



Hi there Joggers! Here is the 13<sup>th</sup> Edition of your Newsletter. We are well on the slippery slope to Christmas! We have pictures from groups running into town to see the 'We Shine Portsmouth' and Christmas lights. There is information about our Christmas Club run and a festive competition that everyone can join in with whether they are running in groups or doing their own thing, do have a go! Also all the usual reports about races and events with photos, and a report on an amazing 200 mile challenge undertaken by two of our members

If you are involved in any races or events over the coming month do write a little something about it and send me a photo or two for the next edition!

Now read on and enjoy!

## Chairman's Report

Welcome to the Christmas edition of the PJC newsletter and a warm thank you to our intrepid editor for pulling together this edition. It's been really lovely to see a regular turn out on club nights, despite some wintery conditions recently. We are still unable to meet inside Lakeside on club nights and I will keep you up to date with any developments. The most recent restrictions imposed by the government on 27th November do not affect club running or meeting outside to exercise. We will monitor the situation and update you should the situation change.

This Tuesday's club run coincides with St Andrew's Day, so if anyone fancies dressing for the occasion, there will be a small prize for the best dressed St Andrew's Day themed jogger.

It was so lovely to see a good PJC turn out at Gosport Half Marathon on 21st November. There was a car share from Lakeside and we met for the obligatory club photo. The conditions were ideal for running, albeit a bit chilly before the off. Thanks to all who managed to get there beforehand for the club photo, sorry if we missed any of you.



**Team P.J.C.**

(More pictures later, with Run Report)

The following Sunday, 28th November saw the second of this sessions Southern Cross Country League outings, more of this to follow in the race report from Cross Country Captain Simon Evans.

Now that the festive season is well and truly underway, Tony Conway has set the challenge of being creative with your group runs and engage in some Christmas Strava art. You can use other apps that capture run routes, what we are looking for is the most creative running art. There will be a small prize for the winning group, so get your creative juices flowing whilst you run.

Continuing with the Christmas theme, the annual mince pie run returns this year on Thursday 16th December. We will run from Lakeside as normal and return to the meeting point for mince pies at the end.

Sticking with the Christmas theme, the club has a variety of club kit including hats, gloves and bib magnets. Lots of options for a treat for yourself or stocking fillers for friends or family. As we are still looking for a quartermaster to support the club kit sales, can you please e-mail any requests to [chair@pic.org.uk](mailto:chair@pic.org.uk) if there is demand for it, I will consider opening up the lock up early one night in December before club for people to buy any kit or accessories, please let me know if you would like me to do this.

The club have offered to help with the Wave 105 Cash for Kids Christmas appeal. We are looking for volunteers to help support putting the Christmas gifts together in their warehouse in Hedge End on Saturday 18th December between 9.30-14.30 if you are able to help, please email me on [chair@pic.org.uk](mailto:chair@pic.org.uk)

The current C25K group have been doing brilliantly and are about to start the penultimate week of their 9 week programme. Their graduation will be at Lakeside Park Run on Saturday 11th December and it would be great to see a sea of PJC vests running to support them. There will be cake afterwards as well as their medal presentation. Please come along and support the group.

The next C25K group and 5-10K group will start on Tuesday 11th January 2022. If you know anyone who would be interested in either of these courses, get them to register their interest by emailing [chair@pic.org.uk](mailto:chair@pic.org.uk)

I had the privilege of presenting Dave Byng which a commemorative plaque commissioned to celebrate his 80th birthday and contribution to the formation of PJC as we know it today. Dave was a founder member and has been actively supporting people with running and exercising for well over 40 years. Dave continues to run with a weekend group on Saturday mornings and is keen to continue doing this. The plaque celebrates Dave's three passions of running, horses and breeding rabbits. Thank you, Dave for helping to establish the club we all benefit from and enjoy today.



I would like to wish you and your families a merry Christmas and happy & healthy 2022.

**Anthony Quinn - Chairman**



## **Club Christmas Mince Pie Run - Thursday 16<sup>th</sup> December!**



Start at Lakeside as usual at 6.50pm for 7.00pm run off for group runs followed by Mince pies and mulled wine (including non-alcoholic for drivers etc.) and socialising.

### **A Christmas Challenge!**

Hi everyone

It's getting close to Christmas 🌲 so we need to inject a little festivity into our running.

So, why not try doing some Strava art while on your runs.

The Club will present prizes for the best group run art, and the best individual art posted on the joggers page.

Prizes will be presented at the Mince Pie on the 16th Dec.

So get your creative caps on and show us what you can do.

It doesn't have to be Strava, any GPS trail of your run posted on our Facebook page will be in the competition.

Good luck.



Here is an example of what you can achieve!

(Done by ex-Jogger Louise Griffin)

Have fun!!!



**See pages 10 to 12 for reports on November's Group Runs!**

### **Ladies 5 Fundraising Update!**

Hello beautiful ladies of the Purbrook Ladies 5... how are we all.

We have been busy working away to sort the accounts from the last race in June (seems like ages ago now) and we have finally been able to give our donations to the chosen charity from the 2021 PL5 race.

