

Portsmouth Joggers Newsletter Edition 23 Summer 2024



Hi there, welcome to the 23rd edition of the PJC Newsletter. As always it is full of news and reports about everything PJC members have been up to, in spite of the awful weather that had blighted the last few months. It's great to have a bit of sun at last. I would like to thank Tony Q, for leading us for the last 3 years. You have done an amazing job. I would also like to thank Kate for taking up the baton from him. I am sure she will be an excellent Chairperson. Anyway, do read on and enjoy everything PJC has been up to. **Ed.**

Chair's Message

It feels very strange to be writing my first ever newsletter message as the new Chair of PJC! I took up the position at the club AGM, which took place on 25th April, so please be gentle with me whilst I'm finding my feet :) We had a great turnout at the AGM, which was great to see. Well done to everyone who received a nomination or an award; it was lovely to see your hard work being rewarded. The AGM was followed by a pub quiz, which was great fun. A huge thanks to everyone who came.

I guess I should tell you a little about me.... I started running around 12 years ago (didn't realise it was this long until I just did the maths!) when living in Preston, mainly to get in shape for a holiday. I continued running after the holiday and when I moved back to Manchester, my home city. However a bike accident put me out of action for a couple of months. To give myself a target, once I was able to run again I signed up the very first Manchester half marathon. I loved it and, well, the rest is history. I was never part of a running club until I moved to Portsmouth. I joined PJC 4.5 years ago, to get some guidance on where to run in the area after I quickly exhausted the delights of Southsea, and you were all such a friendly and encouraging bunch I decided to stick around. I'm really excited to take on the chair position and give something back to a club that has given me so much. I'm super passionate about inclusivity, and am excited to drive the club forward over my tenure. Let's cement ourselves as the best running club in Hampshire! If you have any ideas for things you would like to see from your club, then please come and chat to me. This is your club and you get to shape it!

I've only been in the role a couple of weeks so I don't have much else to report. Until the next time...

Kate

Retiring Chair's Message

I attended my last PJC meeting as Chair at the AGM and Awards evening on 25th April. It is always such a lovely evening to celebrate the achievements of club members over the previous 12 months. The evening was well attended with most members staying on for the social quiz that followed.

I was very humbled to receive a special award and theatre gift voucher as recognition of my contribution to Portsmouth Joggers between 2021 and 2024. This was a very unexpected award but so gratefully received. I am grateful for the support I received from all of the club during my tenure as chair, and know that you will all extend the same support to Kate Lewis who was elected as chair at the AGM. The club membership continues to grow and the next C25K group started on Tuesday 14th May with their graduation run scheduled for Lakeside Park Run on Saturday 13th July and it would be fantastic to see them receive the same support from the club at their graduation run.

There are many ways that you can get involved in supporting the club, so if you've got some free time, speak to the chair or any of the committee members and let them know what you can offer to support the continued success of the club, especially as we approach our 50th birthday in 2026.

Tony Q

Annual Awards

Really good turnout at this year's AGM, awards ceremony and social quiz.

The awards went to the following;

Ian Morrison Award - Gina Ledger

Most improved female - Emma Boakes, 2nd Nominee - Louise Wenman-James

Most improved male - Tim LeCompte 2nd Nominee – Richard Sullivan

Outstanding achievement - Debbie Pentland

Joggers Jogger - Kate Lewis

Chairman's Award - Brian Rees Phil Pollard and Bert Shepherd

All worthy recipients, congratulations.

Below are photos of some of the winners and nominees

Many apologies to Tim LeCompte for not managing to get a photo of him receiving his award. Many congratulations Tim.

I would also like to say that I was quite blown away to be nominated for the Joggers' Jogger Award, huge thank you to whoever nominated me, and well done Kate!! You are a very worthy winner.



Gina Ledger



Emma Boakes



Louise Wenman-James



Richard Sullivan



Debbie Pentland



Kate Lewis



Brian Rees, Phil Pollard & Bert Shepherd



Tony Quinn (receiving his thank you gift)

HRRL update – May 2024

#TeamPJC continue to amaze us with their enthusiasm and dedication in the HRRL league. We've had two races since the last newsletter, the Salisbury 10 and Alton 10. At Salisbury we had complete Men's A and B teams, and a Ladies' A team, and at Alton both sexes had full A & B teams. Looking ahead, we have Netley 10k next weekend (19th May) and we have an incredible 31 Joggers signed up (entries now closed). We always have a good turnout from the club at this race, but this goes way beyond that. We're really excited to see so many of you there!

As of Salisbury (the Alton results have not been processed yet), the Men's A team sit in 8th place in their division, and the B team are 2nd in theirs. Meanwhile the Ladies' A team are in 3rd place, and the B team are in 2nd place of their respective divisions. If we continue on this trajectory, both B teams will be promoted at the end of the season!

