



Welcome to the first new quarterly edition of our Newsletter. Thank you for all the contributions you sent in for it. We have club news, event reports, some dates for your diary, pictures and a competition. Read on and enjoy! Why not think about contributing to the next one which will be out in June, contributions in by 1st June.

Chair's message

Welcome to our new quarterly club newsletter and thank you to Celia for putting this together. We hope you enjoy the new format and I would encourage you to submit articles to Celia at any point and she will include them in the next available newsletter.

This edition gives us the opportunity to look back at what we have done in the past few months and what we've got coming up. The Hampshire Road Race League returned with club representation at Overton 5, Lordshill 10k, Gosport Half, Victory 5, Ryde 10 and Stubbington 10k. There are four more HRRL races coming up between April and June and they are, Salisbury 10 mile, Alton 10 mile, Netley 10k and ending with the Alesford 10k in June.

The Southern Cross Country League has also resumed with the final race of the season due to take place at Alice Holt on Sunday 13th March at 11 am. The SCCL races are about 5 miles in distance and the only requirement for entry is a club top. There are restrictions in place which mean if you run at 5.30 minute mile or faster for men, or 6 minute mile or faster for women in the previous 12 months, you are ineligible to participate. This is a really good opportunity to see some beautiful Hampshire countryside and represent your club. There is a car share for the SCCL races from Lakeside and if you don't have a club top, we have a few that can be borrowed. If you want to know a bit more, speak to Simon Evans, SCCL Club Captain or any of the committee at club.

We have run two C25K groups with the latest one graduating at Lakeside Park Run on Saturday 12th March 2022. We have also run two 5-10k groups which also followed a 9 week format to get you running from 5k to running 10k. There is also a marathon training group running alongside the established half marathon group. We are seeing the number of members returning to club increasing and there is a Social Group running from Lakeside at 6 pm on club nights. Some members are still reluctant about returning to large group runs or participating in mass running events, including Park Run and we must all respect each other's decision to participate or not. We are still not able to meet inside at Lakeside but I continue to be in regular contact with Lakeside and hope that we are able to revert to meeting inside at some point later this year.

The club AGM will be held at Broad Oak Social Club on Thursday 28th April when the committee for next year will be voted in. If you are interested in supporting the work of the committee, please contact me for further information. The AGM will also include the annual awards ceremony and winner of the caption competition in this edition.

There are events planned for the coming months including the Purbrook Ladies 5 as well as a family social event at QE Country Park, more details to follow. We are also looking at arranging a charity quiz night to raise funds for the runners in South Africa that Davina collects second hand running shoes for. We will be circulating details of the date and venue shortly, so get brushed up on your general knowledge for what will be a fun night.

The club now has three mental health champions who will be making themselves known to you and arranging some run/talk club runs to focus the importance of mental health and being able to talk.

We are looking at designing and ordering new club kit as our stock of blue running tops is almost depleted. We do have blue running vests as well as yellow PJC tops. If anyone is interested in buying any club kit, please let me know and I can meet you on a club night to sort you out. The intention is to display all of the club kit on the website and have a club shop night on the first Tuesday and third Thursday of each month.

If there is anything that you think we could or should be doing, or doing differently, please get in touch and let me know.

Tony Quinn - Chairman

Dates For Your Diary

1. **The next pub run** will be on **Thursday 5th May**, for a mystery run (location to be revealed nearer the time).
2. **Purbrook Ladies 5 training nights** will begin on **Wednesday 4th May for 6 weeks** leading up to race day. (**Sunday June 12th**) Meet at 6pm at the tennis courts next to Purbrook cricket pavilion. If you think you will be running for an hour or more, please come along at 5.45 to start running so we can finish together. This is a social run open to all (Women, men, dogs and buggies all welcome). Run at your own pace and familiarise yourself with the route. Jelly babies for the finishers.

Purbrook Ladies 5 volunteers:

We are always on the lookout for friendly volunteers to support this popular event. If you would like to marshal please get in touch via facebook or ladies5@pjc.org.uk. We also need help at race HQ to set up, give out race numbers and serve cakes and drinks at the end.

Thank you

Naouele and Rachel.

