

# Portsmouth Joggers Newsletter Edition 19 Summer 2023



Hi there Joggers! Welcome to your Summer Newsletter. As usual it is full of news, photos and information. There should be something for everyone. If you haven't contributed before please have a go. Let's hope the fine weather keeps going so that we can continue to enjoy our runs together! I would like to apologise to Run Walk Local for getting their name wrong in the last edition.

## Chair's message

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. We were in the unusual position of all the main awards recipients being present. The AGM was well attended, despite the change to the original scheduled date but could always do with greater club participation. We ended the evening with a social quiz which went down well. We will look to repeat the quiz at the end of next years AGM. Please put the date in your diary for next year's AGM and come along, it will be on **Thursday 25th April, 7pm** at Broad Oak Social Club. 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 our outgoing club Treasurer Ben Stait and Committee Members Mike Donovan and Alex Binyon for their help and support during their time on the committee. I would also like to welcome new committee members; Noemi Sarkozi (Treasurer), Ally Smith and Chris Ellis. Thank you for coming forward to support the club.

I am privileged to have been re-appointed as Chair of Portsmouth Joggers at the AGM but made it clear that I intend to stand down at the end of this membership year. I got involved on the committee during Covid and pledged to support the club as best I could during that time. At the end of this membership year I will have been chair for three years and feel that the time is right to hand the reins over to someone else. I will continue to work with the committee this year to put in place the work we have started around processes, procedures and support for the membership. I am more than happy to provide an overview of the role for anyone who is considering taking on this role and happy for them to shadow me during this membership year to familiarise themselves with the role. I will continue as a group leader and club member.

We have had a few members come forward and express an interest in undertaking the Leader in Running Fitness (LiRF) with England Athletics. This is something that the club is happy to support, so if you are interested in becoming a run leader or just want some more information about the LiRF, please speak to me at club or email me at [chair@pjc.org.uk](mailto:chair@pjc.org.uk) you can also find out information at England Athletics [here](#)

I was a Marshall at the Purbrook Ladies 5 race on 11th June and just wanted to say a big thank you to Rachel and Naouele for organising another successful and very enjoyable race. I'd also like to thank all the Marshalls and volunteers who helped set up and take the event down as well as support on the course, handing out medals and serving refreshments. The atmosphere at this race is always a bit special and long may that continue, well done ladies.

The Summer Cross Country race will take place at Queen Elizabeth Country Park on **Wednesday 28th June at 7 pm**. This is one of only a few races the club puts on each year and our intention is to provide an event for the benefit of the local running community. It is a really friendly and enjoyable event but we are significantly low on numbers for this year. As a club we could probably use up all the available places, however, we are well short of breaking even. Please encourage those you know to consider signing up for this event. The medal has been designed by one of our members and is a worthy addition to anyones collection. We don't put on races to make money, we always split any surplus 50% with a charity of the Race Directors choice and 50% to club funds. I am also looking for volunteers to support the Marshalling of this event so if you're unable to run but would like to help on the day, please contact me on [chair@pjc.org.uk](mailto:chair@pjc.org.uk) and put Summer XC volunteer in the subject line. We cover the car parking charges for volunteers and provide you with a hot meal.

Thank you to Tony Conway for organising the Coronation Run following the King's Coronation in May but we are all hugely thankful to Eileen Conway for appearing like an angel on Portsmouth Road with armfuls of piping hot chips and curry sauce. I'm surprised we never made it onto Spotted Portsmouth or the Evening News as we were all stood around at the bus terminus in Cosham resplendent in Pompey Joggers tops scoffing chips and curry sauce, they were rather nice though.

The Race for Life takes place over the weekend of **Saturday 1st and Sunday 2nd July** and we have been asked if anyone is free to help with Marshalling at this event. If you are able to support on either of these days, can you please let me know as soon as possible by emailing [chair@pjc.org.uk](mailto:chair@pjc.org.uk) and put Race for Life in the subject line.

