



Welcome to Edition 2 of P.J.C's Newsletter. Full of News, Info. Competitions and Experiences. Feel free to send in your own contributions to the next edition via PJC Chairman or Facebook message.

From The Chair..

Welcome to the 2nd newsletter – hope you enjoyed our first one, which suffered a few problems in its distribution. Hopefully these issues are now resolved for this edition, and if you did miss out on the first, you can find it here: http://pjc.org.uk/?page_id=2598 (ctrl+click)

The main issue we are addressing at the moment is a resumption of club training. A poll last month of our members showed a resounding desire to do this, and with the help and huge efforts from some of our volunteers, we are working towards a resumption in September, from Lakeside.

England Athletics have published guidelines for clubs to follow, and we are looking at the “Covid compliant” route, which allows for groups of more than 6, albeit social distancing remains a requirement at all times. We will publish the requirements and full Covid plan that is required by EA and Lakeside (understandably) once this has been finalised, and we are ready to resume. One of the conditions will be that only PJC members will be able to run, so as always, thank you to everyone who has re-newed for 2020/21, and a reminder to those that haven't yet!

The PJC virtual race is proving popular, and well done to those that have already completed it. And signs that “real” races are returning, I have one next month, though promptly got myself injured!

Good luck to you all with your virtual and even real races and runs over the next few weeks.

Finally, a big personal thankyou to the band of willing volunteers who are helping out over the last few weeks – especially those working on the Covid plan. If you want to join this group, please let me know, we do a Zoom call every 3 weeks or so, with a lot of other activity going on in the background – again this newsletter is just an example of this work.

Steve Wooldridge

PJC Chair

VIRTUAL RACE REMINDER

Don't forget to run your race!!!

(2k, 5k, 10k, Half Marathon, Marathon or Ultra)

by 29th August

Then email your evidence to

virtualrace@pjc.org.uk

COMPETITION TIME!

After the success of the last competition, another exclusive for PJC members with RUNR, a local running gear company. Free to enter (and you can probably google the answer if you dont know it!!!)....



Press ctrl/click to enter :

<https://www.runr.co.uk/pages/portsmouth-joggers-club-competition?fbclid=IwAR1v-49W2S-Q6J1OdPixHSdwnOY4zozzKP8cg-NfT5mL50HW7r5TRMdOPec>

PJC do Malta 2020.



Hard to believe that on 1st March earlier this year, 15 PJC men ran the Malta Marathon. Social distancing hadn't entered our language, Malta was Covid free and full of runners from all over the world, taking on this well organised and very friendly international event.

This annual excursion was started 9 years ago by Tony Conway, and while not an official club excursion (you need to book your own flights and hotel), it has established itself as an annual pilgrimage, attracted by the lovely island, relatively cheap holiday, and warm (usually) weather.

The build up to the race is always fun. I arrived early on the Wednesday, in order to get in some sightseeing on this lovely island. Others arrived on the Thursday and Friday, mostly on the early morning flights that get to the island around lunchtime. The weather was fantastic, in the 20's, sunny albeit a bit breezy – a welcome change from the storms and rain that had lashed the UK through February, leading to the cancellation of many races.

Sightseeing is by bus or boat – the bus network is actually very good and cheap, and for the more adventurous minded, better than the “round the island” tours. Valetta and M'dina are the obvious places to visit, and a day out to the island of Gozo (bus and ferry) was excellent – some of the views on the bus journey were amazing, even though the charm was lost a bit by the ferry being very similar to the Isle of Wight ferry!

Evenings were a great chance to get together to discuss the days excursions, drink the odd beer, and maybe 1 or 2 cocktails were consumed as well – 2for1 at Tex Mex before 8pm was very popular, and as in previous years, was an unofficial PJC base!

Saturday evening – pre-race Italian booked – noticeably more serious with very little alcohol and considerable amounts of water and pasta being consumed. Final race plans discussed – we all had collected our finishers t-shirt, numbers and kit bag ready for the following day.

And so to the races. Both start in M'dina, and finish in our base of Sliema, with a fleet of buses taking the 900+ marathoners arriving in Sliema in the early dawn : 6.00 am for the buses, with the race starting at 7.30. This meant getting up at 4.30 for pre-race breakfast! Slight (personal) panic that there wouldn't be enough buses, but the organisation was as always superb, and I shouldn't have worried. There were 4 of us doing the full version, and we had plenty of time at the start area for warm up, and the usual nervous chat. Bag drop was very efficient – essential as we needed our PJC hoodies to ward off the early morning chill, although temperatures were already up to 16/17 degrees by the start.

The marathon route had a couple of big loops – way more undulating that I expected, with a couple of long uphill slogs into the wind, before we re-joined the half marathon route at around mile 16 (mile 3 of the half).

In the meantime, the fleet of buses returned to pick up the half-marathoners – a much bigger field of over 3,000 runners, starting at 9.15. The 11 from PJC were joined by many from local clubs as well, yellow tops from Gosport matching our traditional blue and white.

For both races, the heat increasingly became a factor – but there were plenty of water stops and willing volunteers to cheer you on, and music (live bands, singers, and various ad-hoc sound systems) all adding to the occasion.

