

# Portsmouth Joggers Newsletter Edition 15 – Summer 2022



Hi there PJC members. Welcome to the Summer Edition of our Newsletter. As always it is full of News, Dates for your diaries, information and all sorts of running related goodies. Thank you to everyone who has sent stuff to go in it. (There was a last minute rush!) Closing date for the Autumn Edition will be **1<sup>st</sup> September**. Read on and enjoy this bumper issue! Phew!!!!!!

## Chairs Report

Welcome to the summer edition of the PJC newsletter which has been kindly put together by Celia.

Thank you to all of the members who were able to make it to the clubs AGM and awards presentation in April. In true awards ceremony fashion, the bulk of the recipients weren't able to attend on the night but were presented with their awards at club nights and events in the weeks following the AGM. The full list of award recipients can be found in this edition. The new committee were appointed at the AGM and I would just like to pass on my sincere thanks to Tess Pritchard and Brian Rees for their help and support on the committee.

There have been some particularly noteworthy achievements since the last edition of the newsletter including Stephen Wroe who received the 6 star world Majors medal on completion of the Boston Marathon in April, Kirsten Walton becoming a member of the prestigious 100 marathon club and Sandra Tullett completing the Thames Pathway 100 mile race in less than 24 hours in May. Fantastic achievements by all, well done!

It has been really inspiring to read about the range of races and events that members have been taking part in and seeing the PJC colours out on the course at many of these events as well as reading about them on social media. Keep flying the PJC colours.

Thank you to Tony Conway, supported by Jenny and Pete for the recent treasure hunt club social run which ended up at The George for some much needed hydration. It was lovely to see so many members out running around the local area collecting clues and coming together afterwards for a catch up and presentation of prizes.

There are quite a few club events taking place over the coming months which you can read about in this edition including, Purbrook Ladies 5, Summer Cross Country and club social event on Sunday 17th July from 11 am onwards at Bidbury Mead. Please show your support for these events and let family and friends know about them too.

The organisers of the Great South Run have requested our assistance again this year to man the water stations at Winston Churchill Avenue and the Tenth Hole on Sunday 16th October. If you are able to help out on the day, please e-mail [water@pic.org.uk](mailto:water@pic.org.uk) with your name, contact number and preference of water station so that I can start to co-ordinate the PJC volunteers for the event.

Changes to the scoring system for the forthcoming winter cross country league means that in order to score points, clubs need four men and four woman to make up a scoring team. This season will see the re-introduction of post race refreshments which were unable to be provided last year due to Covid-19 precautions. These races are really good fun and free to participate in, so please keep an eye out for the race dates and come along and give it a try. There will be car shares operating from Lakeside and all you need to take part is a PJC club top. There are some restrictions on participation for fast runners and we will advise you of that when the race dates are advertised.

The intention is to introduce a club-kit sales evening on the first Tuesday and 3rd Thursday of each month. This will consist of a display table under the canopy at Lakeside for you to view the available club kit including hoodies, buffs, bags and bib magnets. You can order the kit and pay through the club bank account and collect when next at the club. We intend to introduce this with effect from Tuesday 5th July.

[Continued on next page](#)

It is lovely to see members of the previous C25K groups now regularly running with some of the groups on club nights as well as completing milestone 10k races, participating in the final cross country league race of the year and training for their first Purbrook Ladies 5.

The latest C25K group is about to start week 4 at the time of writing and will complete their graduation run at Lakeside Park Run on Saturday 9th July. Please come along and support them at Park Run on the 9th if you are around and would be great to see you all wearing your PJC tops. If you're unable to run that day but are able to support as a volunteer for Park Run, that would be great too.

It's fantastic to see members returning to club nights and I look forward to welcoming you back to club if you've not been able to come along for a while  
**.Tony Quinn - Chairman**

## All Things Kit

Hi my name is Roger Davies and I am now in charge of the kit for PJC.  
My aim is to be able to provide kit you want to wear and be proud to wear in PJC colour's.  
Finding suppliers has been challenging and we are now steering toward Scimitar.  
I have ordered 40 tee shirts in various sizes including tee shirts just for women's sizes.