We have been approached by the Great Run Company to support the water stations at the Great South Run on Sunday 15th October as well as support for the 5k and other races on Saturday 14th. The GSR Water Station Leaders will be asking for volunteers soon but there is a new volunteer application process for this year. When I have the full details, I will let everyone know but keep the date saved if you're looking to help.

The current C25K group will complete their 5k graduation run at Portsmouth Lakeside Park Run on Saturday 22nd July at 9 am. Please come along and support them by running or volunteering at Park Run. There will be pre and post race pictures with the group and of course, cake!

We have been approached by Lakeside Park Run to see if we would be interested in a Pompey Joggers 'takeover' at Park Run in the coming months and if we could use this as a 'pacing' event. If you are interested in pacing at a future Park Run in the coming months could you please let me know what pace you would be comfortable pacing at and which Saturdays you are free. I will then agree a date with the Event Director of Lakeside Park Run. Email me at [chair@pjc.org.uk](mailto:chair@pjc.org.uk) and include 'Park Run Pacing' in the subject line or speak to me at club on Tuesday or Thursday.

The club summer social event is being held at Bedhampton Cricket Club on **Sunday 16th July** between **11-15:00**. This was a lovely inaugural members and family event last year and it would be great to see a bigger turn out this year. The bar will be open and all are invited to bring their own picnics. The club will provide ice creams and we would be grateful if each group leader was able to organise an activity for others to participate in during the day. It is informal and partners and children are welcome.

Club kit can be purchased through the club shop on the [website](#) and collected on club nights.

There's lots going on at the club and it's lovely to see the numbers increasing again but please remember, it's your club, so tell us if there's something that you'd like us to organise.

**Tony Quinn – Club Chairman**

## **Charity donation**

Portsmouth Joggers chairman Anthony Quinn and John Shepherd visited the New Blendworth Garden Centre to present the charity donation cheque of £500 to the centre. The staff and workers were very excited to be receiving a donation to help with the day to day running of the centre .

The centre provides work for adults with varying levels of learning difficulties, it is a small community and social club as well as a workplace.

My daughter has been there for about 30 years and enjoys every day she is there, even though she only attends 3 days.

The work they do involves working with seeds and potting them then repotting as they grow, also all aspects of work in a garden complex, the plants are available for sale and the small shop is open all week and some Saturdays.

Some of the workers go out into the community and carry out grass cutting, hedge trimming and general garden work.

It is a great place for them to work and all the staff and workers enjoy their time there.

**John Shepherd**



## An Appeal From Davina Gladding

Shout out for any gently used running shoes please for next trip to Nkomazi. Men's size 8-10 predominantly but other sizes also needed.

This was just a snapshot of the difference you make to the rural areas. Last year we took about 60 pairs and they were distributed over a few weeks, we'd like to do the same again ...if not more.

We have plenty of kit this year, thank you [Second Wind Running](#), so now shoes are most needed

We'll be at PJC training nights, so give Ian or me a shout in the next couple of weeks if you have some for us to collect...Thank you!

Below – two pictures of the delighted Nkomazi runners choosing their new kit!



## Two photos from Tim Lecomte



**Zara Dyar collecting her permanent 1st club member trophy from last year's ladies 5 with a 38.28 finish, at Park Run on 3<sup>rd</sup> June. She's serving in the Navy as a medic, so can't attend club much currently**

**Also a snap of the Racers and Pacers social. Starting off with drinks and darts at the Guildhall Village, then pool at the Beacon followed by a traditional curry**

## Birth of Portsmouth Joggers Club

I hope you all read and were intrigued with the history of PJC in the last Newsletter.

This article is about the birth of PJC

It had been first mooted the possibility of establishing a jogging section of the Portsmouth Athletic Club in 1974 but it had not met support. It became apparent also that if a Jogging Club was to be successful it must be run on totally different lines to an Athletic Club.

The opportunity arose in September 1976 to organise a Sunday morning session at Alexandra Park as part of a campaign for "**Sport for All**". It was a national campaign to get Britain fit and healthy. Five members of the Portsmouth Athletic Club, **Peter Kilford**, **Orion Young**, **Mel barfoot**, **John Stansford**, and **Norman Wright**. All waited to see how any people, if any, would respond to the local News publicity.

