



Hi there Joggers, here is your Winter 2022 edition of the Newsletter. It is, as always full of news, information and reports of events and activities that members have been involved in. I would like to give a huge thank you to all those who have contributed, it wouldn't happen without you.

Read on and enjoy. Maybe you could contribute something for the next one in February/March.

## Chair's message

Great South Run - the club was well represented at the 5K race on the Saturday as well as the 10 mile race on the Sunday. As well as the sea of Pompey blue out on the course, we were spurred on by the fantastic club volunteers around the course, especially the Water Stations at Winston Churchill Avenue and The 10th Hole. A huge thank you goes to Davina and Mandy for organising teams to support this water stations. It was really needed to rehydrate us on a hot sunny October, although I'm not sure I needed quite as much water as I attracted at The 10th Hole. Note to self, watch out for certain people next year!!

London Marathon - as a running club that is affiliated to England Athletics, PJC is allocated places in the London Marathon. The number of places that the club is allocated is based on the number of England Athletics affiliated members the club has at the end of October 2022. England Athletics affiliation is an additional cost to your annual PJC membership and it entitles you to a reduction in the entry fee (generally £2) to many races throughout the year. At the end of October 2022, PJC only had 79 affiliated members. That being the case, the club will only be entitled to one allocated place for the London Marathon in April 2023. In previous years, there has always been a ballot for the London Marathon places. Normally there would be two ballots as we have previously had two places to give away. As there is only one place this year, there will be only one ballot. Can all current members who are EA affiliated and were unsuccessful in the ballot for a place in the London Marathon for 2023, please send a copy of your unsuccessful e-mail to the club secretary at [secretary@pjc.org.uk](mailto:secretary@pjc.org.uk) When we have been given our allocated place, I will arrange for the names of all eligible members to be placed in a hat and drawn at club before our run that week. I will notify you all of this closer to the time, but do let the secretary know as soon as possible, and no later than the end of November, if you are eligible for the ballot draw.

Spartathlon - the club were represented by four members who achieved the awesome privilege of lining up and participating in what is described as the world's most gruelling race, covering 153 miles in 36 hours with very strict cut off points along the way. The qualifying criteria is equally eye watering and to just get to the start line is a massive feat. Whilst they all had to retire from the race at various stages, they did brilliantly to get there and I take my hat off to them. I do wonder whether they will be back for more, I hope so.

Club kit - the club shop is on the first Tuesday and third Thursday of each month, however, it can also be found on the club website. If you need any kit, especially if it is ahead of a race you've entered or for cross country, please just let us know and we can sort you out. The club shop sells, club running tops (traditional blue PJC tops and yellow PJC tops for winter), running shorts, running jackets, hoodies, zoodies, hats, gloves, buffs and PJC race number magnets. You can pay for the items online or if you purchase on club shop night, there is a card machine for you to use. If you've got any other ideas for club kit, speak to Roger on club nights or message him through the contact form on the club website.

Website - the club website has been updated and is looking much better than the previous website. We are still building content and working to make it even better, so please let us know if you spot anything that needs to be amended.

SCCL - this season's Southern Cross Country League started on Sunday 23rd October at Folly Farm. It was an eventful and challenging course with a fair amount of mud thrown in for good measure. Despite three of our mens team being unable to get to the start line due to a series of punctures on route (they were all safe and well).

We managed to field a mens and women's team. An enjoyable day was had by all who made the journey to sunny Berkshire.

The fixture list for the season has been published and the next race is at 11 am on Sunday 27th November at Bourne Woods in Farnham. There will be a car share leaving Lakeside at 9.30 on the Sunday morning and it would be good to see a bigger turn out from PJC at the next race. The only requirement for participation is a blue club top and men cannot have run faster than 5.30 minute miles in the past year, and women mustn't have run faster than 6 minute miles in the past 12 months.

Pacers for Park Run - Lakeside Park Run are hoping to organise a pacing Park Run at Lakeside in the coming months and have approached the club to see if we are able to provide some members who would be prepared to pace runners around the 5k course. If you are interested in taking part in this, can you let me know what time you would be comfortable pacing at and I will liaise with the Event Director for Lakeside Park Run. I will also let you know as soon as I have a date confirmed that they are hoping to do this at.

C25K - the current C25K group will complete their graduation run on Saturday 17th December at Lakeside Park Run. It would be great to see as many of you running, cheering or volunteering to show your support to the C25K graduates. There will be medals for the C25K graduates at the finish and cake for all of you at the end.