The new tee shirts have a new mesh Side panel to keep you cool.

### **Key Features:**

- Fade-free sublimation printing.
- Designed for comfort in the most demanding scenarios.
- Lightweight and fitted with Qwick-Dri™ wicking technology.
- Made with a 140gsm aerolite polyester.
- UPF 30+ technology & vegan-friendly Inks

Also I would like to add new items quarterly, with the Autumn in mind I like to introduce you to our new lightweight running jacket.

### **Stay warm when it matters with custom lightweight running jackets from Scimitar.**

Our custom running jackets are made up of both water-resistant and windproof membranes, which makes them the perfect multi-functional jacket for running clubs. Available in men's, women's sizing, why not upgrade your running jackets with reflective tape, flatlock stitching and a draw-cord hem with toggle adjusters.



### **Key Features:**

- 130gsm Windtec microfibre.
- Side & underarm panels: 190gsm polyester mesh or spandex.
- Spandex cuff band for improved comfort and fit.
- Elasticated hem and sleeve edge.

Please browse the Scimitar Boucher site, follow the link and please let Roger know if you require any kit.

<https://www.scimitarsports.com/running/>

Please feel free to contact me [Roger.davies@me.com](mailto:Roger.davies@me.com)

**A few other items that you might want Roger to stock – let him know what you think!**  
**Roger.davies@me.com**

### Running Vest



### Running Shorts with mesh side panels

### Trail Shorts



## Dates For Your Diary



[PJC Summer Social - Sunday 17th July 11am onwards](#)

[Bidbury Mead Cricket Field](#)

Bring a Picnic, games, bar open from 12.

[Summer Cross Country – Wednesday 27<sup>th</sup> July](#)

[Queen Elizabeth Country park](#)

Get ready for this year's race on Wednesday 27th July 2022 at 7.15 pm. The race will be chip-timed with a beautiful bespoke medal. There will be prizes for the winners and some spot prizes too.

Entries are now live at [racesignup.co.uk](https://racesignup.co.uk) and entries are limited to 250.



[Hampshire Road Race League](#)

**Last race of 2021-22 Season**

19<sup>th</sup> June - Alresford 10k

Info on HRRL race dates for next season on last page

[Exciting News PJC Winter Ball!](#)

[Saturday 25th February 2023](#)

[At The Royal Maritime Hotel and Club](#)

[Cost tbc](#)



This is a great opportunity for everyone to come together, put on your glad rags and have a fun night out.

Please register your interest (partners welcome) by end of July to [Alison@stocker.co](mailto:Alison@stocker.co) Limited to 100 heads on a first come first served basis.

Love Alison, Sue, Eileen. Davina and Helen aka The Winter Ball committee





## Purbrook Ladies 5 Road Race - Saturday June 12<sup>th</sup> 2022 – Run Out 10.00

### Purbrook Cricket Field

If you're not running or helping come along and cheer the ladies on!!!!

A bit of history for you - This race started in 1982 as Purbrook 6 Mile Road Race & in 1985, the year after the Mary Decker incident Zola Budd ran it in a course record of 32:35!

### Great South Run



I know it's a while ahead but the Great South Run Weekend is 15<sup>th</sup>/16<sup>th</sup> October. I know many joggers will be signing up for the 10 mile race on the Sunday. However what if you're not up for that but would like to experience the great vibe of a big event, like me? There is the 5k on the Saturday! It would be good to get a good group of joggers to represent the club there as well as on the Sunday. Let me know if you're up for this.

