

# Portsmouth Joggers Newsletter Edition 20 Autumn 2023



Hi again Joggers. Well, this is a landmark, the 20<sup>th</sup> edition of our Newsletter in its' current incarnation!!! It is full of wonderful stuff as always. Thank you to all who have contributed.

As most of you know I'm not the fastest or the youngest runner in the club, but do enjoy plodding along at the back of the Social Group. They never leave me alone for long and often stay with me for a bit after looping back. It's a huge morale boost and keeps me going! I also enjoy an occasional event. I love doing our own Ladies 5 and the Great South 5k. The Great South 5k is on the Saturday of the Great South weekend and has all the fun and pizzazz of the 10 mile run but without the mileage. Last year I had a little group doing it with me. If you fancy joining me let me know, sign up and come and meet me at the PJC tent on the Saturday morning. Now read on and enjoy!

**Celia –Ed,**

## Chair's Report

Welcome to the autumn edition of the PJC newsletter, we could mistake it for the summer newsletter with the soaring temperatures we've been experiencing recently. Thank you to our intrepid editor Celia for all her hard work and cajoling of members to get the articles for this newsletter.

We are almost at the halfway point of our membership year and as I announced at the AGM in April, I will be standing down from the role of chair at the next AGM. I will have performed the role for three years by that point and whilst I have thoroughly enjoyed this, feel the time is right to step aside and let someone else take over the reins. I am more than happy to provide an overview to anyone who is interested in taking on this role, including facilitating shadowing of the role for the remainder of this year to gain an insight into what the role involves. In order to be eligible to be voted in as the chair, you must be nominated and seconded to join the committee at the next AGM in April 2024.

Thank you to all of you have volunteered so far to help man the water stations at Winston Churchill Avenue and the Tenth Hole for this years Great South Run on Sunday 15th October. There is a volunteering portal set up for this years Great South Run and all prospective volunteers must sign up through the portal which can be found on the Portsmouth Joggers Facebook feed, or email [water@pjc.org.uk](mailto:water@pjc.org.uk) and the link will be forwarded to you. Mandy and Davina will be leading the teams at both water stations and it is such a boost to see friendly familiar faces at the water stations, and even better if you can avoid getting soaked by the exuberant volunteers.

There will be a PJC marquee at the Great South Run on both days this year where members can leave their bags, at their own risk as this is unmanned. The marquee will be the meeting point for a club photograph on the morning of both days. Times for the club photo opportunity will be posted on the club Facebook page, website and announced at club nights on the run up to the event. If you don't feel that you want to complete the 10 mile race on the Sunday, you can consider taking part in the 5k race on the Saturday. It was so nice to be able to support those who took part in the 5k event last year.

The Hampshire Road Race League is up and running and I'm sure you'll enjoy reading about Overton 5 in this edition. The list of all HRRL races as well as the Southern Cross Country League races can be found on the club [events](#) page, Rt click link. The team captains for the HRRL and SCCL races will be more than happy to discuss with you the upcoming races and how to get involved. The SCCL races are free to enter, all you need is a blue club top to take part and if you haven't got a club top, we can provide you with one to wear or purchase.

It was really disappointing that we had to cancel the summer social scheduled for 16th July at short notice due to the weather making the event dangerous to put on. The rescheduled event set for 10th September was cancelled due to extremely low uptake. We recognise that the rescheduled date clashed with running events that members were taking part in as well as holiday commitments. We would really like to be able to put something together next summer and hope we are not defeated by the weather. If members have any ideas for a social get together during the autumn months, please let me or any of the committee know and we will see what we can do.

The next cohort of C25K will start on Tuesday 17th October and run for 9 weeks with the graduation run taking place at Lakeside Park Run on Saturday 16th December. The course costs £25 for non-PJC members and includes a club top at the end of week 9 to wear at the graduation run and keep.

The committee have introduced a white board to use on club nights which will show what each group is doing, together with the predicted pace in mph and kph so that members can determine which group best meets their training needs on that night. (see photo below) The board will be updated by the relevant group leader each training night as well as indicating what any groups are doing if 'running away' on the next club night. The ad-hoc groups, i.e. C25K, 5-10K and GSR training groups will be updated when they are active throughout the year. At all other times, members are invited to join any of the other groups, depending on their training or fitness goals.

