

Portsmouth Joggers Newsletter Edition 12 – Oct. 2021



Hi Joggers!

Welcome to Edition 12 of your newsletter. It is a bumper edition so settle down with a cup of coffee and some biscuits for a good read!

Goodness me there has been a lot happening over the last few weeks. Marathons – virtual and actual, 10ks, Great South 5k and 10 mile and two brave joggers took on a 50k adventure race called Metropolis, more of that later. (You need to read right to the end to get to that).

We've also had a whole club seafront run with more club events to come.

If you are taking part in any events do write a short report to tell everyone about it.

Anyway, read on and enjoy!

Your Editor

Chairman's Report

Welcome to the latest club newsletter and thank you to our editor for putting it together.

The new website is now live, however, we are in the process of updating all of the information on it so bear with us as we populate all the up to date information.

We welcomed the latest group of C25K to the club on Tuesday 12th October, they will complete their 9 week programme on Saturday 11th December at Lakeside Park Run and it would be lovely to see as many PJC members as possible at Park Run that day to support them and join in with some celebratory cake.

There will another 5-10k group which will run for 9 weeks from January 2022, dates for this will be confirmed on the website in the coming weeks and open to all PJC members. If you are interested in joining this group in January, please e-mail chair@pjc.org.uk to be added to the list.

It was really lovely to see so many PJC members running the Great South Run last weekend and a huge thanks to the PJC volunteers manning the water stations at Winston Churchill Avenue and the Tenth Hole.

As Christmas is just around the corner (it is) now might be a good time to consider purchasing some club kit as a gift or a treat to yourself. The club kit includes, blue PJC tops and vests, hi-vis PJC tops, PJC hoodies and zipped hoodies as well as buffs, hats, bags and race bib magnets. The intention is to have all of this available to order through the website but if you are interested, or need anything, just e-mail me on the above e-mail and I will sort you out.

We continue to meet under the canopy at Lakeside and as the nights are dark before club runs start, please make sure you wear something bright so that you can be easily seen when out on your run and a head torch or body light if you have one.

Take care when out running and stay safe.

Tony Quin

Club Groups Running at Present

In increasing order of speed

Social Runners – leader Sue Clarke

The 'Social Group' is for runners who like a social chatty pace, we don't do speed work or running training plans - we 'just run' and 'chat' 5-8km each Tuesday and Thursday. Our pace is anything from **6.5min/km (10.5min/mile) to 9min/km (14.5min/mile)**. We don't leave any runner behind (no one is too slow for the social group) - we either do 'loop backs' (when not doing Covid secure running) or adjust our pace as needed so that everyone has a run buddy. We often welcome runners from other PJC groups who are coming back to running after an injury so they can test their running legs before heading back to their usual group.

Inbetweeners – Leader Simon Evans

The inbetweeners are a step up or feeder group for those wishing to improve their distance and pace. We are a supportive and friendly group that runs at around a **10:30 to 09:30 minutes per mile** pace with speed work and hill reps on a Tuesday and a longer run of around six miles on a Thursday. Group members often step up from the Inbetweeners into one of the faster groups once they can maintain a consistent pace at the front of the group for over six miles.

Hermits – Leader Ian Jones

A friendly group, suitable for those running around the **9 - 10 min/mile pace**. The training plan focuses on race distances up to half marathon in Spring and the Autumn, especially the Great South Run. Typically we run quicker paced interval training on Tuesday evenings and slower longer runs (5-6 miles) on Thursdays. With suggested "homework" for the weekend runs. Training is at your pace, yes we will push you at times and I promise you will work hard. But we won't get bent out of shape if you want to take things easier or run with another group, you should enjoy your running and that is what this group aims to do.

The Pacers

The Pacers is designed as a step-up from the Hermit's to Tony's group in terms of distance, pace and speed. We work on improving elements such as parkrun times and building stamina for longer runs by incorporating a variety of activities and routes on Tuesdays and Thursdays. The goal for longer runs (up to 8 miles) is between **8.15 to 8.45 m/m** pace overall, and shorter runs of 5k we aim for **8 m/m or under**.