Sign up at <https://grtrun.org/gsr2022> The 5k costs £25, The 10 miles costs £46

**Celia Oxley (Ed.)**



29 March 2022

Mr B Stait  
87 Grant Road  
Portsmouth  
Hants  
PO6 1DU

Dear Mr Stait,

I write to personally thank you for your donation of £547.66, we are most grateful to have been the charity you nominated to receive this donation. I understand this money was raised from the Portsmouth joggers Summer Cross Country Event at Queen Elizabeth Country Park in July 2021 and apologise for the delay in sending this letter. Please also pass on a special thanks to the race director Joanna Langley.

Your support is very much appreciated, especially during these challenging times as we emerge from the COVID – 19 pandemic. We are so grateful that people like yourself have continued to support us throughout this difficult period.

With best wishes.

Yours sincerely,

Carol Milner  
Director of People Services & Income Generation

t 023 9225 0001  
f 023 9226 8567  
w rowanshospice.co.uk

Rowans Hospice, Purbrook Heath Road,  
Purbrook, Waterlooville, Hampshire, PO7 5RU  
Registered Charity Number: 299731

### Charity Donation

Following last year's Summer Cross Country at Queen Elizabeth Country Park, in July, the Race Director, Jo Langley asked if we could donate the proceeds of £547.66 to Rowan Hospice. Well done Jo for a great event and a fantastic Club donation!

**Ben Stait**

quality care  
delivered with compassion



Patrons: Mrs Mary Thistlethwayte; Nigel Atkinson Esq, Lord-Lieutenant of Hampshire; The Right Reverend Christopher Foster, Bishop of Portsmouth; Mr Fred Dineage MBE; Mr Marcus Patrick.  
Registered at the above address with limited liability in England and Wales under company no. 2275068

# Achievement Recognition

## Lifetime Membership

It was decided at the AGM to award Lifetime Club Membership to John and Bert Shepherd in recognition of the support given by both John and Bert Shepherd at club events, organising of events and ongoing support for groups within the club.

## Annual Awards

The following 6 awards were made. :-

### Ian Morrison award.

This award is made to the member who has attended most HRRL and SCCL races in the year. This year it goes to

**Peter Coote.**



### Most Improved Male Runner

Most Improved Male Runner goes to

**Vince Dunningham,**

who went from being a non-runner, completing C25K in June, to completing an Ultra in December last year.

Many apologies for the absence of a photo.

### Most Improved Female Runner

Most Improved Female this year goes to

**Nicky Lake,**

who went from completing C25K to completing a half marathon in the same year.



## Joggers' Jogger



This award is voted on by the members at the AGM. This year it goes to

**Tony Conway**

## Chairman's Award

This award is given by the chairman as a thank you to the person who has done most to help them. This year it goes to

**Davina Glading.**



## Outstanding Achievement Award



This award went to

**Will Taylor and Chris McCauley**

for completing the Centurion Grand Slam (4 x 50 mile races in 8 months)

## 100 Marathon Plate

Awarded for completing 100 Marathons!

**Kirsten Walton**



Here's how she did it!

### My Quest for the Vest

When I was in the T/A (Army Reserves) I hated running. I was known for saying "I can't wait until I leave and I'll never have to run another mile again!" Time came though when I wasn't being forced to run that I actually missed it so started going out 2 – 3 times a week, 2 – 3 miles. I was then asked by my friend Sarah to try Pompey Joggers with her. She'd been invited but didn't want to go alone. Nearly 20 years later, I'm still there and she left after 2 weeks! I remember my very first Saturday when the indestructible Dave Byng told me we would be doing 10 miles. I nearly collapsed with the shock but he re-assured me, run at a pace you can chat at, laugh, giggle and enjoy it. I was ecstatic to complete 10 miles and I had enjoyed it.