The quiz night that was provisionally scheduled for Saturday 3rd December has been cancelled. Our intention is to offer a quiz night at the end of the club AGM and awards evening in April, subject to the venue being able to accommodate this. I will update you about this in the spring newsletter.

I would like to finish by wishing you all a very Merry Christmas and a Happy New Year.

**Tony Quinn - Chairman**

## **Up-Coming Events**

### **Club Events**

**TUESDAYS DEC 6, JAN 10 & FEB 7 AT 8PM – PJC POST TRAINING SOCIAL At The Village Hotel**

**THURSDAY DEC 22 AT 7PM – MINCE PIE RUN, Run with your group then join everyone under the canopy for mince pies and mulled wine.**

**TUESDAY 27<sup>TH</sup> DECEMBER 10.30 - PUB (BACK) TO PUB (See next page)**

### **Other Events**

**SUNDAY 18<sup>th</sup> DECEMBER - PORTSMOUTH COASTAL MARATHON (inc. Santa Runs)**

**– Portsmouth Coastal Waterside Marathon Events 2022. inc, 26.2mile. 13.1mile. 10k and 5k.**

**For details go to -**

**<https://register.enthuse.com/ps/event/PortsmouthCoastalWatersideMarathon2022>**

### **Up-Coming HRRL Fixtures**

**SUNDAY 4 DEC. – VICTORY 5 MILES**

**SUNDAY 8 JAN. – STUBBINGTON 10K**

**SUNDAY 5<sup>TH</sup> FEB – RYDE 10 MILES**

**Go to <https://hrri.z33.web.core.windows.net/default.htm> For more information.**

## Remaining SCCL Fixtures for this season

SUNDAY 27<sup>th</sup> NOV. – BOURNE WOOD, FARNHAM

SUNDAY 18<sup>TH</sup> DEC. – LORD WANDSWORTH COLLEGE

SUNDAY 22<sup>ND</sup> JAN. – CHAWTON HOUSE

SUNDAY 12<sup>TH</sup> FEB. – ALICE HOLT

SUNDAY 5<sup>TH</sup> MARCH. – FAREHAM

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

## DIARY DATE Tuesday 27<sup>th</sup> December 2022

### Portsmouth Joggers Club Annual Charity Event - Pub-to-Pub Run /Walk.

**Want to get out in some fresh air after the Christmas excess? A family event**

The event is held at Blendworth Church Centre, Blendworth Lane, PO8 0AA (next to Fire Station). Doors open at 09.00 for collection of numbers and both Run / Walk start at 10.30.

THE RUN - The new course will be from The SHIP AND BELL at Horndean to the Chalton Windmill. The BLENDWORTH 10K CHALLENGE is a hilly course, partly off road. The course is not suitable for wheelchairs or buggies. Minimum age for this event is 16 years old. There is a time limit of 100 minutes for this race.

THE WALK - is about 5 to 6K around the village of Blendworth and is suitable for wheelchairs and buggies. People under the age of 16 should be accompanied by a responsible person.

For Safety reasons - **No** i-pods, earphones etc. please on either event.

Entry Fees is £12.00 for the run and £8.00 for the walk and is on line through Full on Sport. (Details to follow)

On the day entries – up to 10.15 is +£2.00

**ALL PROFITS go to supporting ROWANS HOSPICE.**

## Volunteers Needed for PUB-to-PUB event 2022

The clubs 36<sup>th</sup> annual charity event, The P2P, is taking place on Tuesday 27<sup>th</sup> December 2022 at Blendworth Church Hall, Blendworth Lane, Horndean.

The event can not take place without the help of volunteers to help marshal and in the hall.

If you are able to help please let me, Bert know on a club night or e-mail me, **Bert** at [bertshepherd@yahoo.co.uk](mailto:bertshepherd@yahoo.co.uk).

## Pub to Pub event \* Raffle.

The clubs annual charity event being held to SUPPORT ROWANS HOSPICE has probably the best on the day raffle of any local event.

If you can help by donating any prize to the cause, it would be grateful received. Please see me, John Shepherd, or contact me, **John** at [johnshepherd50@sky.com](mailto:johnshepherd50@sky.com) or 07983 665362.

Thank you.



## Southern Cross Country League

Come and help us by representing your local club in the Southern Cross Country League (SCCL)... The SCCL has one race per month, each race is approx 5 miles and starts at 11am on a Sunday morning, allowing you plenty of time to get ready and make your way to the location.

