

# Portsmouth Joggers Newsletter Edition. 11 – Sept. 2021



Hi Joggers!

Here is Edition 11 of your very own Newsletter. The first thing I need to do is to apologise to Isabel Gardner for getting her name wrong on her report on the Eastleigh 10k in the last edition, I am really, really sorry.

I have to say it is great to be all meeting together under the canopy at Lakeside on Club Nights, and no registering on line either!

In this edition we have pictures from two weddings, news of members' memorial benches and reports from several events.

These reports are not designed to tell you that you should be entering events, but to let those who are considering racing know how events are being organised in these different times. There are members who don't and never will race, who just enjoy a sociable run once or twice a week and that is fine. We are a club for all runners. Some members who raced regularly pre-Covid are happy to go back to racing, some are not and some may never be. We are all different and need to do what we are comfortable doing, when we are comfortable doing it. The reports are to inform those who are considering entering a race, and to celebrate with those who complete them.

Whatever you are doing enjoy your running and I hope you enjoy this edition – **Your Editor**

## **Chairman's Report**

Welcome to the latest PJC newsletter and a big thank you to our editor Celia for putting together another packed edition. We continue to meet outside on Tuesday and Thursday evenings but are now meeting as one under the canopy opposite the main entrance to Lakeside. I am continuing to liaise with Lakeside and when we are able to resume meeting inside, I will let you know.

The running community is quite literally back up and running, more of this later, which means we are in need of a Club Captain to represent the club at HRRL races for the remainder of the season. If you are interested in supporting the club with this role, or would like to know a bit more about what it entails, please e-mail me at [chair@pjc.org.uk](mailto:chair@pjc.org.uk)

Now that we are back out running and taking part in races, some of you may be on the lookout for new PJC kit. The intention is to operate a club shop on the first Tuesday and last Thursday of each month to provide you with the opportunity to purchase items such as running tops, hoodies, buffs and magnetic race pins. I am still looking for someone to be the club kit person so please let me know if you'd like to take on this role. In the meantime, if you have any club kit requirements, please e-mail me direct and I will sort you out.

I was fortunate enough to take part in the first HRRL race of the season at Overton on 5th September. This was a really well run event with very enthusiastic marshals and support across the course. The club that put this on actually ran the event at a loss to their club in order to restart the HRRL, so thank you to Overton Harriers for doing this. The only disappointment from the event was that only 3 Pompey Joggers took part. I appreciate that there were multiple rescheduled events taking place that day and people were running elsewhere but I get a real buzz from lining up alongside fellow PJC runners and the mutual support and encouragement we give each other during the race.

The HRRL dates are available on the website and it would be great to see a strong contingent of PJC members lining up for future races, especially Gosport Half and Stubbington 10k. I know that Stubbington 10k sold out in a few days but we managed to get 27 PJC members out of a field of 2,000 runners. I was lucky enough to get one of those places so am looking forward to shaking off the Christmas excesses.

Good luck to all members who are taking part in forthcoming marathons, real or virtual. All the hard work and training will be rewarded by some well deserved running bling at the end. I will be completing my first marathon by running along the banks of Loch Ness for 26.2 miles looking for Nessie.

Great South Run will be back in the city on Sunday 17th October and another opportunity to pull on your PJC top as you run round our beautiful city. For those of you who are not running, we are providing support to two water stations at Winston Churchill Avenue and The Tenth Hole. We are still short of volunteers to support these water stations so if you can help out, please e-mail [water@pjc.org.uk](mailto:water@pjc.org.uk) and let us know your name, souvenir t-shirt size, contact number and any dietary requirements for lunch.

The Southern Cross-Country League will be resuming this winter and the dates will be published on the website. It would be great to see as many of you as possible representing the club at these races. All you need to participate and represent the club is a club top, entry to SCCL races is free of charge.

The next C25K course will be starting on Tuesday 12th October for 9 weeks with the graduation taking place at Lakeside Park Run on Saturday 11th December. It would be really great to see as many PJC tops as possible running at Lakeside Park Run that day to support the C25K graduates and join us for some post run cake. The next cohort of C25K will be given a PJC running top to wear (and keep) at their graduation run. We have adjusted the cost of the C25K programme to absorb this cost and feel that this will help to welcome our C25K members into the club.

We have just recently completed the first ever 5-10k programme. This was a 9 week programme based on the same principles of the C25K programme by consisting of two club runs with a homework run at the weekend. This has provided the confidence for many previous C25K members to make the transition to being able to run 10k. Initial feedback has been very positive and the club committee will be reviewing the feedback at the committee meeting in October.