Fast forward a few years and the inevitable question of a marathon was raised. You've got to do 1, every runner has to do 1. London was entered and entered and entered (and to this day I've never done it) but Brighton was decided upon in April 2013 with my sunflower Georgina Lewis and the amazing Irene Cruickshank, who'd both run marathons before. At this stage I was consistently running 10 min mile pace, having completed the GSR in 1 hr 40 mins, two years running. You can imagine my total shock and absolute horror that I then completed the Brighton marathon in over 5 hours. I had lost all motivation at about 18 miles. I hated the route and literally walked for about 2 miles. It was a boiling hot day and at the end, George was literally throwing up and Irene's blisters were so bad she couldn't even walk to the car. Queue the words "whose stupid bloody idea was that (George!) I'm never doing that again!!!" A couple of days passed, the aches, the pains, the disappointment and then the post-race thoughts – what did I do wrong, what could I have done differently, blah, blah, blah. By this stage, I'd met Nikki Taylor (AKA the training guru and font of all knowledge) who said I'll get you through in under 5 hours. And she did, 4hrs 48 the following year, knocking 22 minutes of my previous time. I was on a total high.

Next followed the Portsmouth Coastal in December 2015 which for various reasons made me feel totally inadequate as a runner with the Race Director moaning that we'd taken too long and he wanted to go home!

The following year however George discovered White Star Running. An amazing running company who never make you feel like you shouldn't be there. Everyone is welcome. Let's do Bovington she said. It'll be fun she said. And it was. George, Nikki and I had an amazing day, even though they did try to drown me. I should explain George is 5' 10" and Nikki is 5' 8". At a lowly 5' 1" they take great delight when I'm up to my knees in mud, before collapsing in fits of giggles, photographing me before then deciding to help me out! Cheers ladies.

Anyway, Bovington was where my love of trails came from. No pressure. If you walk, you walk. If you run, you run. If you chat, you chat. I remember being at 23 miles and we were talking (still!) and we passed a man who was walking and really struggling. My God, he said, you're still talking!!!!



The following year Nikki had the next bright idea. I want to run round the Isle of Wight but I don't want to do it alone so we all need to do it. I'm so easily lead! I'm so glad that race is no longer run as if we went back we could never re-create the fun we had. Two days of running round the island, seeing all the boats and yachts, eating ice cream, getting lost! Keep the sea on your left they said and you'll be fine. I have no idea how we get lost (probably talking and not concentrating me thinks!) but anyway we won the prize for the most miles covered.

Queue a couple of marathons later and George casually said "you know we could try for the 100 marathon club". I literally stopped dead in my tracks "George, have you totally lost the plot, we're pushing 50 you know!" I know she said, but it's something to aim for! And there the seed was planted.

In 2017 I entered 12 marathons and found that I'd got to the stage that I was just ticking over doing one marathon a month and 10-12 miles each Saturday in between with the support and encouragement of the legend that is Bob Maguire. Bob entered a couple of races with me and would always wear the coveted 100 marathon t-shirt. I wanted one.

2018 and 2019 saw me complete upwards of 20 marathons each year, mainly off road with the same mantra. Enjoy, enjoy, enjoy. Walk the hills, jog the flats, run the downs. By the time the pandemic hit in March 2020 I'd completed 65 marathons but went straight back to them as soon as events allowed. I'm never going to be fast, I'm a plodder. I'd love to run a sub 4 hour 30 but to do that I'd have to cut down the races and have a rigid training plan and that's not for me. I enjoy my running. I start off slowly and let everyone pass me. Don't get caught up with the pack as before you know it, you're running much faster than you should be. Huge mistake. And eat, my go to food is cheese and pickle sandwiches and currant buns!! It works for me. Proper food.

Above all, enjoy your day. When I get concerned over races, I very nearly didn't go this weekend to a 50k ultra called Devils Lite but I put my shoes on, turned up, and had the best day out on the South Downs. A lot of people say I'm determined but it's not determination, its stubbornness for one thing but above all, I just tell myself it's a day out in the countryside and we are so very very lucky to have such stunning scenery in this country, we really should get out there and appreciate it.

Happy running everyone.