Tony Conway

The group is dedicated to runners looking to improve their performance, within their capacity. Be that a Parkrun or a marathon. Tuesday's is threshold training and is suitable for all runners wanting to work hard and improve. Thursday is a 8 / 10 mile run with tempo sections over various routes at **6:30 / 8:30 minute mile** pace. The group normally does a 12 / 16 week scheduled training programme leading up to a spring and autumn marathon.

There are also Couch to 5k and 5k to 10k programmes running at intervals during the year. A couch to 5k programme has just started and it is hoped to run a 5k to 10k programme in the New Year.

If you feel there is a gap and want start up another group just email Anthony Quin at chair@pjc.org.uk

Club News

Our new website has gone live, pjc.org.uk .N.B. Not all information has been crossed over to it yet

Folks, just so you know, as of Monday 18th October, Davina started to remove non-current members from the Facebook group.

If you are unsure of your membership status message her through Facebook or email her at membership@pjc.org.uk to check.

Club News Continues on next page

Hampshire Road Race League

Up-coming races.

<https://hrrl.z33.web.core.windows.net/>

Gosport Half 21.11.21 10.00 Entries close 28-10-21

Victory 5k 5.12.21

Stubbington 10k 16.1.22 – Sold Out

Southern Cross Country league

Next Race

<https://www.southerncrosscountryleague.co.uk/>

Chawton House 23.01.22 11.00am

Whole Club Events

November Club Run 11th November.

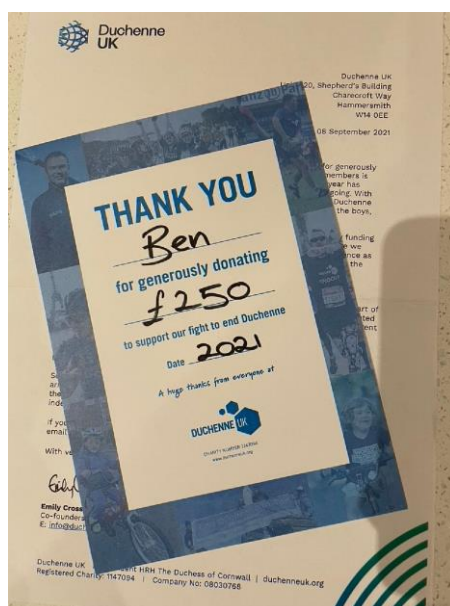
Meet at the main gate to Christchurch Graveyard, Portsdown at 7.00 sharp. All runners will walk to Commonwealth War Graves for a short Act of Remembrance. Run(s) will commence after that and conclude with drinks at the George Pub.

December Club Run 16th December.

Mince Pie Run - Start at Lakeside as usual for group runs followed by Mince pies and mulled wine (including non-alcoholic for drivers etc.) and socialising.

From Our Treasurer - Ben Stait

Last month PJC made a £250 donation to the charity Duchenne UK on behalf of Duncan Gardner who generously gives up his time to audit the Club's annual accounts. Duchenne muscular dystrophy (DMD) is a condition diagnosed in childhood, characterised by progressive muscular weakness. There is currently no cure, but Duchenne UK is at the forefront of advancing treatments and care for everyone affected by the disease and supports families affected by this terrible genetic disease.



A P.J.C. Wedding !

Jenny Campbell and Peter Collins (AKA Speedy Pete) were married on Saturday 4th September at St. Peter's Church, Bishops Waltham.

They had a reception afterwards, for friends and family at Sandy Acres, Shedfield.

Portsmouth Joggers wish them all the best for the future!



Portsmouth Joggers Sea of Blue – Thursday October 7th

On Thursday October 7th crowds of PJC members gathered, in their blue jogger's tops, at the Bandstand in Southsea. After photos we were led by Tony Conway on a lovely run along the seafront, to Old Portsmouth, the Camber, the Cathedral and back to the D-Day Museum. There were loop-backs and re-groups for photos at several key sites, so no-one got left behind. (I should know I was at the back!). There was also a walking group who did a shorter route meeting up with the runners at the finish.