Lift shares are available so please get in touch if you are interested in doing this.

The races are completely free of charge and you do not need to enter in advance. Just turn up on the day with your Portsmouth Joggers T-shirt and running gear.

The conditions are off-road so if you do have a pair of trail shoes these would be best!

Lastly have fun and don't put pressure on yourself. 'It's better to finish last...than to never have the courage to start!'

Take a look at the SCCL Facebook page for more information and to add the next event (including postcode location details) to your calendar.

Hope to see as many of you there as possible!!

P.S. Tea and cake can always be an option after!!

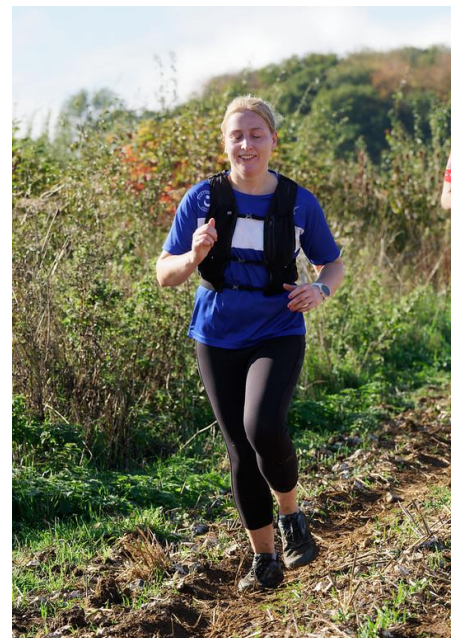
**Gina Ledger – Ladies Captain**



**The Ladies**  
**Team at**  
**Folley Farm**  
**Cross**  
**Country**



**Two Joggers,**  
**inc. Our Chairman**  
**At Folley Farm**  
**Cross Country**



**See Page 3 for fixture list and Website address**

# Hampshire Road Race League

As I write this, I am listening to the rain beat down on the window and thinking of all my fantastic club mates currently running intervals around Lakeside car park. Luckily, I have a warm mug of coffee and half a packet of Petit Beurre biscuits to take my mind off them and focus on this report!

We are just a few days away from the Gosport half marathon and already a quarter of the way through the league. The Overton 5 mile race opened the season in September, the Solent half marathon took place a few weeks later and most recently we ran a very wet Hayling 10 mile.

I am delighted to say that PJC rallied together over the summer, and have turned up in much improved numbers for this season. It has been a pleasure to see so many enthusiastic Joggers running for our club and enjoying themselves in the process.

Of particular note was the Solent half marathon, where we were actually able to score complete Men's A and B team points! Something unheard of since the Stubbington 10k back in January. The ladies have also been doing us proud, registering team scores at Solent and at Hayling, and wonderfully, they currently sit top of the Ladies' A Team Division 3. Well done girls — keep it going!

There have been highlights already, for example at Overton, there is an unspoken respect between runners for bothering to have come so far for a 5 mile race, that look that says 'Yeah, I'm a little bit crazy too!'.

At the Solent half marathon as you come over the hill at mile 7, you are treated to an awesome view over the water and the run along the shoreline to Lepe is lovely. Tim Bramly ran his first race for PJC here as well. leading up to the start of the

The Hayling 10 was run in very challenging conditions, where torrential downpours race had flooded most of the Billy Trail, effectively turning it into one long sheep dip! It was one of those races where you ended up with mud in your hair, in your eyes and in your shorts! It was a knacker kind of run but made all the better by Naouele, who had booked us all into a nearby cafe for a post-race breakfast — Noemi had cress on a chocolate waffle, I remember that too!

The league really is a team event and it really has been more fun with you Joggers there, so I thank you for all your efforts and contributions to the team so far.

Stubbington 10k is sold out but the Victory 5 takes place at our very own Lakeside in December, the Ryde 10 runs in February and the Salisbury 10 is in March. Entry to all of these is open and places are still available, so please do get involved if you are interested. If you have any questions, you are welcome to message me or find me at club for chat — it saves me from chasing people and badgering them to enter!

I look forward to Gosport now, which is always well attended by PJC and I wonder if Ollie Hill will be the first Jogger to win one of our brand new Prize Pins for completing 4 races!?

We will see!