**Kirsten Walton**

## More Running Stories

### Sue's London Half Marathon

On Sunday April 3rd I ran my very first half marathon. The London Landmarks Half. When I started running in 2018 (after my daughter in law suggested I ran Race for Life with her) I used the NHS C25K app to go from nothing to achieving a 37 minute 5k in 3 months. If anyone had suggested at that time that I would be running 21k (13.1 miles) in 4 years time I would have said they were mad! But I did it! I ran the whole thing and then 2 weeks later broke my Parkrun PB with a time of 27 minutes 54 seconds, a whole 10 minutes off that first 5k. I'm now fitter at 64 than I was at age 44 and hoping to stay that way for a few years yet!

**Sue Hyson**



# Tony's Joggers' Whole Club Treasure Hunt Run

A couple of weeks ago the whole club got together for a Treasure Hunt Run organised by Tony Conway. Everyone gathered, in their club shirts, in the car park at the top of Farlington Avenue to get their instructions. We got into groups of no more than 12, the reason for this became clear at the end. We were given a list of cryptic clues to things we had to find on our run. All of these were in and around Portsdown and Purbrook. There were also things to take a photo of.

So off we all went in high spirits. It was great fun trying to find the answers. There was a lot of good natured rivalry and hilarity between the groups. Anyone still looking for a pineapple?

After about an hour we all re-grouped at the George Inn at the top of Portsdown Hill to have our efforts marked and, more importantly to rehydrate !!!

Everyone's answers were collated by Peter Collins and Jenny Campbell, a big thank you to them for their hard work. It wasn't easy when there was a fair amount of bending the clues! Tony acted as the final arbiter!

Tony announced the results in reverse order and every group got a box of chocolates to share except the winners who got a box of 12 Donuts, hence the need for groups of no more than 12!

The winners were PJC Pacers Pete Birch, Tim LeComte, Glenda Jones, Michael Turner, Sally-Ann Denton and Sam Cleare. Well done to them all and to everyone who took part.

Huge thank you to Tony, (and Eileen) for all their hard work in planning it.

It was a wonderful evening and great to see so many members joining in!

**Celia Oxley (Ed.)**



# Thames Path 100

Running the Thames Path 100, for me, was the end of a journey that started 5 years previous.

In May 2017 I attempted Thames Path 100 in preparation for an even longer event that I had planned in June. I ran too fast from the beginning and was also coming down with a cold. I ended up pulling out at Henley, the half way point, exhausted and deflated.

In November 2017 I was diagnosed with breast cancer and although I managed to continue to run throughout my entire treatment (a book about this journey is currently in progress) I did not get back to ultra running until 2019. I planned to run Thames Path again in May 2020 but Covid prevented this and when the race was finally back on in September I could not take up my place due to injury.

So finally, in 2022, 5 years later, I was again at the start line of Thames Path 100. The Race is run entirely along the Thames Path, starting at Richmond, going Past Hampton Court Palace and Windsor Castle and Henley for the first half and continuing on through Pangbourne, Goring, Abingdon and finally finishing in Oxford.

I was nervous about whether I could finish as I had been injured from September 21 through to February. I was on the mend, but I was unable to train as much as I really needed to for an event of this magnitude but I really did not want to pull out of yet another event. I was not as fit as I was in 2017 and I had some back issues that were concerning me. Even though I accepted my race could finish early I was going to do my best to prevent this from happening. I planned to start slow and my first goal was to get to Henley (51) miles and get out again.

We were fortunate to have dry weather forecast for the entire 28 hours that was available to complete the race. I made sure that I ran slow enough during the first hours so that I did not end up with any stomach issues. This worked well but I still had a period from 30 to 38 miles where I walked more than I ran. I find it is common for these events, to have a rough period at about 30 miles so it did not come as a surprise. I sucked on a ginger sweet to keep my stomach settled and just kept going despite the negative thoughts going through my head.

Eventually I found that I was able to run more than walk again and I continued on to Henley, arriving just before 8pm. The first half had taken me 10 hours and 20 minutes.