After the run there was the option to adjourn to the Lord Palmerston pub in Palmerston Road for drinks.

It was a lovely evening and it is proposed to have whole club events about once a month. (See previous page for the next two)



Event Reports!

There have been a load of other events happening this month, here are reports from a few!

London Marathon October 3rd

London Marathon, We arrived in London on Friday and headed straight to the Expo, quick and easy to get around. Liked the fact that you could change your Tshirt size as lock down has not been kind lol.

On the day my Jeffing Partner was at the blue start (Blackheath) and I was Red (Greenwich)... luckily we started at similar times... At my start I never had to queue for the loo and there was plenty of room to remain safe. We set off on time and I was flying around jeffing style... I did have to remind myself I was meeting Hannah at the 5k mark... I got there slightly earlier due to soaking up the atmosphere but then saw Hannah and Andy come round the corner!! I was like a big kid jumping with joy and the crowd joined in as they knew I had found my jeffing partner. Andy continued with his own race at this point leaving myself and Hannah to chat rubbish and start running together lol.... We jeffed our way around, taking pictures, singing and dancing and just soaking up the amazing atmosphere doing 60/30 ratio. From 17 miles we just went with whatever felt good to get the job done, still jeffing. I believe we both hit the wall at parts but just kept moving forward... We had this and the crowd support spurred us both on to finish in a comfortable 6hrs... planned time. We enjoyed a well-deserved bottle of champagne after.

Sam Saunderson



Two Virtual London Marathons – 3rd October

Tim's Virtual London Marathon

A brief report from my 'Virtual London Marathon' Kind weather was forecast and I was helped by fellow joggers to complete my first marathon - measured by the official app . Set off for the first of 2 laps from the Mountbatten Centre at 8.30 accompanied by Craig Lodder. The lap went well keeping a steady pace of 11 min miles. Toward the end of the first lap, Simon Evans and Roger Davies joined me as Craig dropped off to get home at the half way point. Roger completed around about 8 miles leaving Simon to finish with me . Fatigue set in at 22 miles and I lost a minute or so a mile. Finish came in at 4.47 on the app - I haven't been as happy to stop before. Great experience that I'm sure to do again.

Tim Le Comte



Sue, Helen and Debbie's virtual London Marathon.

On Sunday 3rd October Sue Clarke, Helen Sumbler and Debbie Marks set off to do a virtual half marathon round Denmead. A rolling support crew of fellow runners joined them throughout the day. The first support crew arrived at about 9.00 to find that they had already started from their homes some time earlier, to get some mileage under their belts before we got there. After three circuits of a 6k circular route there was a lunch refuelling break at the White Hart in Denmead. After lunch the run continued with a change of support crew who ensured all three ladies completed their Marathon. Well done ladies. It was a privilege to be part of your support crew.

Celia Oxley



The Start



The Finish



Chichester Half Marathon

This was also on 3rd October and several Joggers went to join in the fun, including Debbie Pentland, Alex Benyon and Steve Wroe. I believe Debbie and her husband Bob did the 10 mile and Alex completed her 7th Half Marathon. Well done to them all and any other Joggers who were there!



Silverstone 10k

On 10th October Steve and I ran the "Run Silverstone 10k" which took us round the Grand Prix circuit. It was our first real (not virtual) 10k event and it was lovely to see so many people out enjoying the experience. 6000 people took part, either running 5k, 10k or a half marathon or taking part in the wheelchair half marathon. The sun shone too! Steve completed it in 59 minutes and me in 1hr and 2 minutes which we were both pretty happy with.

Sue Hyson



Denmead 10k

Debbie Pentland reported that a number of Portsmouth Joggers ran or volunteered at the Denmead 10k on 10th October. Chris Ellis reported that he ran the Denmead 10km in 51:39. Well done to all who took part!