There is currently a short survey on the website seeking feedback from members on the resumption of club running, dates and times of club runs, proposed social events and running events and feedback on any other issues. Please take a few minutes to complete the feedback so that we can continue to support the club and its members.

I didn't think I had a lot to say this time round but it appears there was a bit more than I thought. It's really good to see people out running, at club and at races. I hope to see you out running soon, take care and stay safe.

## **A Message From Your Committee**



## **Portsmouth Joggers Club**

The Committee would like to invite all members of PJC to fill in a quick feedback form on returning to club nights.

Even if you haven't attended training nights since before lockdown, we would love to hear from you so we can tailor the club nights to what members would like.

It can be filled in anonymously (unless you want to leave your name).

Thank you all.

This is the link :

[https://form.jotform.com/212625930333349?fbclid=IwAR0270I0g5H40GdTbFC-QEF4dv7LM0bMh3S\\_oqnCcUNDXaxtPHM0Qkw91oo](https://form.jotform.com/212625930333349?fbclid=IwAR0270I0g5H40GdTbFC-QEF4dv7LM0bMh3S_oqnCcUNDXaxtPHM0Qkw91oo)

It's your club so please let us know what you want from it.

## **Couch25k**

Here is the link to book on to the Couch25K.

It starts on Tuesday 12th October for 9 weeks, on Tuesdays and Thursdays.

Do pass it on to anyone you think might be interested.

[http://pic.org.uk/?page\\_id=1448&fbclid=IwAR17FgIIQw8tVTEvrc-pKAYk4vT-6gnNSqEa3ls6pN3f6I1q88MOMe7VDMg](http://pic.org.uk/?page_id=1448&fbclid=IwAR17FgIIQw8tVTEvrc-pKAYk4vT-6gnNSqEa3ls6pN3f6I1q88MOMe7VDMg)



## **Two August Weddings!**

### **Helen Jerome and Paul Sumbler**

Helen and Paul were married at Arundel Town Hall on Tuesday 17<sup>th</sup> August and had a party for friends and family to celebrate with them on Saturday 21<sup>st</sup> August at Fort Nelson.



### **Trinette Shepherd and Rob Squire**

Trinette and Rob were married on 25<sup>th</sup> August at the Skylark Golf and Country Club in Whiteley.



Many Congratulations to both the happy couples.



## Club Nights All Together Again!

From Tuesday 7<sup>th</sup> September we have been meeting all together again, under the canopy by the shops at lakeside. No pre-booking needed, just come along and choose your group.

It is wonderful to be back together again.

(I know the picture looks a bit empty but it was the night the 5 to 10k-ers were running their graduation run and the Inbetweeners were supporting them)



## Portsmouth Joggers Memorial Benches

Huge thank you to Brian Rees who has researched and photographed 4 Portsmouth Jogger's memorial benches.



Some of the Social Group visiting Keith's bench recently

Ian Morrison has a bench at the west end of the Portsdown Hill View Point. His plaque reads "In Loving Memory of Ian John Morrison (Mo), 1969-2011. Portsmouth was his home, Portsdown Hill his special place. Always in our thoughts. You are loved and Missed by Mum and Dad, Daughters Katie and Hannah, Sister Claire, Brother Andy and Rachel & All The Family. A Special Thanks to Portsmouth Joggers Club".





Wendy Skinner has 2 benches at Lakeside . Her plaque simply reads “In Memory of Wendy Skinner, Portsmouth Joggers Club”.



These benches were, I believe, funded by Portsmouth Joggers Club.

Phil Pollard has also put one at Lakeside for his lovely wife Irene. A keen member of Portsmouth Joggers missed by all who knew her. (Pictures by Irene Cruikshank).



If you are out and about on Portsdown Hill or around Lakeside do look out for these. If anyone knows of any others do let the committee know.

### **Get – Together At The George**

On Thursday 2<sup>nd</sup> September, at Tony Conway’s suggestion Most of the groups ran up, down and/or around Portsdown Hill.

Afterwards we all met up for a post run drink at the George at Widley.

It was great to see everyone have a catch-up.

It has been suggested that this becomes a monthly event, to help to bring the club together again after Covid. Meeting at different pubs.

What do people think? Which pubs?