GROUPS	LEADER	ROUTE	RUNTYPE	DIST.	MIN/KM	MIN/MILE
RACERS	KATE	HILL REPS HAYWANT RD	REPS	1.1	REPS	
PACERS	"	"	"	"	"	"
ENDURANCE	Teresa	5 mile Port Solent	Steady	5 miles		8.30- 9.15
HERMITS						
IN-BETWEEN	STEVE ☺	LIDO	400M REPS	5K		
SOCIAL GROUP	SUE C	PORT SOLENT	JOGGING	5-7k	7.30	12
COUCH TO 5K						
5K TO 10K	Vera	Mount Solent	Interval	6k	7.00	10.00
GSR	TONY Q	WIMBORNE ESTATE	HILL REPS	5K 1CH	20 SECS PACER	30 SECS PACER

The Summer Cross Country this year made a loss of just under £400 despite having 181 entrants out of a possible 250. The committee discussed the reasons for this shortfall, and has put plans in place to ensure that next year's Summer XC breaks even as a minimum. This includes earlier advertising of the event and moving the date to Wednesday 17th July 2024 to create a gap between it and Hayling Billy 5 and Lakeside 5 series. We will be advertising ahead of Christmas this year so if anyone is looking for a stocking filler for a running friend, grab yourself an early place.

The draw for the club place at the London Marathon in April 2024 was drawn at club on Tuesday 12th September and the lucky winner was **Pete Birch**. Congratulations **Pete** and good luck with your training.

As we head into the depths of the autumn, the light is fading on club nights, so please remember to wear bright clothing and where appropriate head torches so that you can be seen. The club has a stock of yellow PJC club tops in short and long-sleeve for members to purchase. We have reduced the price of these. If anyone is interested, you can purchase them through the club shop on the website, or speak to me at club as I have access to the lock up on club nights and can provide you with a top at the end of your run.

Whatever your running, training or fitness goals for the autumn, I look forward to seeing you at club or any of the HRRL or SCCL races or running events taking place across the county. Whatever you do, enjoy your running

All the best  
**Tony Q**  
 Chair PJC

## Purbrook Ladies 5 Charity Donations



**£478.89** donation was made to Rowans Hospice, from cakes sale.

**£377** from race to be donated to Baby basics Portsmouth - local charity who provide baby essentials to mothers who are struggling- awaiting to give this to charity once that can be arranged.

A huge thank you to Rachel and Naouele for arranging these.

# Shoe and Kit Drop to Nkomazi in Mpumalanga S.A.

The 2023 shoe and kit drop to Nkomazi in Mpumalanga, South Africa was wonderfully successful again. For those who are not aware, PJC, and Southsea parkrun have been supporting this initiative for several years now; we save gently used running shoes, and technical kit, and take cases of it over with us on holiday. We then visit Nkomazi parkrun and distribute the kit to the guys. We have a superb ambassador there, Lordrick, who is RD for the parkrun and Lordrick ensures that the shoes and kit goes to who needs. This includes the local AC and junior teams also. This year we had a great supply also of Second Wind Running race kit to take, so brand new tech kit for the guys. So, August this year we headed over for the month, then early one Saturday loaded the car with the cases and headed to Tonga for the 8am parkrun start. It's always fantastic to meet up with the guys, some new, some we have known for years. Shoes were tried on, kit on, then off for a parkrun to try them out. Around the sugarcane fields we went, smiles, chatter, and laughter. After parkrun it's become tradition to head to Tonga mall McDonald's to break bread and chat further. So what a fantastic day again.

Now we start the collection for 2024. We're going in July, so the call goes out for the gently used shoes please, and any suitcases that you don't need anymore. So huge thanks to all those who support this, you make SUCH a difference  
**Davina Gladding**



**A Few Photos of the recipients, thrilled to receive the donations from P.J.C.**

**A huge thank you to all the donors and to Davina and Ian for delivering them. Remember if you are buying new running kit, look at your old stuff, and if it has a few miles left in it put it to one side for our South African friends.**



# The Hampshire Road Race League (HRRL) update

This is going to be a long one, but don't worry, I've broken it down into three manageable chunks for you....

## 22/23 Season Round Up

The season finished in style at the beginning of July at Lordshill 10k, with another fantastic turnout from #TeamPJC.