**Peter Coote - H.R.R.L. Captain**

## P.J.C. Team at

## Hayling 10K



## Hayling 10k - race 3 in the HRRL 2022/3.

Lets start at the end!! **Naouele** had organised a team post race breakfast for us all – superb food, hot coffee, a great and very sociable way to end an extraordinary morning for us all. Good that most of the PJC team could make it (I know some have to get home), as it really does make it more than just a race. Ryde is similar, if you want to join team PJC for that event in early February.

Rewind a few hours....

Early alarm, look out the window - the forecast had predicted rain – the forecast was right. It had rained all night, on top of a miserably wet Saturday, and was still torrential.

This was my first HRRL race for a year, and only my 2nd since that lockdown thing started, so I was a bit out of practice. Which in practical terms meant I forgot my phone, had to turn the car round, quick (but wet) dash into the house and back to car, and finally I was on my way.

A27 closed. It was only a minor diversion, so I was able to join the long queue for the car park (every year..!!) without worrying about the time. A nice 10 minute walk to race HQ and time to acclimatise – ie get soaked. The band of Joggers steadily grew, at least there was plenty of room inside, which made it easier to fix our race numbers and timing chip. A few late arrivals (Captain Pete!), who of course made the diversion their excuse (it was 5 minutes!!). Quick team photo...

Mass walk to the start, the rain reduced to a drizzle by now, and we are off! A fairly uneventful first 2 miles, and then onto the Billy Line. Only due to a course change, the Billy section was extended to nearly 3 miles. And the standing water – loads of muddy puddles, no real choice but to wade through them, ankle deep in places. Finally back onto the roads, and my feet began to dry out. But no – more puddles, some right across the path/road, no choice but to go through the middle – more wet feet, and at times, the realisation that you had to navigate same puddle (lake) on the way back!

Big shout out to Bob Pentland for his support at mile 6 and 9, and much like Gosport, that out-and-back section means we all pass each other, so lots of shout outs, all very welcome!

Finally, the finish line came into view, always a good sight, and a wooden medal that I prefer to the previous medals from Hayling.

One of the quirky things about this race is the running socks given to every finisher – my 2 pairs from previous Hayling races have done good service, and were getting somewhat threadbare, so very welcome to pick up pair no. 3. and for many, the socks went straight on to replace the muddy sodden mess on our feet at the finish. Clever clogs had anticipated this and took a nice dry pair to change into!

Unusually for a race report, no PBs to report – though it wasn't a PB sort of day!! But plenty of hard effort from all 14 Joggers, loads of smiles and chat at the finish, and without doubt we definitely earned our medal/socks/breakfast. The wet conditions followed by that team breakfast, makes it a much more interesting story!

I will mention Debbie Pentland, always so enthusiastic, and great to see her back after a little injury time out. And **Gina** (I know you ran Overton) and Naomi, good to have some relatively new faces!

Next up – Gosport Half on 20th November, which still has places left as I type this. And Victory 5 (miles) on 4th December, which is based at Lakeside (and a 11.00 start, so a lie in!!). Hope to see lots of Joggers at these races!! Full list of HRRL races on their website, <https://hrrl.z33.web.core.windows.net/default.htm>

**Steve Wooldridge**

**See page 2 for full list of up-coming H.R.R.L. races**



## Great South Run Weekend

### Saturday - Great South 5k

#### Taking Part in the Great South (but not necessarily the 10m version!)

Having never watched or run in a Great South before I was feeling a little nervous and unsure about what to expect after booking my place for the 5k event. However on the day, following my ears towards the pumping music and commentary, I started to feel excited as I joined the groups of similarly clad runners with their numbers safely pinned to their tops and we made our way towards the starting area. It was a bright and sunny Saturday morning as the small 5k team rendezvoused outside the PJC blue tent. Tony was on camera and cheerleader duty – and did a fab job of both too!

The warm-up was fun and the volunteers were really encouraging. 10am came and off we went eager to try and get PBs and enjoy the experience. We were cheered along the route by the supporters and the marshalls (and Tony!), along with the drum band beating us along the seafront. I even got a free shower on my way back down the seafront as it coincided with the hovercraft going out ☺ As you went through the park and then turned back to see the finishing line it was time for that final spurt of energy to get over the line. And then hurrah! The amazing feeling of completing my first official event – supported and encouraged by fellow PJC members – and the fun of excited chat, medals, tshirts and photos to commemorate.