From this halfway point I was allowed to have someone run with me and was also allowed to have my crew see me at specific points along the route. My husband, Russ, and his friend, Glen, were my support crew and they did a great job of looking after me. The ball of one of my feet felt sore so this was covered with a plaster and I changed into some thicker waterproof socks. This was definitely one of the best decisions of my race. Despite, it being dry overnight, there was a lot of dew that built up on the fields and many people had foot issues as a result which for some meant they did not finish the race. My waterproof socks prevented me from having any foot issues in the second half. I did feel cramp coming on in my legs so I took some salt tablets and, with some help, stretched out my legs. I walked out of the checked point with a small bowl of pasta and some grapes to eat on the way and once I had finished I started running again. I was really pleased to get out of Henley and continue on my journey.

Glen was now my buddy runner for the next 28 miles. Having someone with me and some comfy socks lifted my spirits and I did a lot of running at this point. By the time we got to the next checkpoint at Reading (58 miles) it was dark and we needed a head torch to light up our way. At this point Glen would run alongside me, opening gates for me and letting me know if there were any low hanging branches or any tree roots that were going to be a hazard. Even though the path is essentially flat there were some steps and I found I had to pull myself up them but also be careful not to get cramp in my legs. I found that throughout the night I was able to stick to a slow run of roughly 12-13 minute miling and would walk only to eat and drink or pass through a gate. (At this point I don't think I paid sufficient attention to my nutrition and hydration and this led to difficulties later on). It was a mild night and I only needed a thin long sleeve top on to keep me warm. At about 70 miles we had to run through a wood where the path was undulating and riddled with roots jutting out. Progress felt quite slow through this point. At Goring (70 miles) I managed some pasta with cheese and a cup of soup which I ate and drank while we walked. We reached Russ at 78 miles in a place called Benson around 2:30am I was having a bit of wobble at this point because I thought we had missed him and I had been looking forward to a change in buddy runner and a cup of coffee.

Russ had got cold waiting for me but we managed to run about 13 minute miling which was enough to warm him up a little. As daylight gradually appeared I was finding it harder to run and I was finding that I could not see straight due to the tiredness. I had a cold can of coffee and some pro plus to help me but still found it quite difficult to focus. The next few miles were fields with awkward narrow trails. However, I was grateful that the paths were hard rutted mud rather than the slippery mud that we would have had if it had been raining.



We came off the paths at a village hall at Clifton Hampden (85 miles) where I had some warm soup. I had put on my rain jacket by now for extra warmth as my progress was now slower and I was getting cold as the sun had not yet come up. However, the sun was warm when it did finally arrive but this warmth added to my sleepiness.

Russ started to work out how far we had to go and whether I could get in in under 24 hours. He worked out that it was possible but I needed to be doing at least 15 minute miling and my walking was slower than this so Russ would get me to run for a few minutes in between the walking and this would make sure that I kept below 15 minute miling. We reached Abingdon at 91 miles where we had 5 miles to the next checkpoint. We continued to do some short spurts of running to keep the average pace under 15 minute miling until we got to the last checkpoint at Radley. The volunteer told us it was only 4.5 miles to go and they had run it the previous day so they were certain of the mileage. Russ worked out that from here I would finish in under 24 hours even if I walked at 20 minute miling so after grabbing some fruit from the checkpoint we walked the last 4.5 miles in until the final turn into the finish area. I finished in 23 hours 36 minutes and received my '100 miles – in one day' buckle.

I was exhausted but elated. I felt OK but when I stopped I began to feel faint and lay down with my feet up. I needed a medic who diagnosed dehydration and gave me a saline drip which made me feel much better. Lying on the floor my body had completely seized up and it was a very painful trip from the floor to the back of the car where I lay until I got home.