The scores have since been added up, and it seems appropriate to have one last look back at the season and to celebrate your achievements! Firstly, I want to say a huge thanks to absolutely everyone who ran a league race this season! Whether you helped us achieve our highest turnout of the season at Stubbington in Jan, froze your fingers and toes off with us at Victory, became a sweaty mess at Netley or Alresford, or rode the ferry to then tackle the beasting hills of Ryde, thank you all. We managed to turn out both men's and ladies' A teams (i.e. had at least 3 runners) at almost all races, which is a huge improvement on season and shows how far we have come as a club over the last year. Hopefully next year we'll be able to get B teams at all the races too.

**Now on to the accolades**.... The ladies' A team topped division 3 🏆, and the men's A team came 2nd in division 3 🏆. This means both teams will move up to division 2 next season. To see both teams promoted in one season is amazing!! Go PJC!

On an individual level, loads of you took part in at least 4 races throughout the season, qualifying you for one of the specially designed (by your men's captain Pete) pin badges. You should be really proud of yourselves for what you achieved in those races, and for helping us to show off what an amazing club we are at each event. For you keen beans, just a little heads up that there will be fresh badges for next year... see below for more info.

Four members of PJC completed at least 7 races, which means they will receive one of the prestigious HRRL mugs (which will have their names on them - oo er!). Not only did they complete 7 races, but all 4 finished in the top 100 for their gender. So 'well done' to Pete Coote, Steve Wooldridge, Michael Rae, and Kate Lewis (me!). A special shout out also goes to Tim Bramly, who ran 7 races but unfortunately does not get his name on the mug as he was not a fully registered member of the club at the start of the season. All 5 of these runners will also receive a HRRL hoody for completing 8 races across the season, or in Tim's case in place of his 7-race mug. These will be special PJC designs, and I'm sure they will be worn with pride in the 23/24 season. Keep an eye out for them!

Finally, because he just can't get enough of racing(!), another well done goes to Pete for completing all 12 races this season! This means he will receive one of the elusive, and much sought after, league t-shirts ahead of next season.

By the time you read this, we will have already have started the 23/24 season! How exciting :D There are 13 HRRL races this season, ranging in distance from 5 miles to half marathons, so there really is something for everyone! The races are, in order of occurrence, as follows:

- 1) Overton 5m – 3<sup>rd</sup> Sept 2023
- 2) Solent Half Marathon – 1<sup>st</sup> Oct 2023
- 3) New Forest 10m – 29<sup>th</sup> Oct 2023 (new race this season and it looks fab!)
- 4) Hayling 10m – 5<sup>th</sup> No 2023 (new route for this season, with much less time spent on the billy line)
- 5) Gosport Half Marathon – 19<sup>th</sup> Nov 2023
- 6) Victory 5m – 3<sup>rd</sup> Dec 2023
- 7) Stubbington 10k – 7<sup>th</sup> Jan 2024
- 8) Ryde 10m – 4<sup>th</sup> Feb 2024
- 9) Salisbury 10m – 24<sup>th</sup> March 2024
- 10) Alton 10m – TBC
- 11) Netley 10k – TBC
- 12) Alresford 10k – TBC
- 13) Lordshill 10k – TBC

Overton has already happened, see report below, but entries for the next 6 races are now open, and you can find links to sign up to each on the HRRL website (<https://hrri.z33.web.core.windows.net/>). Unfortunately Stubbington has sold out (in an incredible 6 hours), but if you would like a place there is a HRRL number swaps Facebook page you can keep an eye on closer to the event. We will keep you updated on Facebook, and in future newsletters, as/when the others go on sale.

Last season we had a really successful HRRL Team Messenger group, and we will be setting up a new one for the upcoming season. So if you've signed up to any of the 23/24 season races, let me or Pete know and we will add you to the chat.

Not only are these all great races to enter anyway, but there are lots of incentives to take part in multiple races, and who doesn't like **free stuff**?

- Run **4 races** across the season and bag yourself a specially designed (by men's captain Pete) pin badge, featuring a new design for this season!
- Complete **7 races** to register a total score for the HRRL season (you are allocated points each race depending on your finish position). If you do this then you will receive a mug, courtesy of HRRL, which shows the final league table for your gender and will include your name!
- Do just one more and total **8 races** to secure yourself a, again specially designed, PJC HRRL Team item of kit (exact item still TBC).
- Finally, complete **all 13 races** and you will receive a highly coveted HRRL League t-shirt.

I will also try and provide post-run **sweeties** or **cake** whenever possible. Because who doesn't love a cheeky slice of car-park cake after a tough run?!

We cannot wait to see the sea of blue and white at these races. Let's show the other clubs how it's done #TeamPJC!