Emphasis had been placed upon encouraging individuals and families to come along whatever their standard of fitness or non-fitness, for enjoyment and fun. They were all amazed when almost 100 people appeared. **Dave Byng** was one of those that turned up, Dave is still a member of PJC, as is Peter Kilford, an honorary life member.

The first session really put the seal on the way in which the Club would later continue to operate. There were groups for beginners, intermediates, and children. They each had leaders who took turns to lead - a list was done in advance. Initially they concentrated these groups within Alexandra Park. Their sessions always commenced with a mass exercise session and with people being able to move up or between groups as they became fitter or to suit their particular need. In little over a month the numbers attracted had grown substantially. Runs were on the track first (not road) and were short distance. PJC had no room but could use the shower. Warm ups were on the hard area beside track where any announcements could be done. In 2 months our numbers had increased to 3-400 on a Sunday, we were also able to introduce another long distance group for those wishing to jog in stages to the Hilsea Lido or thereabouts.

A social membership was arranged for £5 for them to use the facilities.

Because of the success of jogging, and the increased national attention being given to it, the club initiated the idea of holding a "Pleasure Plod" on Southsea Common, linking in with the national campaign for a healthy life style. This was organised voluntarily, with considerable support from the News and local radio and it attracted over 2000 participants to the first event in 1978. No entrance fee was charged and it was a pure run for fun. At this stage the club were well ahead of any other jogging groups in the country in our thinking and development. . The number of members quickly increased and in the early 80's were well in excess of 550

The club had a very successful social calendar (with a subcommittee) included monthly meals out all types of cuisine etc, Dinner & Dances, Barn dances and line dances, lectures of running interest and training, visit to places of interest and annually visits to dog racing and Goodwood horse racing and Treasure hunts, skittles and BBQ's.

The Clubs first Chairman was **Orien Young**

He was A TRAILBLAZER for black athletes and a pioneer for those who compete in sport after having transplants. Young was an international competitor who took part in the Vancouver Commonwealth Games in 1954.

His dominance as a sprinter saw him collect 11 Hampshire county titles.

Young arrived in Portsmouth from Bermuda around 1950 where he worked in the city's dockyard, later becoming an electrical warfare expert on submarines.

A regular in international competition, Young also competed at the same meet at Iffley Road in Oxford when Roger Bannister broke the four-minute mile in 1954.

Young became a senior UK Athletics and City master coach as he dedicated his life to coaching, officiating and managing the outfit.

Young was also a key figure in the British Transplant Games - with the first Games held in Portsmouth in 1978. Orien was on dialysis and had two kidney transplants.

He remained active coaching transplant athletes until his death on September 30th 2016, aged 85 and will be remembered as one of greatest athletes ever associated with Portsmouth.

I hope you all enjoyed reading this article, for the next newsletter I'll try and jog your memories with some of our long standing members and some members from the past

**Tony Conway**

## Keep On Keeping On Jogging!

As an older Jogger and retired Occupational Therapist I thought I would extol the benefits of keeping on jogging into old age and the precautions to take to prevent injury as we get older.

Doing any activity with others, especially in the open air, is great for the mental health. You can't beat having a chance for a good old chin-wag to put the world to rights, nor that sense of achievement when you finish a run.

Physically Jogging helps us older Joggers to keep mobile. Regular exercise keeps the joints healthy and mobile. It helps to maintain bone density and maintains muscle strength. As we get older the bones can lose density. Regular exercise, combined with a good balanced diet including foods rich in calcium, can reduce the risk of fractures, so common in older people. Keeping the joints mobile will also help us to maintain our independence.

However, there are risks associated with jogging, as with any sport, more so with older joggers. This has become far more evident to me during this last, bitter winter. I missed jogging a lot during the bad weather but felt it was not sensible to risk a fall by jogging when it was icy or the pavements were covered in wet slippery leaves. Older bones tend to be more prone to fractures.