Other Up-Coming Events

HRRL

Salisbury 10 mile - 3 Apr 2022

Alton 10 mile - 8 May 2022

Netley 10 km - 15 May 2022

Alresford 10km - 19 June 2022

Southern Cross Country League

Final Race – Alice Holt 13 March 2022

Parkrun take over at Lakeside 12 March 2022

AGM – 28 April 2022 Broadoak Social Club

Summer Social Event – Date/Venue to be confirmed

London Marathon 2022 Places

The club aren't getting any places for 2022 due to the previous allocations being deferred. We will revert to two places for the 2023 race.

Chosen Charity



On Saturday 5th March, we were invited to the official opening of **Tonic Music for Mental Health Charity** in Prince Albert Road, Southsea. As part of the official opening day, we presented a cheque for £1,000 from the club to our chosen charity for this year. Tonic Music are a local mental health charity who provide/ promote mental health recovery through music as well as training and support for music industry professionals. You can find out more about the work that they do by visiting www.tonicmusic.co.uk

The cheque was received on behalf of Tonic Music by Portsmouth South MP, Stephen Morgan and was presented by the chair, Tony Quinn and two of the club's mental health champions, Sue Clarke and Alex Binyon.

Tony Quinn

RunAndTalk Programme

People run for many different reasons, but one great benefit of running is the effect it has on mental health. A known mood booster, running can reduce stress, depression and anxiety, and aid sleep. Here at PJC, we want to support those who use running to aid their mental health and are doing all we can to make PJC not only a friendly club, but a mental health friendly club.

This aspiration drove us to investigate the UK Athletics #RunAndTalk programme and we have just been officially accepted to take part in this initiative.

As part of our commitment, we have appointed three Mental Health Champions who are here to support the club and promote mental health within the club and community. They are **Sue Clarke, Alex Binyon and Lisa Fawcett(Edwards)** who will be happy to talk to anyone who wants to chat during the course of a run or afterwards.

As a #RunAndTalk club, we will be encouraging and promoting conversations about mental health, and over the course of the year we will be supporting various #RunAndTalk campaigns such as World Mental Health Day.

To celebrate our acceptance onto the programme, we are holding our first group #RunAndTalk run on **10 March** and we are hoping that the whole club will get together for a 50 minute group chatty run, finishing with drinks afterwards at the Village Hotel. All three Mental Health Champions will be there so everyone is welcome to approach them for a chat, or just to find out a little bit more about what we have planned.

Alex Binyon

<https://www.englandathletics.org/athletics-and-running/our-programmes/runandtalk/> For more information

Some P.J.C. Groups You May Not Be Aware Of

The Early Birds

PJC Early Birds run from lakeside at 6 o'clock as an alternative to those who cannot make the 7 o'clock start. We are very much a mixed paced bunch, who enjoy a social run with no emphasis on speed. There is lots of chat and plenty of laughter.

Typically we run 5-6 k on Tuesdays and 6-8k on Thursdays, with the speedier peeps looping to keep us all together.

We will be looking forward to some away runs once the clocks change. So if you occasionally need an earlier run come and join the early birds, You can be assured of a warm welcome.

Alison Stocker

The Saturday Sessions

There are three groups which meet at the Mountbatten Leisure Centre each Saturday at 09.00. Aably commanded by Dave Byng who marshals a **walking group** which generally covers 5 miles or thereabouts. He also directs a **jeffing group** normally led by Karen Truckel and they manage towards 6 miles at a comfortable steady pace.

The third group is a **marathon training group** ably led by Bob Mcguire whose pace is generally more than 10 1/2 minute miles. Distance depending upon where in the training programme you are. Spring or Autumn race?

Brian Rees



Popular Event To Make comeback!

The P2P (Pub to Pub) event will be back this year on **Tuesday 27th December**, after the dreaded Covid break, . . . but a different route. The race directors have decided to trial a new route, taking away the busy road to the Red Lion at Chalton.

We are proposing “The Blendworth 10K Challenge” to seek the comments from the runners after the event to see whether to keep it or revert back to the original route in future.

The run will take you to the top of Windmill Hill and back. (Route Map below)

Brian Rees



Caption Competition



What has Michael said to Marie during the club photo ahead of Stubbington 10k to cause such hilarity?

Printable answers by e-mail please to chair@pjc.org.uk to win a PJC goodie bag.