Sunday was an earlier start as we had a gang of us from the Social runners group supporting Davina's water station at the top of Winston Churchill Avenue. Pumping music again to keep us all energised as we neatly set up our 18,000 bottles of water – in fact we all got moving when the Benny Hill theme tune came on and we had a mini-recreation of a sketch! The younger volunteers looked on in bemusement ☺ Then the runners came – the elite athletes just powered by followed by the running waves. It was such an enjoyable few hours – spotting PJC runners as they came through, cheering everyone on – and trying our best to get water to every outstretched hand as quickly as possible. WOW! Incredible to see such enthusiasm, effort and achievement by all the runners, some great costumes too.

What a super weekend. I realised that it doesn't matter what distance you choose to do, or whether your role is supporting on a water station or supporting through marshalling – its being part of the whole event, representing PJC in whatever form you have chosen, that provides an amazing experience that will stay with you forever.

**Michelle (Social Group)**



A Huge thank you to Tony Q and Brian for coming down at dawn to put the tent up and Tony Q for staying to be our official photographer and cheer leader. We had a team of 7 in total and we had great time!

**Celia Oxley (Ed)**

## Great South Run 2022

The start of the GSR for me is the flurry of messages beforehand – “are you running this year”, “what wave are you in”, “how long do you think the queues for the loo will be?” Next it is the platform of Havant railway station where I meet up with lots of people in running gear to catch the train into Portsmouth; this year we were treated to pastries in our carriage from a running club up Liphook way. Then there is the excited walk from the station, saying hello to the marshals and clocking the roads we are soon to be running along. Finally, we arrived, quick search for the PJC tent and strip down to running gear ready to start after two or three visits to the loo (gotta be sure!!). Then finally it is our wave, join the start and meet a lady from work – such a small world. Bit of a warmup in the start queue and then we’re off. High point this year for me was the dockyard and particularly a policeman shouting “NO WALKING IN THE DOCKYARD” (just as I was fancying a walk (I didn’t!), then the bagpipes and drummers are always favourites for me, but the best is that finishing stretch, crossing the finish line and checking to see what there is to eat in the bag of goodies. As soon as I got home, I entered for 2023 – hope to see loads of you at the PJC tent. Sue Clarke Social Group Leader / slow runner (but it’s not about the speed)

**Sue Clarke**



**Some of the P.J.C. Great South 10 Mile Team**





**Tenth Hole  
Water Station  
Gang!**

**Ready to  
Go at the  
Tenth Hole!**



**At  
Winston  
Churchill  
Avenue**



## Two Different Events – One Runner

### Part 1

#### Parkrun

Over the last few months, I completed 2 targets for Parkrun. I know it's a run and not a race but I had, and still have, some targets I want to reach. On 30 July, I completed my 100th Parkrun. This was at my home run of Southsea. On 22 October, I managed to cross the line in 1st place. This run was as a tourist at Foot Clay Meadows, which is located in south east London.

I've only just got into Parkrun since 2018. I can't run as much as I used to due to family life, so parkrun allows me to spend time with either child by running with their running buggy. Depending on where I run, I can make the day of it with them. We have also marshalled a couple of times when my wife has had to work on a Saturday and I don't like running with them both in the buggy.

### Part 2

#### Great South 10 Mile Run

This year's Great South takes my total to 12. This year's run, the plan before to get under 70 mins, anything I would be happy with it. I know I can run most of this for free, but there is something about the Great South that I can't say no to.

Not going to lie, this year's run I really didn't enjoy from a personal perspective. I probably ran too fast at the start, and felt it. There were times where I just wanted to take off my shoes and throw them. I'm glad I didn't. I managed to finish well within my goal target time in 67.52, just over a minute slower than my personal best in 2017.

As always, the support from everyone was great, especially from all the Joggers along the course and at the water stations. I can't thank you enough.

**Alex Radice-Gomm**



**Alex Running the Great South 10 Miles**

## **No Two Events The Same!**

'What a lot of rain lately! I did the Pieces of Eight race in October in the pouring rain and although the rain eased for the start, we've just had some pretty wet conditions for the Hayling 10 in the HRRL. Felt like Peppa Pig in all those muddy puddles.

I think the Denmead 10k was a bit kinder for the weather!

The start of the SCCL was a drive through the pouring rain, but we were so lucky to see the rain ease before the start. And, well, the terrain was very tough. After so much rain, navigating through the mud and bumpy conditions gave this even further challenge.