There was a massive £916 to hand over and what an overwhelming about to donate.

In the past we have always given 100% of the donation from the post-race refreshments to the Rowans Hospice and as you all know, we were unable to do that this year due to COVID which was such a shame as this has been as much as £250

With that in mind, we decided to split the monies between 2 worthy charity's

Earlier in November, Naouele was luckily enough to take our donation to the Beacon Food Bank, located in Havant, got to meet the manager and have a chat about how things work and how our donation will help them, help the community, particularly during the winter months.



Then on 15<sup>th</sup> November, ahead of our usual Monday run down the Rowans path we went into the Rowans Hospice in Purbrook Heath to give our second donation.

We said previously, we do love to give this wonderful charity something from our race so with the amount we had, this seemed perfect.

We hope you all agree with the 2 charities we have chosen and with £458 each, we hope we can make a little difference.

Watch this space for the forthcoming date of the PL5 22..... excited? We are.

Much love

## **Rachel and Naouele**



**Naouele Delivering the First Cheque to  
Beacon Foodbank In Havant.**



**Rachel and Naouele Delivering the  
Second Cheque to The Rowans  
Hospice.**

**Thank you so much girls, certainly two very worthwhile local causes.**

**Here's to Ladies'5 2022!!**

# **Hampshire Road Race League & Southern Cross Country League**

## **2021/2022 Club Evenings and Race Menu**

### **Starters**

Tuesday: Mix of runs including structured plans aimed towards races like the Great South Run

Thursday: Mix of distance runs

Saturday: parkrun

### **Mains – Hampshire Road Running League (HRRL)**

Mix of road running races ranging from 5 miles to half marathon distance. The races are inclusive and a great way to start venturing into racing, or treat as a social occasion with car shares and post race coffee or visit to the local pub. To enter a race, please use the links below to book your place. Please note some races are not open yet and when they do, the race can sell out quickly like Gosport and Stubbington does.

5 December – [Victory 5](#) (our club run)

16 January – [Stubbington 10k](#) (Sold Out)

6 February – [Ryde 10](#) (Be quick before it sells out)

3 April – [Salisbury 10](#) (Not yet on sale)

8 May – [Alton 10](#) (Not yet on sale)

15 May – [Netley 10k](#) (Not yet on sale)

19 June – [Alresford 10k](#) (Not yet on sale)

### **Desserts – Southern Cross Country League**

At approx. 5 miles each, these cross-country races are great fun and inclusive for all club members. All you need to do is turn up with a PJC top to take part. We aim to meet up at Lakeside and car share to the races with details posted nearer the time. Simon Evans (Inbetweeners group leader) is the club captain for cross country and can provide more information if you approach him.

If you have not given a cross country league run a try before, please consider doing so as they are great fun and different from other races and road running.

Full league information can be found at [Southern Cross Country League \(SCCL\) Official Website](#)

28 November – [Bourne Woods](#)

19 December – [Lord Wandsworth College](#)

23 January – [Chawton House](#)

Further SCCL dates and venues TBC

### **Side Orders**

If you wish to discuss training or races, please approach one of our friendly run leaders for more information, or post a message on our club Facebook page.

To purchase any club kit for upcoming races, please contact club chair Tony Quinn via [chair@pic.org.uk](mailto:chair@pic.org.uk)

We also have for sale club buffs, hoodies, gloves, hats and, hi-vis tops and bib magnets which also make great stocking fillers.

**Next page** - Reports from HRRL Gosport Half and SCCL Bourne Wood Race

## Gosport Half Marathon – Two Accounts

I ran the Gosport ½ Marathon for the first time this year. I had heard from PJC pals how good it was and that it was very flay (key selling point!). So, I thought I would give it a go.

I was not disappointed: it was very well organised with super friendly marshals all the way round and cake at the end! Some people don't like it as it is a two-lap course, but I enjoyed seeing my speedy PJC pals 2 or 3 times on the course to wave and whoop at, whereas I would usually see them head off into the distance never to be seen again!

All-in-all a great ½ marathon and I would definitely recommend it to others in the club who have not done it yet.

### Sue Clarke

Gosport half marathon...an amazing morning, on the day everything was aligned for a fab race..( after feeling not great on Saturday didn't even think I would make the start line)..amazing running buddies.... special thanks to Sue Clarke for keeping me going and such an enjoyable run.

Such a well organised race so much support from the marshals. Lovely to see Mary Short and Isabel Gardner on route along with George Garratt and Kiernan Easton ....PB too.. result.

### Helen Sumbler



### A few pictures of PJC Team Members at Gosport. Well done everyone!





## **Southern Cross Country league Race – Bourne Woods, Farnham**

Between 1992 and 2000 PJC dominated the Southern Cross Country League, winning the league a total of 6 times.

Today 6 members of PJC attended race number 2 of the [Southern Cross Country League](#) held at Bourne woods (4 males and 2 females) This was not enough to form a male and female team and gain points in the league.

But as Aelius Maximus Decimus Meridius said, whilst standing on the slopes of Bourne woods and facing a barbarian horde, "falling down is how we grow, staying down is how we die"

Onward...