After Netley, there will only be two league races left in the season:

1. Alresford 10k - 16th June (entries open)
2. Lordshill 10k - 7th July (entries open)

Links to sign up to these races can be found on the HRRL home page: hrri.co.uk. Looking forward to seeing lots of you there!

**Your captains,
Kate and Pete**

HRRL - Alton 10

Possibly my favourite HRRL race.

One of the most challenging with undulating hills in the heat (and it was hot!), it is a sure test of strength.

If you get the hills right, slowing down the pace when things get harder and increasing again when things get easier then you can strike the right balance and keep it going for the full 10 miles!

And if that wasn't enough there was a pretty long old walk to the start too (up to 15 mins).

The course is scenic and fairly quiet. You could hear the bees buzzing away too!

Plenty of Marshalls and support on route. We were impressed by the super polite scouts at the water stations.

The wooden butterfly medal at the end was a nice touch and there were lollies on sale also, which was a perfect idea after all that heat. Probably the most amazing tasting lolly I've ever had after all that running!

We were treated with some watermelon and amazing cakes (vegan chocolate chip banana bread and traditional carrot cake) from Anjella Coote too. A welcome treat! I certainly loved the chocolate and banana bread so much I just had to have an extra piece.

Well done to our speediest member Tim Bramly placing 11th Male, amazing achievement considering the tough league club competition.

Anjella Coote, Kate Lewis and Emma Lynam made a great comeback to the league races. An incredibly tough race to come back to!

I think there were some course PBs and superb efforts all round.

Thank you for all the PJC club support. Looking forward to the challenge ahead at Netley next weekend!



Gina Ledger



Team PJC at HRRL Alton 10k

My experience of the PJC C25K programme

After months of being quite in-active due to a shoulder dislocation, I stepped into the new year with a goal to get back to regular exercise. I began going out for short runs on my own, but was finding it hard to pace myself and stay motivated enough to go out in the freezing January weather. My mum, Jane, is a club member and suggested I join the C25K programme. I was hesitant at first, because in all honesty I have never really enjoying running, but I'm so glad she managed to convince me.

The C25K group were all very friendly and the group leaders made me feel welcome from the start. For 9 weeks we came together and braved all types of winter weather. There were evenings where the last thing I wanted to do was go out for a run, but joining the programme motivated me to go to every session.

I loved that we were all striving for the same goal and experiencing the same thing, so we'd be encouraging and supporting each other until the end.

I could feel my fitness increasing week by week, and it felt amazing. From barely being able to run for 2 minutes to running for 30 minutes continuously and finding it... pretty fine!

The Saturday of week 9 came around and it was the morning of our graduation Parkrun at Lakeside... I'd never done a parkrun so I had no idea what to expect. There was something so special about seeing a sea of blue PJC tops coming out to support by running with us or volunteering with cheers of encouragement the whole way round the course. We all completed the run, received our medals, took photos, ate cake and there were smiles all around. We had done it and I was so proud of us all and how far we'd come.

The C25K programme gave me the confidence to get out and run again and I am now actually enjoying running... who would have thought! I'm feeling the benefits of going to club each week and running further distances, with my next aim being to run a 10K.

I couldn't recommend this course more to anyone wanting to get into running enough. A huge thanks to Tony Q, Sue C and Sue H for leading the sessions, you were all fab!

Kirsten Nockemann



Above

Couch to 5k Graduates with all their PJC supporters before their Graduation Run at Lakeside Parkrun

Left

Couch to 5k Graduates with their well-earned medals after their Graduation Run.

Well Done! & Welcome to PJC



London Marathon 21st April 2024

6am on Sunday 21st April saw Pete Birch and I set off for London, having managed to grab a lift from a fellow runner. It was excitement all round as we had all managed to get to marathon day injury free. It was great to have some banter on the way to ease the nerves and the whole journey was so quick and smooth that we were heading into our coloured start by 8.30. It was a chilly morning and with nowhere to shelter or sit and I was quite jealous of the runners who were using this time to grab a quick nap on the floor. Nothing left to do but queue for the porta loos and chat to strangers to ease the nerves. The running community is always so encouraging and everyone was full of helpful advice. We watched the elite wheelchair runners warm up alongside our pen and sheltered from the wind next to the urinals waiting to start – no glamour in marathon running!

Before long, we were ushered to the start and off we went. It's difficult to describe the atmosphere at the London marathon, and there really is no other marathon quite like it. The crowds roar for the entire 26.2 miles and if you start to tire, complete strangers are rooting for you at every step of the way.

The crowds are beyond loud and you can feel the emotions of everyone around you as you run: the fast club runners going for a pb, the charity runners raising thousands and the people who run for loved and lost ones. Tower bridge is a real goosebump moment and just as good as everyone says. Of course, there are tough points as in all marathons (being over taken by inflatable T-Rex in our case), but looking back now 3 weeks later, all I can remember is the amazing feeling of running through the streets of London surrounded by strangers united in our one goal.