Entries to be received no later than Friday 15th April with the winner being announced at the club **AGM on Thursday 28th April at Broad Oak Social Club.**

Memorial Run – Two Reports

Ashling Murphy was 23-years old when she was killed while out jogging, with her body found on the banks of Grand Canal in Tullamore, Co Offaly, Ireland, on January 12. After hearing this news I felt it pertinent to do something as a collective to honour her memory as “she was just going for a run”. On Friday 21st January at 7pm the Portsmouth Running Community came together as one. A 2 minute silence was held and around 250 joggers from various running groups (Portsmouth Joggers, Baffins, Gosport, and Liss to name a few) came together and ran 5K along Southsea Seafront. No one should fear running alone in our community. With the amazing running community in Portsmouth there is always someone who will run with you if you can't make a club night run.

Lisa Edwards

We were all extremely saddened by the tragic news of Ashling Murphy who was murdered whilst out for a run near her home in Ireland. One of the clubs Mental Health Champions, Lisa Edwards contacted me on the Saturday following the tragic incident to ask if there was something we could do as a club to pay our respects to a young woman who lost her life whilst out doing something we all take for granted.

This was a tragedy that affected many of us and not just PJC runners. It was felt that it would be appropriate to organise a memorial run that would involve the running community in and around Portsmouth. We contacted the running clubs in and around Portsmouth and invited them to meet at Speakers Corner on Southsea Seafront on Friday 21st January at 7pm for a mass 5k memorial run along the seafront. The Portsmouth News published an article highlighting the memorial run and it was shared widely on social media. It was very moving to see so many runners from a range of clubs as well as lone runners who just wanted to come along to pay their respects. It was so nice to see runners from different clubs running alongside each other and paying their respects to a young life ended too early, as well as being an excellent example of the solidarity of the running community.

Tony Quinn



Portsmouth area runners coming together to remember Ashling Murphy R.I.P.



Charity Run

On Sunday 3rd April I will be running my first ever half marathon in aid of Alzheimer's Research. Steve works as a dementia trained volunteer at QA so he opted to apply for a charity place choosing Alzheimer's Research as he regularly sees how awful this disease is. Sadly he has had to pull out due injury. However I was lucky enough to win a place in the ballot and will also be running to support them. Please consider sponsoring us for this very worthy cause. Our just giving page is www.justgiving.com/steve-hyson

Sue Hyson



Couch to 5K Groups

October C25K graduation - 11th December 2021

The October C25K group were very well supported on their Park Run graduation at Lakeside on Saturday 11th December 2021. There were plenty of PJC members helping out marshalling on the day as well as running in their PJC colours to show their support. The first picture includes some of the helpers and club supporters and the second one has the graduates with their running bling.

Tony Quinn



From October's C25K to The Coastal Half Marathon!

In October last year I decided to start the c25k after losing motivation and not running for over 2 years. I thought getting back to running wouldn't be too hard.

After struggling through the C25K I was close to giving up and I didn't think I would make it to the graduation run. However, I kept going and completed the graduation on 11th December.

I then decided to slowly increase my distance by going out solo running. After a few weeks I'd made it up to 10k. One evening I'd decided to go out for a run so I put my earphones in and went running I got to 7 miles and was feeling good so carried on and I got to 10 miles running continuously. Despite running the Great South Run twice and running a half marathon before I'd never run more than 10K continuously.

After running 10 miles I was persuaded to enter the coastal half marathon, with only 2 weeks to prepare. I turned to my Dad for help, knowing he would keep me going when I wanted to give up. He took me out for a long training run after which I was feeling more confident in completing the half marathon.

The day of the half arrived it was cold, windy and rained during the run. I was enjoying it up until 10 miles when it then felt impossible to carry on running into the wind and rain and I was wanting to give up. With my Dad running by my side, pushing me to carry on I finally crossed the finish line and knocked over 40 minutes off my previous half marathon time.

Nicky Lake

Nicky with Sue Clarke and Dad before the Coastal Half and with Dad and bling at the finish!



Reflections on our January C25K Journey

Needing to get back into fitness, the thought of rejoining gym classes was not appealing! Having never run before, I was intrigued after a conversation with Steve H who passionately advocated for running. So decided to go for it and join the PJC C25K I'd seen on FaceBook. I understand we are the first group that have started in the depths of winter but so far the weather has been kind to us (phew!) and being out in the fresh air is invigorating.

11th January saw our nervous but excited group meet up for the first time with the PJC under the canopy at Lakeside. Immediate impression was the welcoming community and camaraderie, no matter what your level of fitness or competence. This is evident every time we meet and it has really helped us settle in as a new group. First session commenced and we soon learnt (just like puppy training) that the whistle meant work (run) or rest (walk) and Tony must have felt our eyes on him watching for that magic moment when his watch beeped and the whistle was raised to signal time for a recovery walk!