Another risk is the cold. Older people are more prone to developing chest infections such as pneumonia if they get very cold. So, if it isn't too horribly cold and slippery, make sure you wear plenty of layers, including a hat, and be prepared to take them off as you warm up. Also, warm up thoroughly before jogging. Otherwise, if it is really bitterly cold, as it was a few times over this last winter, hunker down with a hot drink in front of the telly. It's not worth risking your health and safety, and missing a few jogs isn't the end of the world.

If you have not jogged for a while, for whatever reason, and you are not sure about coming back because you know you won't be as fast as you used to be – don't worry. Come back and join whatever group you feel able to keep up with. You could even try the Couch-2-5K. You might surprise yourself and you will certainly feel the benefit both physically and mentally. We are bound to get slower as we get older, that's just how it is. I used to do a 5k in a little under 30 minutes a few years ago, now I'm delighted if I do 5k in around 40 minutes. Remember we have a number of members in their 70s and 80s still jogging regularly, we're not all 20-30yr old aspiring Olympians! Come and join us! You won't regret it, and remember -



## Whole Club Runs

The last few months have offered a couple of opportunities for 'whole club runs'. These are where the whole club comes together for a run, we wear our PJC T-shirts and provide Cosham and surrounding areas with a sea of blue.

The first whole club run was an Easter run and Tony Conway provided us with a bit of a treasure hunt; over a distance of 5 or 10km he 'hid' chalk drawings of Easter Eggs, some of his had a letter in. The winning team was the one who spotted the most Easter eggs and put together the secret word from the letters, the run was finished by a prize giving for the winning groups and a crème egg for all who took part.

The second whole club run was to celebrate the coronation of King Charles III. After plan A was foiled by the Coronation Chip shop being shut we partook of an awesome plan B where Tony Conway took the whole club (I am still in awe he kept us together - I lose half my group on a regular basis!) to various coronation linked landmarks / road names etc, and a mile stone (this is Tony and he loves a stone). The best part of the run was being met by Eileen Conway with chips, and stopped (it is quite hard to run and eat chips) and had a chat over trays of steaming chips (**and curry sauce I believe - Ed.**) before meandering (we were full of chips) our way back to Lakeside.

All in all - two amazing whole club runs - a huge thank you to Tony and Eileen and I wonder what whole club runs we will have over the summer months.

**Sue Clarke PJC Vice-Chair and Social Group Leader**

### A Picture From The Easter Egg Hunt



**Pictures from the Coronation Run on next page**



**A Few Photos of the Coronation Run!  
A Huge Thank you to Tony Conway for organising them  
and to Eileen Conway for the chips and curry sauce!**



Portsmouth Joggers Club

# Summer Cross Country Race

Queen Elizabeth Country Park

Wednesday 28<sup>th</sup> June 2023 at 7:00pm

- Approx 5 mile (8km) woodland route
- Chip Timing
- Age category winners
- Spot prizes
- Finishers Medals
- Course marshalls
- Food and drinks available to buy
- Discounted entry price for EA Affiliated runners (£2 reduction)
- Race registration and number pick up 5:30 – 6:45 pm

## To Enter

Visit [racesignup.co.uk](https://racesignup.co.uk) and look for

'PJC Summer Cross Country' listed on 28<sup>th</sup> June 2023

or

Email [chair@pjc.org.uk](mailto:chair@pjc.org.uk)

Entry fee £17 plus £1.50 booking fee

(£15 entry fee for EA affiliated runners)





# Event Reports!

## London Marathon

London Marathon - 23rd April

After 7 years of being unsuccessful in the ballot, I was completely overjoyed and shocked when my name was pulled out the hat at Pompey Joggers.