Special congratulations to Steve Guest and Nicky Thomas who were both awarded Best in Their Age Category.



Well done to them both!

Great South Run 5k

GSR 5k was my first ever race back in 2013 before joining Portsmouth joggers so I like to try and keep running it when I can.

The morning was miserable and was hammering it down until the race. Wet roads but perfect running conditions.

The atmosphere was great. Nowhere near what you see on the Sundays 10 mile though.

Lovely to see so many smiley Marshall's and cheers at the finish.

Lou Newman

Well done Lou and all the 5k runners!

If you've never entered an event before and want to get a taste of what it's like this is a good one to start with.



Great South Run On Sunday 18th October, I with many other PJC'ers, descended on Southsea seafront to run the Great South Run 10-mile event.

I caught the train to avoid the inevitable traffic jams on the way home and bumped into 4 joggers on the train which set the scene for meeting lots of jogging friends either in the start pens, on the course as runners or volunteers (thanks you to all the volunteers), or at the Wave 105 tent who very kindly let us leave our bags there and fed us chocolate after the run.

I received my usual, but very welcome, soaking at the Winston Avenue water station – this is an annual part of the fun of this run – try wearing a jogger's vest and getting through that station dry! I got hugs and a '20-meter running hug' at the 10th hole water station. Well done PJC for manning these stations every year.

The best parts for me are the Bataala Drums, the Bag Pipes, and the great atmosphere round the whole course.

I am signed up for 2022 and looking forward to it already.

Sue Clarke



Team P.J.C.

More pictures on the next page



Sue Clarke, our reporter



Tony Conway at the Tenth Hole Water Station



Salim Rahman, who was running to raise money for Macmillan Cancer Research and dedicated his run to his father who died after having Covid this year.



Phil Pollard, who, at the age of nearly 80, was running his 31st Great South Run! Yes, he has run every one!

Left: He looked really good as he reached the Tenth Hole water station.

Right: After running he returned to Stokes Bay, as he had come, on his push bike, then spent the afternoon mowing his lawn!!

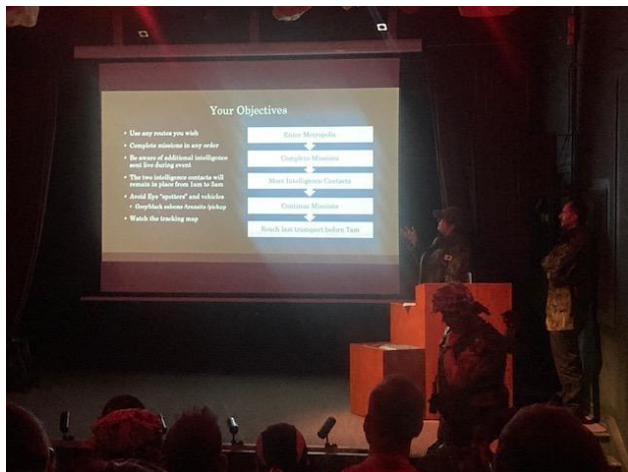


Metropolis 2121

On the 9th October 21 Pauline and I ran in a new race experience organised by Beyond Marathon. It was a 50k night time adventure race across London called Metropolis, we ran it as a team aptly named "Not Fast, Just Furious!". It's hard to know where to begin when trying to explain this as we've never entered an Ultramarathon that has a detailed back story, theme, actors, missions and role play before. It really was quite something else. It was a cross between Secret Cinema and ultra-running, a story driven immersive event that also happened to be a 50k+ race!

We arrived at the Royal Gunpowder Mills in Waltham Abbey at 6pm not knowing quite what to expect. We were greeted at the gates by members of the UK Colonial Marine Corp and had our documents checked before being allowed into race HQ. At registration we were assigned our Metropolis ID tags (with fake names), ready for our mission. We were given a What3Words location code and told that we had to be at that location at exactly 2am and stay there for 5 minutes, we were also given the What3Words location code and meet time (2:25am) for our "Operator" who would give us the location of our exit point, to secure our place on the "last transport from Metropolis" which would return us to HQ at 7am. This first location was roughly 15 miles from HQ and just near Covent Garden ([///sides.tiger.eagles](https://www.what3words.com/sides.tiger.eagles)).