A few days on and my body is healing quickly. I am chuffed to have finally managed to get a '100 miles In one day' buckle and to finish a race that previously I had DNF'd. I am amazed what the body can do even when not fully trained. I think the experience I have gained from previous events helped me get through this. Doing 100 miles may be a daunting task but it is so worthwhile, full of emotional and physical highs and lows. At the time it seems so unbelievably long, but when you look back it seems like such a brief everything worthwhile.

Now time for a little rest before preparing for the next one!

**Sandra Tullett**



**Well done Sandra, a huge achievement!**



## Salisbury 10k

Well! we couldn't have asked for better weather. Cool, sunny, light winds and dry. The Salisbury Ten NEVER disappoints.

Being a league race Bob and I had hoped for a bigger posse of the Blue and White Clan, although to get a place in this one you have to be quick...each year there's a waiting list. Bob thought his luck was in being the only male PJ with 4 girlies 😊 and then we spotted Michael who we didn't recognize as he was wearing his club vest 😊lol...( Sorry Michael I had to get that in lol) We later bumped into Peter Coote, so 7 of us lined up for this scenic race.

Peter Coote 1.04.51

Michael Rae 1.14.13

Bob Pentland 1.19.48

Jane Knockeman 1.41.34

Debbie Winn 1.56.39

Alison Smith 1.56.40

and Me...2nd last (but hey I get my monies worth 😊) 2.11.40 A field of 746 runners in all.

Where else could you spot Llamas and Camels along the way? It's a lovely meander through the quiet country lanes of the Woodford Valley, the sound of bird song following you all the way as well as the sound of the river. Passing beautiful thatched houses and almost traffic free roads.

The finish is on the track which gives you that little bouncy lift to cross under the gantry for your free finish picy, your wooden eco friendly medal a banana and a choc bar. The techy t shirts are given out at the start. They're Male/Female sizes and you receive the size you stated on your entry form.

At a mere £18 entry fee this race is hard to beat.

So If you fancy giving this one a go next year...GET IN EARLY...

**Debbie Pentland**



## PJC at Cyprus

It was 2 years ago we decided to go to Cyprus for the Half marathon, at the time we were fit and ready to do the distance.

We were ready to go, the covid scene was just starting and the night before the flight there was plenty of messages back and forward shall we go or stay home, in the end we decided to stay home, which proved to be the right choice.

So, 2 years later but unfortunately a lot less fit and with much regret and greatly missed, one of our group couldn't make it and half the others changed to 10K.

Early morning, we arrived at the airport, checked all had relevant paperwork and passports, all ok, but then Brian decided to move his passport and then panicked when he couldn't find it, so after going through all his bags and pockets he eventually remembered where he moved it to.

Check in done, time for breakfast and wait for boarding, all aboard and off we go.

We arrived in Cyprus but due to long queues to meet regulations, we missed the local bus so checking taxi prices against hours wait and coffee we opted for taxi, we had to have 2 taxis, so the girls took one and we had the other.

It was after the taxis dropped us off that Karen realised, she had left her handbag in the taxi, now whether it was fate or foresight, that on their way Alison asked for taxi phone number for return trip, that we were able to contact him, and he returned with handbag intact.

Ok, booked in, apartments sorted, we then decided to walk to race headquarters to collect our numbers and goody bags. The weather was unsettled with rain showers predicted, and on our way there the heavens opened, and we got caught in a heavy shower, not what we expected at all.



Sunday morning and walking in the rain we made it to the start line, at times the sun made a brief appearance followed by gale force winds, which was blowing against us, followed by hailstones, sleet, rain, and the very occasional sunny spells.

But nothing stopped the good old Pompey jogger spirit amongst us.

There were various successes amongst the Pompey jogger's tribe that went to Cyprus.

Emma Bird came 2<sup>nd</sup> in age group for Marathon

Sandra Tullet came 2<sup>nd</sup> in age group in Half marathon

Isabel Gardner came 2<sup>nd</sup> in age group in 10K.

The rest of us were successful in our own rights by actually completing the races, Jane Knockerman, Alison Smith, Debbie Winn and Loraine Stewart completed the half marathon and Karen Clark, John Shepherd, Bert Shepherd and Brian Rees completed the 10K .