It was a wet start on race day and after going to the wrong start, I made it in time to Blackheath. I cannot begin to describe the feelings I felt, from being incredibly nervous and tearful to being totally overjoyed. Running through the streets of London was a truly incredible experience. The amount of support was inspiring, despite the rain there were people on every corner calling out your name and cheering you on. Although still slow, I made it to the finish with very sore, stiff legs but so vey chuffed that I completed the course. Thank you so much for giving me the opportunity to fulfil a lifelong ambition to do this wonderful race. Proud to be a Pompey Jogger

**Ally J Maude**



**Ally - Before the London Marathon!**



**Ally – After the London Marathon With her bling!**

## Madrid Marathon

Madrid Marathon 23<sup>rd</sup> April

Well what a day. Got to the start nice and early, the noise was unbelievable it's not called the Rock and roll marathon for nothing. We started on time. There were hundreds in my wave of full marathoners and half marathoners. By 3K there were walkers, by 5K there were groups of walkers. Everything just slowed down, temperature 15C, at 10 K temperature was 22C, phew.

I was trotting along keeping track of the 3:30 pacer, and getting hotter. Split from the half marathoners at 19K and things started to speed up a bit. At 21kish I turned my ankle on some cobblestones, thought I was okay and kept going. At 22K I saw a medic and got some magic spray. Decision time, retire with a few K before the finish, or press on. I pressed on up a fecking big hill. At 25K my knee was giving me jip and I was sick, everything started to slow down. At 30K I was really struggling, the 3:45 pacer went past, I managed to hang on to him for about 2K. Then I really struggled, got to 36K and was walking more than running. When the 4hour pacer went past my heart sank. Ran, walked to 40K then 2K uphill to the finish, temperatures now above 30C, I now have a great vest sunburn and my head is on fire.

All in all not a great day, but I finished and that's all that matters.  
Thanks for all the support.

**Tony Conway.**

**Pictures on the next page**



Two pictures of Tony after the marathon!



Well done to both Ally and Tony !

## **Purbrook Ladies' Five**

After parking at Sue Clarke's house nearby I walked, with Sue, to Purbrook Cricket Club arriving in very good time. Loads of wonderful volunteers were dashing around getting everything set up. I checked-in, collected my number, filled in my details and fastened my number to my front! I then had time to socialise a little with other runners. So many ladies from so many clubs!!!! There were runners from all over Hampshire and beyond! I also posed for a PJC team photo. After a quick dash to the ladies' (I can't run with crossed legs lol) it was time for a final briefing from Rachel and Naouele, our amazing Run Directors.

There was a short walk to the start, then with a 5, 4, 3, 2, 1 we were off!! Thank goodness it wasn't as hot as it had been the few days before, and in fact there were a few drops of rain while we were running, which was very welcome. Plenty of marshals and supporters on the route to cheer us on and a water station at the half way mark kept us going. The course is certainly "undulating" and some of the uphill stretches are quite steep. On some of these, especially round mile 4 – 5, where there is a long up-hill stretch, I had to resort to run/walking. My ageing legs struggled to keep going at times. The route is easy to follow, keep turning left until directed to take a right turn back on to the field! The last bit is downhill so very conducive to a sprint finish.

I was very happy with my chip time of 1hr 0mins 56secs. I hope all the other runners enjoyed this event as much as I did, and I would like to give a huge thank you to Rachel and Naouele and all their helpers for putting such a fantastic event!



Celia Oxley

P.J.C. Ladies 5 Team

Before the Race

After Race photo on the next

## P.J.C. Ladies 5 Team

After the Race – with medals!



## Hampshire Road Race League (HRRL) update

For anyone who has even vaguely been keeping an eye on the myriad of Facebook posts from yours' truly, you will be very aware that we are hurtling towards the end of the HRRL season! Since the last newsletter there have been three league races; Salisbury 10, Alton 10, and Netley 10k. We fielded some good sized teams at all three, which was fantastic and made for two very proud captains . As newly appointed ladies' captain I was blown away that the ladies considerably outnumbered the men at Netley (see pics). In fact, we had ladies' A, B and C teams (teams are made up of 4 runners). I would like to think this was due to my incredible leadership, but in reality it was probably because Vince had made all of the 5k to 10k group sign up to it! Whatever the reason, it was great to see the sea of blue and white on the start line, and the team spirit was on amazing form that day.