What's the course like? Its virtually all road, and being a point to point race, there is a net downhill effect, making this a fast course if you are chasing a time. The full does have a few more hills and one of the loops has some sharp turns in places, but hard to find any faults – well organised, waterstops were plentiful, and plenty of marshals. Its also timed so the 2 fields join up, so plenty of company in the last 10 miles!

The finish along the Sliema seafront was a very welcome sight for all – with your hard earned medal waiting. Of course, all PJC stayed out to cheer in all our runners, with glasses of bubbles and beer already in evidence.

Will I do it again? Yes – getting a PB was an added bonus, and the whole 6 days was a fantastic holiday, and so good to spend with club mates. Hard to find any fault at all, very well organised, free race pictures for example, and PJC have been doing this event for so long now that the organisers make sure we are well looked after!

If you are interested, there is a guide [here](#) (ctrl/click to access) – its for 2020 (not updated yet as things like flight times are uncertain of course), but other than that is a good place to start.

Three Landmark Birthdays (or is it two?)

One of our long-standing senior members, Brian Rees celebrated his 70th Birthday on 10th August. He celebrated with a select group of socially distanced Joggers on Sunday 16th with a run along the sea front and food and drink hosted by Alison Stocker. Brian is a very valued club member and member of the Social Group and the Misfits, who run on Sundays. He is very supportive and encouraging to anyone who is struggling, comes up with some great routes and is excellent company on any run.

Two equally valued, long-standing senior members, Twins Bert and John Shepherd celebrate their 70th birthdays on 24th August. Bert is a very supportive member of the Social Group while John is an excellent group leader of another group and both of them are very good company, always willing to chat to keep fellow runners moving. If you have difficulty telling them apart, John has the moustache!



HAPPY BIRTHDAY GENTS!



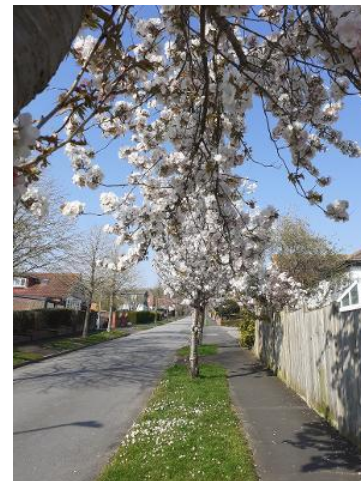
Lockdown Ramblings

What a shock to find out late in March
That we are confined to our house - not such a lark!
No non-essential journeys how to get our exercise kick?
A daily stroll to the supermarket or jumping up and down to Jo Wicks?
We will miss our runs but we can't run everyday.
How about walking instead to keep low spirits at bay?

But how to spice up our daily walk we need a destination
Three to four miles a day must get us somewhere in our imagination
Let's add up the miles to see how far we would have got
If we didn't come home again we must have done a lot!

Off to London town we go, London Bridge is near
Not far from here to Southend, we always wanted to walk the pier.
Where now? Go north and head for Nottingham another 200 mile.
We can visit places on the way we haven't been to in a while
Like Constable country, Roman Colchester and Cambridge city
And we can sleep in our caravan in the garden, so we are sitting pretty.

Not far to go now for pies from Melton Mowbray
(The pies come from Sainsburys Farlington but they taste as good anyway)
We arrive in Nottingham just as lockdown is easing
So back to dear old Pompey where life is now more pleasing.



The Reluctant Runner

As I came back from my run the other morning, red faced and sweaty, my husband said to me 'Why do you do it?' Which, annoying though it was at the time, is not a bad question because, let's be honest, I don't actually *enjoy* running. In fact, I managed to complete 58 years (and 6 months) of my life without ever going for so much as a light jog and, despite that, was still relatively fit and healthy. So, what changed?

In February 2019 my brother got given entry to a 'sprint' triathlon for a 60th birthday present (odd choice!) and, in a moment of recklessness, after a few glasses of Sainsbury's best Shiraz, I said I would do it with him, reckoning on just walking the required 5k at the end of the event. However, competitiveness and pride kicked in and I decided to learn to run the required distance and set about aiming to do so. I didn't do the much favoured 'couch to 5k' as I lack the discipline to keep to a regime but, somehow or other, I managed to get to the 5k mark and was ridiculously proud of myself when I completed my first park run. At this point I'd like to express my gratitude to PJC, as it is so much easier to run with a group than on your own (for me, anyway). I am particularly grateful to whichever member it was who saw me struggling round a training run one Tuesday evening (whilst himself out with the joggers) and suggested I join them. He reassured me that I wouldn't be expected to run fast and that there'd be a group suitable for me (thank you Mandy, and the social runners!) and, though I'm a rather flaky member, I do like feeling I'm part of 'the club'.

So, here I am, 18 months later and still running, despite the triathlon being completed last September. Which does raise the question, *why?* As I said, I *don't* enjoy running but I *do* enjoy the feeling when a run is completed, I *do* enjoy looking at my statistics on fitbit and strava, I *do* enjoy creating shapes that I hope cause some amusement, and I *do* enjoy being part of a community of joggers who see fitness as an admirable goal and who encourage each other to 'keep on keeping on'. For now, this is enough!

I had hoped to do another triathlon event this year but, as everything has been cancelled, I have had to do my own biathlon, or, as I choose to call it, my bi'nny'athlon (with a little help from 'paint!'). Fiona