As the weeks have gone by, our numbers have lessened a little and our fixation on the whistle has lessened too! But here we are completing week 7, able to run 25mins without stopping (a feat that seemed far out of our reach on week 1) and our "graduation" run is in sight, and feels completely achievable.

Thank you all for your enthusiastic ongoing support, whether it be leading our group, running with us, or just the encouraging words as you pass us around the Lido. Our conversations have already started on which groups to move into once we have completed week 9. One thing's for sure, we're not stopping running ☺

Michelle & the C25K Jan '22 team

Michelle Lobo

Malta Cancelled!

So a sad time for Malta this year but please let me share some great moments in the form of photos... Pompey joggers at its' best
Sam Saunderson



Race Reports

Chawton Cross Country

Chawton House was race four in the Southern Cross Country League and saw us running five miles around the grounds of Chawton house, the surrounding farmland and local forest. We literally ran through Jane Austen's back garden.

The ground was soft to firm with none of the standing lakes of water and mud baths that we have previously seen at some races. The route had some hills (It is cross country after all) but none of them were so brutal that they made you come to a crawling stop, although they did come in quick succession.

For the first time this season PJC managed to field a full men's team, which means that we actually scored some points in the league other than for attendance (Hurrah!!). It would be lovely if we could field a ladies team at one of the upcoming races of the season.

The next race will be at Alice Holt on the 13th of March. With the weather being a little warmer in March it is hopeful that we could attract some new runners to cross country. The races are open to any runner that has run a pace slower than 5:30 minute mile pace for men and 6:00 minute mile pace for women over a race distance of 5 miles or more in the previous 12 months. Anybody that has maintained a pace faster than this unfortunately (or fortunately for us mere mortals) is excluded. So please consider taking part.

Simon Evans (Cross Country Captain)



Our Team

Seville Marathon 2022

It was with great trepidation that John Gosling, Richard Bailey and Neil Dyer and their supporters went off to Seville to either run or watch the Seville marathon. This wasn't pre-race nerves, it was due to flying through a force 10 gale. At the height of Storm Eunice the pilot reported that we were waiting for a gap in the gusts to take off....and after a rocky 10 minutes, we were away. Landing proved to be a far less traumatic event.

Having completed literally zero training and suffering with injury, Neil, on arrival, decided he would go for the start but try "jeffing" or even walking if necessary. Caution was taken at the expo – no we weren't going to try to emulate the marathon record breakers over 400 metres.

Race preparation consisted of walking for miles (sightseeing), enjoying tapas, drinking beer and downing shots. Perfect – straight out of the manual. With the temperature reaching 24 degrees, it was a little warmer than at home.

With the arrival of raceday, the temperature had dipped to a lowly 10degrees (for the start). We did the necessary prerace checks (commonly known as queuing for the toilet). We reached our designated corral with 10 minutes to go – the latest John had been in position for a marathon - All that waiting around is overrated. And we were off...

The support for the 10,000 entrant race (usually 20,000) was superb, with music and cheering through most of the route.

Neil eventually found a drinks station to pick up a gel at mile 13 (after all he wasn't intending to run), but was setting a surprising 8:30 mile pace.

John and Richard powered on at a steady 8 minute miles. These pacing strategies seemed to be working, with all three picking off runners during the second half.

With the end in sight John powered through to finish in a very commendable 3:32, Richard with teeth gritted, finished in 3:42 and Neil, having run throughout made it in 3:47.

All three runners could feel very pleased with their performances. What better way to celebrate than, following a couple of beers, a climb up a tall tower for a city view (not recommended) and a flamenco show (not participating)

Thanks to Seville 2022 for a great marathon in a beautiful city, with lovely weather and perfect company.



Neil Dyer

And that's a wrap! A huge thank you to all the contributors, you have sent in some amazing stuff. Portsmouth Joggers really are a fantastic community, supporting and encouraging all sorts and sizes of runners, whatever their age, experience, motivation, speed or fitness level. New to running or experienced racer everyone is welcome! I have heard so many people, after their first run with the club say how friendly and supportive the club is. I think that is a reputation to be proud of.

The next edition will be out in June, all contributions in by 1st June please.

Celia Oxley (Ed.)