All I know is the next one will not be the same and that is what can make it quite exciting. Not quite knowing what to expect and just taking it all in and doing what you can. The good thing is that every race is different. and that's what can actually make it quite interesting and fun. New place, course, terrain, weather conditions and well, you will always find your own good running days and bad running days! Just don't give up hope if it didn't go so well. Start slower next time. Adapt. Try to look at it as just another training day/evening. Learn from it because the next one can be better. And the experience of doing a race will put you in good stead and give you a bit more confidence for the next. 🙌

Come and join us, give it a go. You never know you might enjoy it! There can always be a reward at the end too. Maybe a coffee and cake, a good natter and the satisfaction of achievement at the end of a run. Not forgetting the calories burnt and positive benefits to your health and well-being.'

**Gina Ledger**

## **1 mission, 2 marathons, 3 weeks and 14 bridges!**

Back in 2019 I was lucky enough to win one of the PJC London Marathon places for April 2020. However, we all know what happened then...covid struck and after a couple of postponements I was due to run it in October 2021, along with my husband Chris. Then in April 2021 I was diagnosed with breast cancer and had an operation in June, so had to defer my entry to October 2022. This would have been absolutely fine had we not already signed up to Venice Marathon, which was also postponed due to covid and we had rescheduled for 23<sup>rd</sup> October 2022, thinking we would do London in 2021 and Venice in 2022.

I did try to defer my London entry for a second time but they are sticklers for the rules and therefore I wasn't able to, so it was a case of run it or lose the entry. Not one to quit I decided to do it. I had done minimal training due to illness and injury but I didn't want to miss the opportunity as a lot of people try year after year to get a place and never succeed!

So on 2<sup>nd</sup> October Chris and I ran the London Marathon! My aim was to finish in under 5 hours and I was really pleased with my time of 04:48:29. Chris did amazing as he had been suffering with plantar fasciitis so had done very little training too, only deciding to "give it a go" two weeks before. He finished in an awesome time of 03:35:09. It was the most incredible experience. The crowds really help to keep you going and having my name on my vest meant I had a lot of encouragement from a lot of people. Crossing the line was very emotional as there had been times when I thought I wouldn't be able to take part, so to complete it under my target time was a real achievement.

Fast forward three weeks and it was time for the Venice Marathon! We had an absolute torrid time travelling to Venice. Two flights were cancelled, our bus was cancelled and then our train was cancelled, you really couldn't make it up! We left home on Friday 21<sup>st</sup> at 4am and eventually arrived at our hotel in Venice 37 hours later on Saturday 22<sup>nd</sup> at 5pm, having travelled via Bordeaux, Milan and Verona!! Our fellow jogger Simon was also taking part and he too had a nightmare journey to get there!

It was an early start getting the water taxi at 5.55am to the bus station where we met Simon and started our 20 minute walk to where we would get on the coach to drive us to the start. The marathon didn't start until 9.40am but the time went quite quickly. Chris was in one of the first waves so he set off before us. Simon and I were in the same wave but had different race plans so Simon went on and I took my time and went at a pace I was comfortable with. There was a lot more support on route than I had expected.

Through each of the small towns and villages there were large crowds of supporters although there were a few areas where there was no support at all! I was on the bridge that connects the mainland to Venice, which must be the longest bridge in Italy as it goes on and on and on, but up ahead I could see a joggers t-shirt! I quickened my pace a little, and I mean a little as this was about 22 miles in and caught up with Simon. From here we ran together and were cursing the rest of the 14 bridges we had to cross before reaching the finish line!

**Continued on next page**



Again my aim was to finish in under 5 hours so was really pleased with my time of 04:46:54. Chris did amazing again and finished in 03:32:11.

I'm glad I completed both the marathons but would not recommend doing two in three weeks or even attempting one with minimal training! Having said that though, it just goes to show what can be achieved with a lot of determination and a positive mental attitude.

**Cheryl McCauley**



**London Marathon**



**Venice Marathon – With Simon**

## **Remembrance Night**



November comes around and the whole country, maybe the world starts to focus on the act of remembering our fallen. Portsmouth Joggers are no different. It has now become a bit of a tradition to meet at the top of the hill, walk to the Commonwealth cemetery and pay our respects.

This year was slightly different, we were introduced to a few of the residents.

We met as normal, and it must have looked quite a site as we all walked across the road in running gear and torches to the graveyard. I had been up earlier and with the help of Eileen and Gemma laid a trail of light sticks in the darkness to the memorial cross.