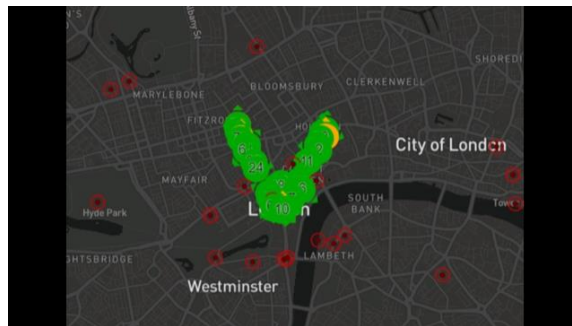
Once we had been given that information we sat in the hall waiting to be escorted by the Marines to the testing area, to make sure that we were human and not an infiltrator. The test that was done on us was very much like the replicant testing in Blade Runner and we were lucky enough to pass! We were given a mission as well, to find 5 robots and eliminate them. These were given to us as a list of What3Words location codes. We returned to the main hall to join with the rest of the runners and were approached by various cast members seeing if we would be brave enough to take on more missions, each with their own back story but all linked into the overall theme of the event! Whilst this was going on a female runner who had been in the hall chatting with others was grabbed by the UK Colonial Marines and dragged out kicking and screaming. It transpires that she wasn't actually human and had infiltrated our ranks. Some of the other runners that had been talking to her had become suspicious as she was talking about the UTMB and calling it the Ultra Trail De Marbella along with various other gaffs!



At around 8.30pm all remaining runners and verified humans were taken by the Marines to a theatre on site for the main briefing, which was quite possibly one of the strangest pre-run briefs we have ever attended, with Marines, scientists and other soldiers explaining our main mission from up on stage and using a full size screen to run through slides and explain further details about RUN (Runners Underground Network). Our objectives were to Enter Metropolis, Complete Missions, Meet Intelligence Contacts, Continue Missions, Reach the last transport before 7am! We were also informed at this point to keep an eye on our trackers throughout the evening because enemy agents (Eyes) would be out to get us and we would need to evade capture! Puts a different perspective on the usual dot watching during tracked ultras.

At roughly 9pm we headed off on our way to Metropolis with our missions and a rough idea of what route we needed to take, Pauline had planned out the optimal route between all our W3W locations. The trackers wouldn't be switched on for another hour to give us a head start from the Eyes!

The first step was to head into Metropolis, this involved a 15 mile run from HQ into the centre of London, ticking off a few mission objectives on the way by running to What3Word locations and waiting there for a few minutes each time to give the tracker time to register our location before moving on. Running down through Shoreditch was interesting to say the least, we hit there around 11pm and the place was rocking, you'd never have thought that there was a global pandemic going on! At this point I was glad that we weren't being tested by the Doc again because we might have failed due to copious inhalation of some suspect smelling smoke! We ticked off a couple of missions, which took us to some well-known landmarks, Tower Bridge, London Bridge, Big Ben, Parliament square, the London Eye, Trafalgar Square, to name but a few, and Covent Garden where we waited for 5 minutes at 2am so that our trackers could spell out a V for Victory one mile high over the city centre! That completed our main mission objective!



Once that mission was accomplished we could meet up with the Operatives at the correct time to get the details of our extraction point. We greeted them just off of Embankment and they gave us a fortune cookie each, inside the fortune cookie was the details of our extraction point, just out past Twickenham! It was 2:25am at this point and we had to get the last transport by 7am. At this point we could gamble on how many more missions we could complete before we headed out to the extraction point roughly 14 miles away from our location.

So after a long evening of running through central London, completing missions and evading capture before getting the Last Transport out of Metropolis this was our eventual 34 mile route. Happy Trails!

Paul & Pauline Jeffrey