London really does itself proud on the marathon day, the whole city comes together and it is humbling to be part of. I always come away from the day feeling like my faith has been restored in humanity.

What I enjoy the most about the London Marathon is watching people achieve something they didn't know they could. The finish line is so inspiring. From pbs to first timers – the marathon teaches you that you can do hard things.

A huge well done to Simon Evans, Pete Birch, Adam Watts, Phil Hoy, Ainsley Rood, John Gosling, Holly Smith, Sab and Debbie Mark (Virtual London).

I absolutely love the London Marathon and I would encourage everyone to do it if they get the chance. You never know, you may get the Portsmouth Joggers place next year!



Some of the PJC London Marathon runners before the start



Peter Birch and Naouele McHugh at the finish!

Well done to all the PJC members who took part!

Naouele McHugh

ABP Southampton Marathon

It wasn't the 4 hours I was going for but I couldn't have done better or prepped better for it.

I got a PB knocking 40 mins off the Portsmouth Coastal (my first ever marathon) I did 2 and a half years ago.

I was so lucky my Achilles didn't go and actually my legs, as far as any injuries are concerned, did absolutely amazing!! I was super happy at how good they felt in general.

I loved the first 18 miles and was on schedule to hit a 4 hour marathon, but beyond 18 miles my legs just tired and I struggled so walked and ran the last few. I think I just cannot go beyond that mileage well without doing more long distance training. I just fitted in what I could when I could!!

I felt really comfortable with my speed up to 18 miles so I don't think I was too fast, even if I was slower I hit an 18 mile wall where my legs just can't go further.

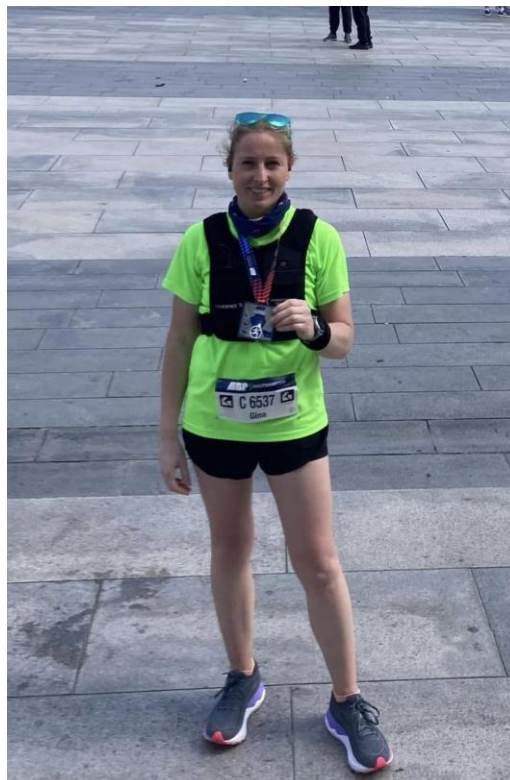
I actually quite enjoyed the course; running through the stadium was fun too. It was a bit windy and there was a couple of bits where this was a little challenging!

Overall I'm super proud of that given the challenges over the last few years and really happy at how much my recovery has progressed.

I'd love to come back and do a Half Marathon here actually.

Oh I like the medal too!

Gina Ledger



**Gina after the marathon,
with her medal!**

London Landmarks Half-Marathon

I ran my first official half marathon race in a few years. I got the train to Trafalgar Square, for an early start down Pall Mall.

The race goes past Nelsons Column, Somerset House, St. Pauls, Royal Court of Justice, Guildhall, Bank of England, Walkie Talkie, Tower of London, Big Ben, then finish near Downing Street.

Also on the run, you'll see Tower Bridge, The Shard and the London eye.

It was a hot day and due to reports of windy weather, they changed the drinks from cups to bottles, which was better.

I was hoping for a pb but missed out by 6 minutes. my mistake in starting too far back in the pen. I saw I was top for my age group, which was a bonus.

It was a nice run. You come back on yourself a couple of times, and see other runners going the other way. This was confusing at times.

I would describe the race like the Great South but over 13 miles and in London.

Great support and atmosphere. One I hope to do again.

Alexander Radice-Gomm



**Alexander enjoying the
London Landmarks Half
Marathon!**

Well that's a wrap! Hope you all enjoy this edition of your Newsletter. It's great to have reports from events of so many different distances.

Talking of which, nearer the time I will be recruiting a team of less ambitious members to represent PJC in the Great South 5k on the Saturday before the big event. So if you don't fancy running 10 miles on the Sunday but want a taste of the fun, think about joining us on the Saturday.

Closing date for contributions for the next edition will be 15th August, or thereabouts.

Until then Keeeeeep Running!!!!!!

Celia Oxley Ed.