## **The Southampton Half : A Long Plod in a Pompey Vest - 5<sup>th</sup> September 2021**

It was so good to be back doing a proper organised run. The first for a year. Doing the usual race-day rituals again. Seeing lots of other folk in running gear heading for the start. And waiting for the start. I'm always just simply happy waiting for the start of a run. I'm nervous before then, then just happy. I love it.

There was no attempt by the organisers to put the faster runners nearer the front, and the half-marathon and full-marathon shared the same start, so I elbowed my way fairly well forward. In fact there was no real need for that. After the first 300 meters the runners around me were all around the same pace. Or faster, so I wasn't slowed by traffic.

It's an interesting course. The start is bang in the centre of Southampton, in Guildhall Square, from where we run straight down Bar Gate, the main street, towards the docks. Then up and over the Ichen bridge for the first time: lovely view from the top, but not sure it was worth the climb.

There were a few folk waving scruffy hand-drawn covid conspiracy theory placards at the runners at the start of the bridge. Of course, none of the runners stopped to debate the issue. Some made their views clear, with shouts of "rubbish".

Then a suburban section, and a nice path through a park with views out over the Solent, then back up and over the bridge. The crowd support was great, and very welcome. More anti-vaxxers at the bottom of the bridge, so I sang "Spot the loony!" as I went by. Childish, I know, but the best I could do at the moment. Then on through some side streets to St Mary's Stadium, home of Southampton FC. I'd last been there in, I think, 2010 to watch Ipswich Town, my club, loose an FA cup match. There were another rash of covid idiots outside the stadium, and the runner next to me and I both made our view known: I'd progressed to singing "Trust the nurses – get your jab". We got chatting, until we got into the stadium, when he started singing very loudly "We hate Pompey". I just smiled at him and said "just so you know, have you seen which vest I'm wearing?" he gave me a funny look, then looked at my PJC vest, then we both had a laugh. Nice guy: I was running slightly faster, but we spoke again on the course, and he came up and chatted just after the finish. I wasn't running that much faster. I'd set off pacing it at 4:25 m/k, which would just get me a PB. That was optimistic, but possible. Training had been a mixed bag. Shorter runs had gone well: 3 ParkRun PBs. Longer runs not so good: I'd done 3 at 18km but struggled to hold the 4:25 pace. And soon after half way I struggled again. Partly it was now a really hot day. Partly it's a surprisingly hilly course: not many big hills, but not much level ground. And partly I'd got something wrong around nutrition or hydration or just running. (My half-marathon PB was the Gosport half in 2018, and other PJC runners will know that was the PB day: flat course, cold but clear weather.) So, a bit after half way, I realised I either slow down now, or stop completely a bit later, so the slow old plod it was. And a long old plod at that.

Way back in 2015, training for my first marathon, I set myself the aim of never going for a run somewhere I wouldn't want to go for a walk. That is, only run somewhere it's a pleasure to be outside. And a lot of the last bit of Half fitted that bill. Running through Southampton Common, shaded by the trees, and shaded by the river. Despite that, it was a slog, and I was so glad when it was over. I even managed a finishing sprint over the last 40 yards. Then I found my wife and a cup of tea with 2 sugars, both of which were very welcome sights. I finished 168 out of about 1,800 finishers in the half. Not too bad for an old bloke. 4,000 runners took part in the 10km, half and full marathon. That's about half of the number who'd paid for a place. I hope next year there's a better turn-out. The excellent organisation, and all the support around the course, deserve it. Southampton, I thank you.

### **Steve Jack**





## **HRRL Overton 5 - 5.9.21**

If you had been walking your dog past Overton Recreation Ground at 1pm on Sunday afternoon, you could not have failed to notice some of the surrounding roads were temporarily closed to traffic for an event not seen in the village since 2019. Further up the hill, Whitchurch scout troop were organising a car park from which a steady stream of runners, in various stages of undress, were eagerly descending upon the neatly manicured football pitch.

The atmosphere in the ground was not unlike a summer fete — clear blue sky and a tropical sun, shone down over a field dotted with race tents and all kinds of colourful club kit. If you had squinted at the inflatable finish gate you could even be mistaken for thinking it was a bouncy castle in the haze.

No one realised at the Ryde 10-mile race in 2020, that it would be the last time we would all race together in the HRRL for the next 18 months. The competition had been greatly missed and so there was much excitement when the tannoy man finally ordered over 300 club runners from all over our region to make their way to the start area for the beginning of the Overton 5-mile race and the opening of the 2021/2022 Hampshire Road Racing League!

