The start was really well organised with red London buses as the luggage drops (which then drove your luggage to the finish area) - I put my luggage upstairs on the bus as I thought it would be 'safer' up there - I didn't take into consideration that after running 13 miles getting back up those stairs would be "traumatic"! After the obligatory visit to the Portaloos I went to find the start line and bumped into Emma (pre-race nervous hugs) and then I lurked waiting for my start time. Little did I know that the actual start line was another 15-20 minute walk and I didn't actually 'start' until 12 minutes after the actual start time (according to my chip timer). During the race there were themed miles such as celebration of the NHS and other key services who kept the country going during the pandemic, a memory mile for those who lost their lives to the pandemic and a rave tunnel. These, and the crowds of cheering people, made the miles pass nicely and at mile 10 I bumped into Rachel so we took a photo opportunity right beside the Tower of London. The other runners were amazing, lots of different shapes and sizes, some with disabilities (I was and remains in awe of these people), lots of colourful costumes, support and general cheerfulness. The massive highlight for me were the charity areas, which were epic, the interaction with the runners was awesome, my favourite was the guide dogs one as it lots of bubbles (note to self, keep mouth closed next time!), next the volunteers - the amount of energy they put into cheering the runners must have been as tiring as actually running the 13 miles (almost!). The route around the City of London had lots of twists and turns and at a couple of points I was convinced I had passed the same spot two-three times (I was getting seriously stressed that I may have been completing a marathon and not a half at one point!). The finish line came way too soon (yes really) as I was having a great time, I finished and then bumped into Emma again so we had a post-race sweaty hug. What a great time we all had - huge thank you to the organisers - they did good.

Sue Clarke

I took part in the London landmarks half marathon on Sunday 01 August. Amazing experience despite having to stop just after mile 10 due to hip pain and feeling rather odd. After a 30 minute lay down i was determined to carry on and got to the finish. I raised £435 for Epilepsy Action

Rachael Smith



Our Intrepid Trio!!!



First Priority – Check Your Time!!!

Eastleigh 10k

So.... Eastleigh 10k, postponed from March 2020 when Covid first struck and lockdown forced the cancellation of events, then fast forward to August 2021 and I found myself at the start of my first 10k race since January last year!

I have been running throughout the pandemic in one form or other, on my own in the early days and with a small group of friends when allowed over the last few months. Our runs tend to be chatty, social and not of the structured training variety of some groups, but it's kept us going and we enjoy our time getting fresh air and exercise.

So I didn't feel particularly well prepared for the race scenario, but then I am a recreational runner rather than a racer, and only really compete against myself if I'm honest. I was a little dismayed that this race ended up being held in August rather than the usual March, as I fare better in cooler conditions but thankfully 1st August this year was a typical English summer's day and not very hot at all! And cloudy.... which made all the difference for me. I didn't have high expectations of a good time, Eastleigh is my 10k PB course which was achieved a few years ago on one of the few occasions that I managed a sub 60 minute 10k, but this time I set myself a target of getting round in under 65 minutes, and was not sure if it was realistic or not.

I set off a bit faster than I intended but felt comfortable, although also felt that I would probably fade as the miles ticked by. And at the top of the one and only hill on the course (between mile 2-3) I was a little alarmed to be passed by the 65 minute pacers. I needed to be in front of them, not behind! So I made the best of the subsequent downhill and got past them again, fully expecting them to overtake me again at some point! But I'm glad to say I didn't see them again and just kept steady, even in the latter stages when we see the front runners nearing the end of their race when we still have to grind out the last couple of miles, which is a bit soul destroying! By the time I entered the park for the last push (about a quarter of a mile) I was just hanging on to my pace and looking forward to finishing but that last bit seems to go on forever! Finally, the finish line loomed and then it was over... time to catch my breath and check my watch, and I was very happy (and slightly disbelieving) to see that I'd finished in under 63 minutes... Yay! Not sure where that came from but sometimes it just goes well on the day and we should enjoy the moment!

There was a sobering moment to see a collapsed runner in the finishing stages and then the air ambulance in attendance, but the latest report is that the quick actions of people nearby saved her and she was taken to hospital. I do hope she makes a full recovery.

It was good to see some fellow Pompey Joggers and have a chat before and after the race, although we were few and far between, but at least the club was represented. And I have been buzzing for the rest of the day, it's great to have a decent run when you least expect it!