## Overton 5m Race Report

I thought it couldn't get any hotter than it was at Alresford 10k earlier this year, but Overton definitely gave it a run for its money! 25°C, barely any shade, loads of hills, and no breeze makes for a very sweaty bunch of Joggers. There was a great turnout from PJC for the first race of the season, and we were able to turn out full A and B teams for both the Ladies and the Gents, which is incredible. Last year there were only three Joggers at Overton, and this year there were 17 – look how far we have come in a year. The team spirit was on form, as always, and was spurred on by refreshing watermelon from Anjella and homemade cookies from me.

Incredibly, despite the testing conditions, two of the team managed to get 5 mile PBs. A massive congrats to Tim Bramly and Denise McCaffray for your incredible achievements. And a bonus shout out to Gina, who managed to run the whole race in her driving trainers, yet was only 3 seconds slower than she was last year in her actual running trainers!

Well done, and a huge thanks, to everyone who represented #TeamPJC at Overton. You are all now a quarter of the way to your pin badges! The rest of the races will seem like a piece of cake after that I'm sure.



**The Team Before Overton**

**Thanks all, from your captains Kate and Pete** 🏃🏃

# Southern Cross Country League (SCCL)

Look out for the SCCL starting up next month. There is one race a month, these are completely free of charge and open to all abilities. So come and support your club and get involved! These are really rewarding races with the option of tea and cake afterwards of course.

**Gina Ledger**

29 OCT 2023 11:00 - INGLEFIELD ESTATE  
Hosted By: BMHAC

17 DEC 2023 11:00 - LORDS WANDSWORTH  
Hosted By: Hart Road Runners

21 JAN 2024 11:00 - CHAWTON HOUSE  
Hosted By: Alton Runners

03 MAR 2024 11:00 - HOLYWELL ESTATE  
Hosted By: Fareham Running Club

Click <https://www.southerncrosscountryleague.co.uk/> for more info.

**Note the free of charge** – all you need is a club shirt, and there is often a car share from Lakeside.

## Exbury Gardens 10km.

On a fine morning on the 25th June I set off for the Exbury Gardens 10km. I had missed getting a place the year before so I was a little excited to be joining the run this year, in fact I was so excited while booking that I didn't check the start time - which was at 9am in the morning (!!).

So off I set at 6.30am (having had a heads up that the previous year saw one mile long queues for the car park) before most of Hampshire were fully awake.

After a painless journey I arrived in plenty of time for my picnic breakfast in a field outside Exbury Gardens. Our own Ian Gladding was the chief marshal with his colleagues from Hampshire Search and Rescue. The entrance to Exbury Gardens was buzzing with excited runners, and there were lots of hugs as PJC'ers arrived with their blue t-shirts on.

The race started in Exbury Gardens, went out and through the New Forest lanes, past a lovely lady who was hosing all the runners down with water (which was blissful) outside her house. Then we left the forest and had a long run along a shoreline, then turned at the end of the shoreline and ran back - this was blisteringly hot exposed to the full heat of the June sun, fortunately there was a water station at the end of this part of the run; unfortunately it was running out of water by time I got there (I was fortunate enough to get 1/3 of a cup of water (!!)), others behind me were not so lucky.

The last 4km saw runners sharing what water they had and a rush for the bottles of water at the end of the race. The 'water issue' did not deter (too much) from the lovely scenery of the route and the marvellous marshals and I will definitely be booking a place for next year's race.

**Sue Clarke**



**More pictures on the next page**



Two more photos from Exbury Gardens 10k



A couple of Photos from Philippa Watson from Social Group's away run on Hayling Island to see "Sam's Sunflowers"

## P.J.C. Summer Cross Country

This was the second time I completed the summer x country at QE country park. My first time was in 2022 after just graduating from the couch to 5km, which was shock to the system with all the hills!

This year I had just graduated from the 5km to 10km group (thanks to the help of vince!) and didn't feel so nervous about doing the hills this time! I knew what to expect and just thought I'm going to have fun and go for it.

After the initial big hill I knew it could only get better and kept trucking!

There was a group of us who stuck together and ran and walked (only a few times!)

It's was fun going through the trees, following the winding paths, dodging the nettles and trying not to fall over the tree roots on the way.

The Marshalls would cheer you on and the odd joggers paparazzi snapping away (providing cheesy smiles for them!)