The race would begin with a mass start in one of the nearby closed lanes at 2pm but you were given the option to start 5 minutes later if you did not feel comfortable standing in the crowd. Anthony, Simon and I took our places amongst the other runners who were all jostling with anticipation and chatting excitedly. There was little shade to be had in the sweltering heat and I remember one runner near me saying aloud that his watch was registering 25 degrees. As 2pm approached the pack adopted the standard pose of 'thumb on watch' and we were off!

The race was underway with the usual enthusiasm, however, momentum from the early downhill stretch would quickly fade in the hot conditions and talk of the heat gave way to exclamation about the hills, then to despair about not carrying any water, to finally no discernible talk at all, as everybody appeared to concentrate on the task at hand.

It's a picturesque course, which rolls north through the countryside towards Ashe Warren and back again. A significant climb drags itself out between mile 1 and 2, which left me feeling exhausted in the heat and potentially a little delirious, as I was convinced I had already run much further than this.

Further on and working my way up another hill I went past the little luminous 3-mile marker and that felt like an achievement because that meant the next one would say 4 and after that one, well, we're nearly home!

I offered a few words of encouragement to a Fareham Crusader on the last hill between mile 3 and 4, who muttered something in return about it being difficult without water. I could sympathise with him as I thought was probably dehydrated by the last mile from the sweat streaming into my eyes and down my arms, as if from a tap on top of my head.

Finally, the undulating miles gave way to a fast downhill fifth mile all the way back to the finish. A gravity-aided second wind helped pick my feet up as well as the thought of the ice cream van waiting for me back at the recreation ground. A slight detour takes you through a small wood and back out onto the road down to the village church and the penultimate corner.

As I rounded the church onto the last road, I could see through the fence the football pitch and the bouncy castle finish surrounded by onlookers. At this point, on either side of the road paramedics from St. John's Ambulance were tending to a few runners, who were clearly in some discomfort - it was a hot day and dehydration, cramps and sickness were all possible if you hadn't paced yourself properly or taken enough fluids.

The last dash across the grass to the finish line felt longer than it looked. I think the tannoy announcer mentioned Portsmouth Joggers, but I was too tired to listen properly. Overton 5. Done. I staggered away down the funnel gasping and whimpering to my myself, towards a table of bottled water that was calling my name. As is customary post covid, medals were not handed out but collected from another table, so I pocketed one, and then proceeded to pour half the bottle of water over my head before looking around at my fellow finishers.

There were many smiling but tired looking faces, pleased with their afternoon efforts in the sun and now enjoying that post-race buzz of achievement that every runner looks forward to. Some people were sprawled on the grass where they had simply stopped, and others were squeezing together in what shade there was.

Lots of friends, family and people from the village had come out in the glorious weather to line the finishing straight and cheer home the participants. Children were even sprinting up and down the grass seemingly inspired by the efforts on show. I found a good vantage point for myself to clap and whoop as runners began to flood back round the last corner and across the field. Both Simon and Anthony finished strongly and impressively on what was not an easy day.

It was fantastic to have been running with all the other local clubs again, many of whom just about scraped together enough members for a team and although PJC was largely outnumbered on the day, it was still represented very proudly. Feeling pleased with ourselves, I waved goodbye to Anthony and Simon and left them in the queue for an ice-cream, for I had my own plan to stop at the nearby Bombay Sapphire distillery on my long way home (picture attached).

I have no info on the ice-creams... I assume they were large... potentially with flakes? The gin on the other hand went down very well when I got home.

The second race in the HRRL calendar is the Lordshill 10k on September 19<sup>th</sup> and it would be great to read someone else's race story of the event. Lordshill isn't quite the midday trek across Hampshire that Overton was, so it would be lovely to see a few more blue and whites joining in. We always make for a smiley picture at the end!

**Peter Coote**



## **Report from Lordshill 10k below**

### **Lordshill 10k Sunday 19th September 2021**

New to us, this 10k out and back flattish run started with a very positive vibe at the start line. Music, friendly faces and facilities awaited. Number collection was simple, we were guided by signage and arrows throughout, and the course had plenty of happy, cheering marshalls. Despite the rainy start, we thoroughly enjoyed the race atmosphere, even though we were at the back of the pack. Chip-timing made it all simple, with a text immediately informing us of our fabulous times - ha ha! Everyone seemed to be enthusing about getting together for a "normal" race day event.

**Anjella and Richard Coote [inbetweeners]**