As we gathered around the cross I reminded them why we were here and I thought it was rather rude of us not to know any of the residents.

So we were introduced to a few,

Firstly **Staff nurse Bridget Donovan.**

Born in Southern Ireland, came to England to train as a nurse. At the outbreak of the first world war she volunteered for the QAIMNS. ***Queen Alexandra's Imperial Military Nursing Service.*** Bridget got posted to Cosham and while there contracted Cerebro-Spinal-Fever from her patients. She died on her 38<sup>th</sup> birthday. From relative safety, she died doing her patriotic duty.

We then met **Corporal Walter Wicken.**

Born in the East end of London, his father was invalided out of the army after WW1. He joined the Merchant Navy, sailed the world. On the death of his father he came home to look after his family. At the outbreak of WW2 Walter is 34 and single and joins up straight away. After a stint in France Walter is assigned to the bomb disposal team and posted to Portsmouth. After an air raid in Portsmouth, Walter and his team of five other were dealing with a large unexploded bomb when it went off killing all six. They are all buried together.

Finally we were introduced to **Squadron Leader Ian Cross.**

He is not there, his remains are in Poland, but his memory lives on in an inscription on the family grave.

Ian Cross was born in Cosham, educated in Churchers, and joined the RAF in 1936. An experienced pilot when war broke out he flew many missions, and was awarded the distinguished flying cross.

On his last mission he was flying a Wellington bomber and was shot down and ditched in the channel. Rescued by the Germans and placed in a prisoner of war camp.

The next chapter of his life is immortalised in the Hollywood movie "The Great Escape" Ian, and many others, tunnelled their way out, only to be caught, interrogated, executed and cremated. Squadron Leader Ian Cross was 24 years old.

We had a very poignant two minutes silence before filing past Squadron Leader Ian Cross's family gravestone. I took the liberty of placing a large poppy from all the Joggers.

Off we set on our run and walk, we had a regroup at the memorial bench of **Keith Tucker**, a former Jogger.

Up to Deadmans wood and met up with the walkers. Three memorial stones to remember two pilots and the men who perished in the Korean war.

Running back over the sting in the tail to the George and some well-earned refreshments.

**Continues Next Page**

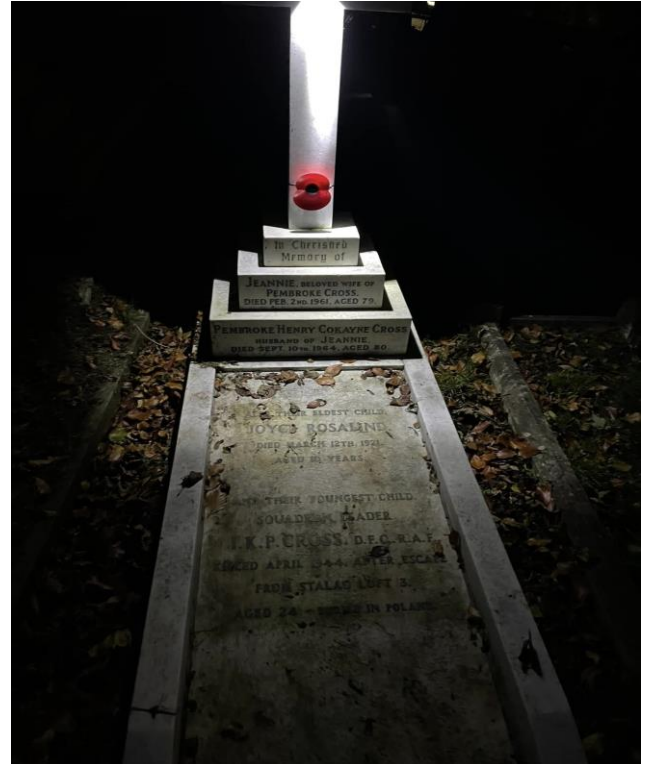


A very humbling and moving tribute to the many that sacrificed everything.

My thanks to everyone who paid their respects and to Simon for his piping on the bosuns call, to Richard and Pete for keeping the runners on track and together. To Eileen and Gemma, for their invaluable help and looking after the walkers.

We'll do it all again next year.

**Tony Conway**



## **Last Word**

That's all for this edition, next one will be out around 1<sup>st</sup> March 2023. Let me have contributions whenever you think of them.

I wish you all a very Happy Christmas and an excellent New Year!

**Celia Oxley - Editor**