There were a total of nearly 300 runners in all on a beautiful if cold and hilly course.

Well done to all PJC members who ran today, you did the club proud and flew the flag for PJC (even if that flag had missing parts and wouldn't stay in the ground, we will get it repaired for next time).

The next race is at Lord Wandsworth College on the 19th December.

**For further information contact Simon.**

### **Simon Evans – Team Captain**



### **Racing snakes complete the slam!**

During 2021, Chris McCauley and I have competed in a series of four, 50-mile races organised by Centurion Running, which comprise the 50 grand slam.

This represented a step up from 50km, however, COVID scuppered plans to test the water over 50-miles in 2020. We started the slam, never having run the distance, not knowing how our bodies would react.

We spent the spring building up fitness, with increasing length long-runs, mixed with threshold sessions and lots of easy miles.

Continued on next page-

**The first race was the South Downs Way 50** in mid-April, a point-to-point event from Worthing to Eastbourne including 6,000ft of climbing.

We were lucky with the weather, cool, calm conditions, under a bluebird sky. The race went almost perfectly. I was worried about my body failing post the 30-mile mark (previously suffering with cramp around marathon distance), however, the miles passing without incident (thank you Precision Hydration). We hoped that a sub-9-hour finish might be achievable, but the race was going so well, we adjusted the target to sub-8:30! Leading to crazy sub-8mm miles nearing the finish, descending the South Downs onto the streets of Eastbourne. We crossed the finish line together arms outstretched in 8:29:26 in 39<sup>th</sup> and 40<sup>th</sup> places. Quite the 50-mile debut!

**The North Downs Way 50** was five weeks later.

Barely recovered we both complained about tired legs early on.

Another point-to-point affair from Farnham in Surrey to Knockholt Pound in Kent, across the Surrey Hills, with "Only" 5,500ft of elevation. Whilst the South Downs are open and runnable, the opposite applies to the North Downs. The narrow route had many twists and turns, with low branches, roots, mud, gates, and steps (up and down). Rhythm was a real struggle.

I suffered with tiredness around 35 miles. I didn't want to run or eat, Chris had to drag me round. However, we rallied and finished together in 08:51:05 in 35<sup>th</sup> and 36<sup>th</sup> positions. An accomplishment on such a tricky course, also a mile longer than SDW50! (All the races aren't exactly 50 miles).

**Chiltern Wonderland 50** (a scenic hilly loop beginning and ending in Goring-on-Thames)

This wasn't until mid-September.

I'd hoped for some quality training over the summer, however, a COVID ping and subsequent injury meant I completed minimal consistent training.

Chris, on the other hand was in excellent shape. This played out on race day, Chris was stronger than me, we parted ways at ten miles. He ran an extremely strong 8:39:50 for 14<sup>th</sup> place overall!

It was hot and runners struggled to stay hydrated, some fell apart in the second half. I struggled with the heat switching my nutrition and hydration strategy in the tough middle miles. I persevered, finishing in 8:56:26 in 22<sup>nd</sup> position.

**The final race was at Wendover Woods** in Buckinghamshire, with five 10-mile laps, each with 2,000ft of elevation! 10,000ft of elevation in all! Very hilly!!

This time Chris had pre-race injury and illness issues, I on the other hand was fighting fit off a block of pure hill training. We started steady, letting lots of runners go on the first lap, parking the ego, and reeled them back throughout the remaining laps.

We split on lap three, I was feeling stronger than Chris and hiking the hills more efficiently.

I continued to progress through the field, finishing in 10:12:49 in 21<sup>st</sup> place. Chris found a second wind (after lots of jelly babies & coke) finishing 28 minutes later in 31<sup>st</sup> place.

Finishing the four races meant we completed the 50 grand slam. 75 prospective slammers finished SDW50, but only 45 finished all four races. In the overall grand slam standings (where finish times are combined), I finished fourth and Chris finished sixth. A result to be very proud of.

Completing the slam wasn't easy. Staying fit for a year is hard. We put lots of training into the journey, made sacrifices, and have understanding and supportive partners.

However, we're not the first Joggers to have completed it, that honour (I believe) goes to Teresa Baverstock who successfully finished the slam in 2018. I hope we might inspire Joggers to give it a go in the future. It's a wonderful challenge.

More detailed reviews on the four races are featured on my blog:

<https://evolutionofaracingsnake.wordpress.com/>

**Will Taylor**





## Club Runs

### Remembrance Day Run

Our remembrance was moving, and a little emotional, as it should be.

Isn't our Club just great.

We all meet together, hares and tortoises all go for a run, and we all meet back at the pub and enjoy each other's company.

Thank you to everyone for coming together on Remembrance Day.





## Group Runs to See the Lights 18-11-21

### Social Group

What a great away run - lights, water and larfffs

I don't want to boast - but the Social Group arrived at Victoria Park at the same time as Tony's group tonight.

They ran from Lakeside, we ran from Mountbatten Centre - but you know ..... small wins

Great run seeing the lights





## Tony's Group

Great group run down the town to see the light installations.

Good pace there and back, somewhat spoiled by finding Sue Clarke's group had beaten us to the park.