The league races are firstly about getting together with your club comrades and enjoying yourselves, but for those competitive types there are also league tables to get excited about. The ladies A team are still sitting at the top of division 3, and the men are in second place in their division. They are only being beaten by Bournemouth, who are new to the league and have been placed in division 3 despite having some *very* fast runners. It's great to see us doing so well, and we would like to extend a huge thank you to everyone who has joined us at a race this season. You are amazing!

There are two more races left this season. Alresford 10k on June 18<sup>th</sup> (which may well have already happened by the time you read this) and Lordshill 10k on 2<sup>nd</sup> July. It would be amazing to end the season in style and see a huge turnout from PJC at Lordshill. It's not too late to sign up, and we would love to see you there. Until the next time -

**Kate (ladies' captain) and Pete (men's captain)**



**HRRL Alton 10 Team**

## Earlybird Pen-y-Fan Walk

On the 3<sup>rd</sup> of June a group of 11 Early Birds From Portsmouth Jogger went to the Brecon Beacons for the weekend. This came about because one of the ladies suggested we do an adventure! So with much planning and discussion off we set.

The converted barn was a gem, just being down the road from Pen-y-Fan. Home-made food for Saturday evening and quiz time (groan), then early to bed as we had agreed to be up for an early start.

Arrived at Pen-y-Fan, it was hot, busy and beautiful and up, up, up from the start. The group stayed together until the top, supporting each other the whole way!

I'm about to crest the summit when my phone sounds, it's a friend asking me what I'm doing, my reply was 'summitting Pen-y-Fan' her response was 'your not really'!! anyway at the top we all celebrated with bubbles (thank you Alison) and photos to share our achievement. (I even phoned Tony who was very jealous he wasn't invited)

Alison Stocker and I were then coming back down the mountain due to illness and knee issues whilst the other intrepid adventures found a challenging route down!

In the evening we walked down (so the climb couldn't have been that bad!) to the local hotel for a meal and drink before getting ready for home on Monday morning.

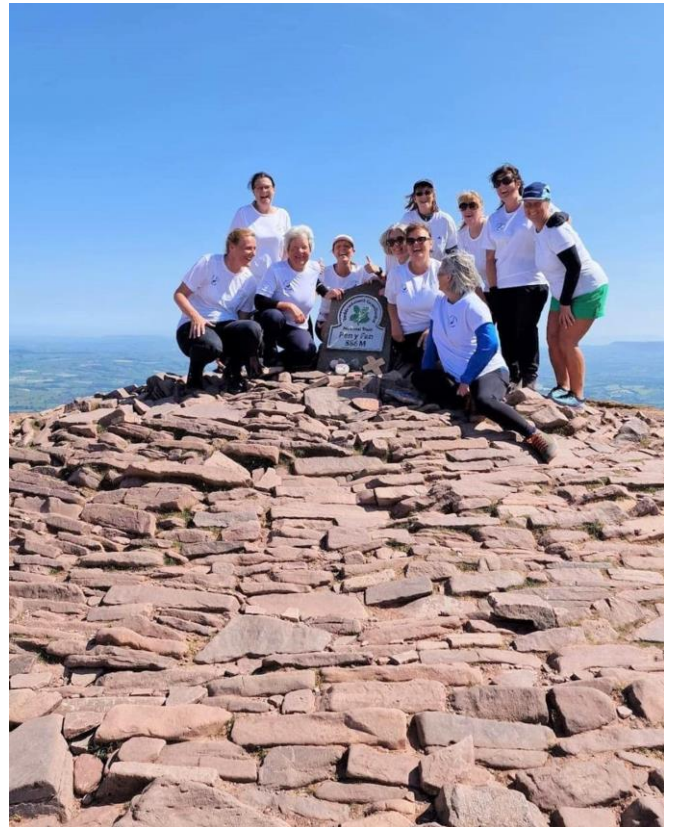
It was hot, challenging and enjoyable with a really lovely group of women, what an achievement!

Would I do it again.....IN A HEART BEAT! If you ever get the opportunity I say go for it!

**Eileen Conway**



**On The Way Up Pen-Y-Fan**



**At The Top Of Pen-Y-Fan**