Isabel Gardner



Endure24 2021 - Temple Island Meadows

'The one where nothing quite went to plan'

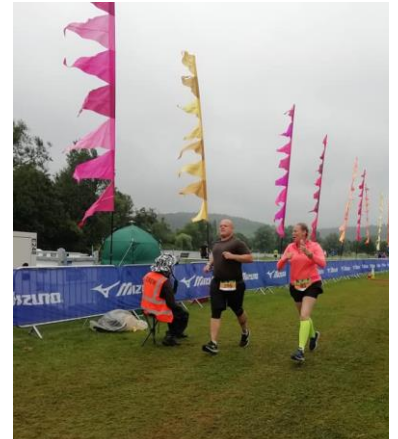
After a year's postponement and a site and a route change we weren't too sure what to expect but the decision was made no matter what I would run it with Rob. It was his first Endure and my third so we'd do it together and try and still be on good enough terms for our wedding in 4 weeks' time. It started well enough with dry weather to pitch the tents and hot showers, until I realised I had drenched my clean clothes so was potentially starting the race in soggy underwear, a quick fix washing line made out of two water bottles helped.

A walking reccie of the route showed it to be more exposed than Wasing park with lots of loop backs. Great for supporters who would be able to view a lot of the route. Perhaps a little more monotonous for runners who are used to an ever-changing course at Wasing.

The forecast was for thunderstorm showers but the reality was much drier and hotter with high humidity so plenty of kit changes needed. It certainly caught us off guard and there will be some beautiful tan/burn lines coming. The showers did eventually arrive and that's when we realised the tent was less than water tight. After 11 hours of moving, picture me sat inside the tent with an umbrella in the cup holder of a chair to try and keep dry, my head torch still on and blinding Rob every time I looked near him.

Determined to add some more miles in Rob wanted to get one more, steady lap in. We dressed up in layers with waterproofs on for a slow lap only for, half way round, Rob to decide if we sped-up we could get another one in. So now I'm jogging in a full waterproof coat. But I promised to do whatever Rob wanted, so there was a quick ditch of the layers on the last lap and then constant watch checking to make sure we could squeeze in the last five miles before 24hrs was up. We made it, with 19 minutes to spare! We laugh about these things now and we will no doubt sign up to do it all again but the last laugh was saved for Rob - just a tip, if you use red permanent markers to write Solo on yourselves it will definitely look like bright pink the next day and that may not be a look your boss is going to like on Monday morning.

Trinette Shepherd



Portsmouth Joggers Summer XC QE Park

I think it's fair to say we have all been through some very strange times and its affected us it many ways. Lockdown installed many strange feelings and behaviours, and routines went down the drain. Our usual get togethers, on Tuesday's and Thursday's, meeting in the auditorium all groups catching up. The Winter Cross Country League and Hampshire Road Races all wiped out by the pesky Covid. One minute we told to stay home see no one, run alone. Then all go out for dinner with the government throwing money at it. Ops that didn't work, lockdown again!

So nearly two years later we're back running again as a group, attending events, and meeting people. Can I really do that? won't they give me Covid and with some reservations I entered the Summer XC. A home club race and a sauté round QE park, what can I say, what a joy to see familiar faces again, all wearing different club vests and smiley marshals encouraging and sharing praise.

Well organised as we expect from OUR CLUB Pompey Joggers, for me personally it wasn't about times, PB's or any Garmin stats, but the joy of running with like-minded people. You remembered how much you miss this simple joy and tight knit community of runners. Smiles everywhere holding their medals and talking about their next race. Well, I think it's fair to say that 80% don't actually race, it's the joy of challenging yourself, encouraging others and having fun, long may it last.

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P.J.C.
Team!

The XC race was great fun and thank you to everyone involved who made it happen and put smiles on all those faces after all we've have been through; I salute you all!

Roger Davies - An Inbetweener

News From Sam Goodchild

Hello from West Yorkshire!

Hard to believe its been just over a year since I said goodbye to you all and made the move to be closer to my parents and extended family. It's certainly been a year of challenges. I certainly didn't imagine that I'd end up training solo for my longest run event and have still not found a local run club to run with.

Thankfully in the last few months events have opened up and I've managed to take part in a couple and enjoy the stunning scenery of the Yorkshire countryside.

My first trail half marathon came on what was the first hottest day of the year, 3 huge hills and Tony Conway wasn't wrong when he said to me, he thought it was the toughest trail half in England as it took me 3hrs 45 mins to complete.

The next event was a 10k on the outskirts of Leeds and again another roasting hot day. This was only a week before Race to the Kings so no charging off like a look just a steady pace. The event team were fab, for a 10k they certainly made sure everyone was well hydrated in the heat with water at the start, on course and at the finish line.

Then the long trip back down south for Race to the Kings with several members of PJC inbetweeners. Fantastic weekend, loved being back with friends and running along the gorgeous South Downs way.

Hopefully I will catch up with more of you on my next visit down in September.

Happy running and keep smiling.

Sam xx