Supporting us were family members and Pompey Joggers Del Roberts and Sam Goodchild who also took some of the photos.

Race completed, plenty of hot chocolate was required to warm us through.





Fully recovered we met up for a celebration meal and drinks in a lovely friendly restaurant.



We did see some sun, rain, and snow so an island for all seasons, but all this added to a very enjoyable trip and good company.



Homeward bound we met with red tape and paperwork at the airport (or phone work) which was a bit beyond some of our older gentlemen and delayed our transit to the plane.

Good flight home and the trip was behind us, and planning started for our next trip, but it was decided to be later in the year and somewhere definitely warm.

Goodbye from Cyprus and Pompey Joggers.

**John Shepherd and Ally J Maude**





## A sunny day at Houghton 12K trail run

The Houghton trail run is a lovely trail run in the countryside of Hampshire and the Test valley. Portsmouth joggers were well represented.

The start is a lovely 2K uphill climb, but you then get lovely views across the downs of the test valley, during the run you cross the river test over a different collection of bridges and go past a well preserve train station and signal box at Horsebridge.

There is an option to cross a stream by a bridge or to go through the ford, as it was a sunny day most runners chose to go through the stream and most refreshing it was.

This is a village organised event well signposted and friendly marshals and in the village hall field at the finish area there are refreshments with a good choice of homemade cakes, too nice to resist, so calories burnt on run, put back on with cakes.

The run completed, some people made the most of the sunny weather and had a picnic but for us it was time to visit the local pub for a drink alongside the river,

Everyone said this was a lovely run and hopefully return next year.

**John Shepherd**





# Hampshire Road Race League (H.R.R.L.) 2022-23

## What is HRRL?

It is the Hampshire Road Race League, a series of 12 races, with both individual and club league tables.

You can enter as many races each year as you want to, and there is a much coveted HRRL mug (with your name on!) for anyone who completes 7 or more races in a year.

All the races are open to all abilities – just because its a league race, don't feel it is only for the "quick" runners – far from it. Each race is open to entries from club runners and the general public – so make sure you enter as a Portsmouth Jogger.

Apart from the usual range of goodies (medals etc), there is always great support from fellow Joggers, and we usually organise car share to help with costs.

The most popular races for PJC are usually Gosport and Stubbington (get your entry in asap for that one as it sells out quickly), as well as Hayling and Victory 5 – not the most inspiring route around Lakeside car park, but it is right on our doorstep!! And not forgetting Ryde with the post race pub lunch, definitely not to be missed!!

The HRRL races for next season (2022/23) have now been agreed, and are as follows:

Overton 5 miles – 4th September 2022

Solent Half – 25th September 2022

Hayling 10 miles – 6 th November 2022

Gosport Half – 20th November 2022

Victory 5 miles – 4th December 2022

Stubbington 10K – 8th January 2023

Ryde 10 miles – February 2023 (Precise dates for races from February onwards to be announced)

Salisbury 10 miles – March 2023

Alton 10 miles - May 2023

Netley 10K – May 2023 \*

Alresford 10K – June 2023

Lordshill 10K – July 2023

There is a query over Netley, as the Race Director is standing down after 30 years, and there is as yet no-one to take over the reins.

The observant among you might notice that Salisbury is not exactly Hampshire!! That is because the league was traditionally "Hampshire and District" – it has been shortened but running clubs (and races) on the fringes are still welcomed.

The link to the HRRL page is [here](#), and from the home page you can click on links for each individual events(Solent and Hayling are missing as its still the 2021/2 season, and their events didn't go ahead due to Covid uncertainties). **Note from Ed**, 2022/23 fixtures are not yet on the website. Check after the final race of 2021/22

If you have any questions, speak to your group leader or anyone on the committee, and I am sure they will be able to help you.

Happy running!

**Steven Wooldridge**