Taking in the views across the fields and then heading through the woods, trying not to trip and constantly watching our feet we sped up to reach the finish line. My daughter was there helping to hand out the medals and she was cheering us all on. We all made it and got a cool medal.

Definitely going to go for it again next year x

**Philipa Watson**



**Some of PJC doing a practice run for the Summer Cross Country**



**Philipa and her buddies after finishing the Summer Cross Country. Well done girls!**

## Great North Run

I travelled to Newcastle with Ally, Debbie and Mandy who came to support me.

The day started very sunny and hot. We never imagined how busy it was going to be, although we were warned. The atmosphere was amazing, so many people raring to go, and so many charities benefitting from the run.

Mo Farah in his last ever race made the day poignant. I didn't get to see him but the girls did.

I decided to run in my favourite fancy dress outfit Spongebob Squarepants.

The race started at 11.00 but as I was in the last wave I didn't cross the start line until 12.15, which was a long wait.



The race started with the first hour being hot and sunny (apparently the hottest weather they have ever had for the GNR). It was amazing running over the Tyne bridge. Thousands of spectators cheering everyone on and there was never a dull moment.

The sky gradually became cloudy but cooler which made running easier.

There were many water stations, people handing out sweets, hose pipes spraying people down and showers.

The race was tough but enjoyable as I was running with so many people young and old.

The last mile and a half along the seafront was the best part, especially seeing the finish line up ahead.

I made it, and finished in 2:54:59, and I felt great. Spongebob did me proud once again.

But then things changed for the worse.....

As I made my way through the finish the sky became black and no one could even imagine what was going to happen next.

The heavens opened and there was an almighty thunder storm, flashes of lighting, flash floods etc people went running for cover, roads were flooded, the Metro flooded, the ferry stopped running and chaos hit South Shields. It was reported that they had a months worth of rain on one hour, up to 50mm. It rained hard for over an hour.

The company running the buses back to Newcastle put on many more buses to get everyone back safely, although the roads were jammed for miles. Marquees were opened up for shelter (I wish I had known that) and many silver blankets were handed out to everyone to keep people warm.

It was chaos but handled very well and the girls and I finally got away safely back to Newcastle on one of the buses.

What started out as an amazing, hot and sunny day, turned into a nightmare. That's the British weather for you.

Now we can't wait to do it all again next year, hopefully all of us next time.

**Lorraine Stewart**



**A few photos from Lorraine's Great North Run. Before the race, with her support crew, a mile from the end, at the finish and keeping dry with her support crew during the post run downpour!!!**

**Well done Lorraine!!!**

## Portsmouth Joggers go Stateside

Most of you know I spent this Summer in San Diego, California visiting family, and while there I was also able to take PJC on tour

### Balboa Park 8 - 5th August

I took part in the Balboa Park 8 miler. This was a tricky course, given I was still slightly jet lagged having only arrived a few days prior to the event but I wanted to make the most of being in an event in the USA and to run with my dad, someone that inspired me to run in the first place

Walking to the start line I had to laugh as all I could hear blasting through the speaker system was the most English disco party tune "Come on Eileen." Once on the start they did the national anthem which was again different to normal starts but so epic.

I had been warned this was a very hilly course and to start with I felt great until the last mile where I found that hill it was so steep it was almost going back on itself winding up and up like a spiral but I pushed on and still had enough in the tank for a famous sprint finish - oh and the medal at the end was very bling and made the hard work worth it.

Believe it or not I even managed to find a runner who was from Bournemouth which was a bit surreal but he knew of PJC and that was just amazing seeing as I was 5500 thousand miles from Portsmouth, the top stood out to him

### Cross Country USA

As if running over there wasn't hard enough in the heat and humidity, I decided to team up with my dad's running group and take part in the Cross Country League this was the 2023 Dirt Dog Cross Country Series. I was able to wear the teams vest Perros Bravos (Brave Dogs) it was still blue and white so not to cheat on PJC

Cross country in the USA is nothing like the UK it's definitely a lot more competitive and no mud in sight, instead we ran on sand and gravel across a 5km distance with lots of hills and had to watch out for rattle snakes.

I managed to cross the line in just over 24 mins and came 5th in my age group - and top 20 females to cross the line

Now back in the UK - Marathon training - Next up - myself and Vicki Evans are taking on Beachy Head Marathon in October.

**Emma Lynam**



**A Few Photos from Emma's trip to America! It looks amazing, not sure about the rattlesnakes though!**